

happy kitchen



Catering Menu with Natural Clean Food

Everything on our menu is made with love and care. As much as possible is organic. White flour, refined sugar and dairy products are ingredients that we have excluded and most dishes are gluten free.

If you have your own theme or ideas about the food you prefer for your event, we are open to suggestions. Please ask us if you would like guidance when you choose among dishes and flavours.

CONTACT

PHONE 031 - 13 13 70

EMAIL INFO@HAPPYMKITCHEN.SE

LOCATED ON VASAGATAN 24 IN GOTHENBURG

CATERING BUFFÉS

HAPPY M BUFFE N°1 275:-

- ♥ Quinoa salad with greens, tamari roasted seeds and lemon dressing
- ♥ Beetroot salad with grilled rose salad and Happy M creamy Caesar dressing
- ♥ Bean dip with lemon and coriander
- ♥ Smoked salmon or Falafel Happy M style, with soyugurt mint chilli sauce
- ♥ Sexy green salad with dijon dressing
- ♥ Cabbage salad with fresh herbs, rice vineger, sesame oil, tamari and sesame seeds

HAPPY M BUFFE N°2 275:-

- ♥ Beetroot Carpaccio with toasted seeds, grated vegan cheez, sprouts & mustard lemon dressing
- ♥ Kale Caesar salad with Tamari roasted Almonds, cranberries and creamy Caesar dressing
- ♥ Spicy hummus with chilli and turmeric
- ♥ "Skagenröra" made with handpeeled prawns and plant-based Mayo or "Vegagen-röra" made of Tofu
- ♥ Home made Kimchi
- ♥ Kelp noodles with Green leaves, green beans, broccoli, sprouts, edamame with onion and Tamari black pepper dressing

HAPPY M BUFFE N°3 325:-

- ♥ Shitaki Teriyaki cup
- ♥ Crystal wraps with stirred vegetables, coriander, Prawns or Tofu, dip on ginger, lime and Tamari
- ♥ Noodle salad with kale, carrots, pickled red onion, cabbage, minty creamy tahini and chilli, ginger, tamari dressing with taste of citrus
- ♥ Green Pea dip with lemon and chilli
- ♥ Seaweed salad. Arame seaweed, mixed leaves, carrots, green beans, sesame seed with spirulina dressing
- ♥ Organic Salmon with teriyaki dip or spicy tofu



PICK AND MIX AT 50:- PER PIECE, MINIMUM 20 OF EACH

We recommend 4-5 p.p. food + dessert

- ♥ Organic Salmon sashimi salad or Tofu, mixed leaves, green beans, sprouts, onion tamari and black pepper dressing
- ♥ Shitaki teriyaki cup
- ♥ Crystal wrap with stirred vegetables with prawns or tofu
- ♥ Quinoa salad with greens, tamari roasted seeds and citrus dressing
- ♥ Classic "Skagenröra" with handpeeled prawns or "Vegagen röra" with Tofu, on sourdough bread
- ♥ Beetroot carpaccio with roasted seeds, sprouts, grated vegan cheez and mustard dressing with a taste of citrus
- ♥ Spicy tofu with red cabbage, noodles, pickled red onion, carrots, coriander and ginger
- ♥ Kale Ceaser salad with toasted tamari almonds, cranberries and Happy M creamy Caesar dressing
- ♥ Organic salmon with teriyaki dip
- ♥ Raw vegetable pasta with raw spicy amatriciana sauce
- ♥ Organic Salmon sashimi new style with chives, sesame seeds and ponzu sauce

- ♥ Divine rawfood Chocolate and Orange cake. (Nut free)
- ♥ Divine Rawfood Lime and Raspberry cake. . (Nut free)
- ♥ Lemon pannacotta with ginger and macha tea (Dairy free)
- ♥ Chocolate brownie (Gluten and dairy free)

♥ GOOD TO KNOW ♥

- ♥ Minimum number for catering is 15 persons (Pick and mix for 20 persons)
- ♥ Last day for changes or additions are 5 working days before the event, after that 100% of the offered amount is charged
- ♥ We'd love to have a list of any allergies no later than 5 working days before the event.
- ♥ Payment is made 5 working days before in the restaurant at Happy M Kitchen, Vasagatan 24 or by invoice.
- ♥ If you wish to hire friendly staff, it is possible at a cost of 350 kr per hour, 25% moms excl.
- ♥ Cost of courier delivery will be added.



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