

KABALA *Kitchen*

Wellness retreat caterers



About us

Kabala Kitchen is a Bristol-based catering company that specialises in serving up plant-based versions of comfort food classics. Before setting up Kabala Kitchen, owner and chef Alice spent years working as head chef and kitchen manager at a yoga teacher training centre which hosted trainee teachers, as well as a wide range of yoga and mindfulness retreats, and a vegan cafe open to the public.

Food style

We offer two types of catering styles, from simple food drop-off to in-house catering with our team of talented chefs.

Delivery

All food is delivered packaged up and ready-to-eat in recyclable or compostable containers, which are perfect for placing in the centre of the table and letting everyone help themselves to as little or as much as they like. Some of the dishes (those marked “hot”) require reheating, and cooking instructions will be supplied along with the food. If preferable, it can be arranged that the food is dropped off hot and ready-to-eat, so no additional food reheating is required. Alternatively, food can be boxed up in individual portions, which is preferable for more informal meals or picnic style lunches.

In-house

This is the option to go for if you don't want to deal with the clear-up from meals, and prefer the intimacy of our friendly chefs cooking in your kitchen! Food is cooked on-site and presented in serving dishes (usually buffet style) by the in-house chefs. Our chefs will also be responsible for all of the washing up from the meals, although we ask guests to bring their plates and glasses up to the counter. Chefs will use the equipment already present in the kitchen, although they may bring some of their own items. Plates, crockery and serving equipment will need to be made available by the venue.

Menu

Breakfast

Fresh fruit selection

Superfood granola, coconut yoghurt and berry compote *contains gluten*

'Overnight oats' with berries and seeds *contains gluten*

Date and walnut breakfast muffins *contains gluten, soya*

Vegan sausages (hot) *contains gluten, soya, mustard*

Barbecue baked beans (hot) *contains soya, mustard*

Toast with margarine and preserves (hot) *contains gluten, soya*

Tofu scramble with avocado (hot) *contains soya*

Snacks

Homemade dips with vegetable crudites *contains sesame, celery*

Raw energy bars *contains nuts*

Dried fruit and nut selection *contains nuts*

Fresh fruit selection

Lunch:

Soup (hot) served with fresh bread and margarine: *contains gluten*

Red lentil with a hint of tomato, thyme and chilli *contains soya, celery*

Creamy leek, potato and almond *contains soya, celery, nuts*

Chunky puy lentil and vegetable with lemon, parsley and tomato *contains soya, celery*

Creamy beetroot, kale, coconut and ginger *contains soya, celery*

Tomato and herb soup *contains soya, celery, nuts*

Freshly prepared salads:

Rainbow 'slaw with seasonal vegetables, ginger dressing, dates and toasted pumpkin seeds
contains celery

Sweet and spicy couscous with toasted nuts, dried fruit, citrus zest, middle-eastern spices and pomegranate seeds *contains gluten, nuts*

Pearl barley salad with roasted vegetables, herbs, toasted seeds, olives and a balsamic dressing *contains gluten, mustard*

Gnocchi and green vegetables with truffle oil, sun-dried tomatoes and toasted hazelnuts
contains gluten, nuts

New potato, roasted red pepper and red onion salad with spicy harissa, lemon and coriander
contains soya

Steamed greens, walnuts and white beans with an almond and sun-dried tomato pesto
contains nuts

Mexican-style salad with beans, sweetcorn, tomatoes, avocado, coriander and lime

Seasonal salad with steamed greens, shredded raw veg, lettuce and a balsamic vinaigrette

(In-house only) Crunchy green leaves with roasted red pepper, sun-dried tomato and spicy tempeh pieces in a tangy tahini dressing. Topped with roasted pumpkin seeds and parsley
contains mustard, sesame, soya

(In-house only) Thai-style salad containing rice noodles and crunchy green vegetables in a peanut and lime sauce. Topped with crushed peanuts and coriander *contains peanuts, soya*

(In-house only) Thinly sliced, raw cabbage and green herbs in a tahini and apple cider vinegar dressing. Topped with chickpeas roasted in cumin, garlic and smoked paprika *contains sesame*

(In-house only) Indonesian-style salad containing roasted tempeh served with strips of steamed root vegetables and raw salad vegetables. Topped with a sweet and tangy peanut dressing and roasted cashews *contains peanuts, soya*

Cake

Double chocolate brownie *contains gluten*

Tiffin with dark chocolate, ginger nut biscuits, dried fruit and nuts *contains nuts, soya, gluten*

Carrot cake with lemon icing *contains gluten, soya, nuts*

Raw peanut butter, banana and coconut "brownie" *contains peanuts, gluten*

Raw carrot "cake" with cashew icing *contains gluten, nuts*

Dinner

Indian curry: Vegetable and lentil curry with Indian spices and coconut (hot). Served with rice and tomato salad, crunchy raw vegetable 'slaw with cumin, mango chutney, coconut and cucumber dip, wholemeal chapatti (hot) and toasted cashew nuts *contains mustard, gluten*

North African tagine: Vegetable and chickpea tagine with tomatoes and North African spices (hot). Served with quinoa tabbouleh, green salad with tahini dressing, toasted nuts, creamy hummus, harissa-tomato relish and flatbread (hot) *contains soya, nuts, sesame, gluten*

Mexican chilli: Soy mince, bean and vegetable chilli with tomatoes, cocoa and rich spices (hot). Served with brown rice salad, creamy guacamole, zesty vegetable 'slaw, cashew sour cream, crunchy corn chips and pickled jalapenos *contains celery, soya, nuts, mustard*

Chickpea stew: Chickpeas simmered with red pepper, garlic, sun-dried tomatoes and white wine (hot). Served with lemon and herb couscous, homemade pesto drizzle, toasted nuts and seasonal green salad *contains nuts, sulphur, gluten*

Peanut and coconut curry: Vegetable and chickpea curry in a creamy peanut and coconut sauce with fragrant kaffir lime and lemongrass. Served with brown rice salad, caramelised tofu, and ginger-pickled cucumber *contains peanuts, soya.*

Sausage and veg plate: Homemade vegan sausages (hot) with warm salad of new potatoes, roasted red pepper, red onion, spicy harissa, lemon and coriander. Served with green salad of steamed greens, shredded raw veg, lettuce, balsamic vinaigrette and creamy hummus *contains soya, gluten, mustard, sesame*

(In-house only) Baked beetroot and seed burgers, served with creamy guacamole, warm new potatoes tossed in mustard vinaigrette, and rainbow slaw with tahini dressing *contains soya, sesame, mustard*

(In-house only) Mediterranean mezze selection: Aubergine caponata with pine nuts and olives, quinoa tabbouleh, roasted potatoes with tomato and harissa sauce, creamy hummus topped with roasted chickpeas, green salad with lemon and za'tar, pickled cabbage *contains sesame*

Dessert (in-house only)

Double chocolate brownie served warm with vanilla ice cream *contains gluten*

Hot, sticky date cake served with toffee sauce and vanilla ice cream *contains gluten, soya*

Fruit and nut crumble with homemade custard *contains gluten, nuts*

“Waste Warrior” Buddha Bowl

The “Waste Warrior” Buddha Bowl is a nutritious mix of cold dishes, with the perfect balance of grains, vegetables and protein. This option is for those who are really flexible with fillings and flavours, as every buddha bowl we make is different, depending on what ingredients we have available (therefore cutting down on food waste in our kitchen). Leave it to us, and we’ll create a beautiful mix of salads using whatever seasonal ingredients we can get hold of that week and to reward you for your flexibility, we can offer this option with no admin fee, saving you £25!

Dietary requirements:

Almost all of the dishes can be made gluten-free, and we can accommodate a wide-range of other dietary requirements.

Please get in touch for more information.



Extra information

Extra charges

For orders under the value of £400, we charge a £25 admin fee and a delivery fee of £1.00 per mile from our premises in Ashton, BS3 (for delivery, food is usually dropped off once per day). As an alternative, pick-up can be arranged. For orders over the value of £400, delivery is free within a 20 mile radius.

Deposit

A deposit of 50% of the total invoice value is required in order to secure the booking. The remaining amount will be payable 14 days before the event.

Tastings

We are unable to arrange tastings of our food, but you are welcome to come to our stand at a market and try anything that we have on the menu that day, free of charge! Please get in touch for a list of our upcoming trading dates and to arrange a visit.

Website & Social Media

Our website can be found at www.kabalakitchen.co.uk. You can find us on Twitter, Facebook and Instagram at [@Kabalakitchen](https://www.instagram.com/kabalakitchen). All of our client testimonials can be found on our Facebook page under 'Reviews'.

Contact

Please feel free to drop us a line on info@kabalakitchen.co.uk or **07402024289** if you have any questions. We look forward to hearing from you soon!

