

EL VERGEL

the latin american and mediterranean caterers

“I will bring you happy flowers from the mountains, bluebells,
dark hazels, and rustic baskets of kisses.

I want to do with you
what spring does to the cherry trees”

Pablo Neruda

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El Vergel (pronounced El Verhell) is the name of the gardens and orchards which grow in favourable climates throughout Latin America where the summers are light and breezy and the winters mild. Fruit and vegetables grown in El Vergel are succulent, tasty and fresh.

Over the last decade Stella de Garcia and Kiko Sanhueza have developed a unique cuisine. Using traditional recipes, El Vergel cooking brings together the aromatic and spicy dishes of Latin America with the more delicate flavours of the Mediterranean. All El Vergel's food is carefully chosen at London's early morning markets: the meat and poultry must be fresh and tender, the fruit and vegetables sweet and crisp. Everything on the menu is prepared and cooked in El Vergel's own kitchens.

We want you to enjoy our delicious food and, to ensure this, we combine professionalism and efficiency with friendliness and flexibility. We'll work with you to create a menu and design it's presentation. We can organize your party around a theme, select music, or find a venue.

In Latin American and Mediterranean cultures preparing food and wine and enjoying it in the company of family and friends is an art. We take great care to present our dishes with a flourish: El Vergel makes every occasion festive and special.

Catering for both business and private clients:

party planning

designer events - theme food,
fashion and media

launches & promotional events

exhibitions

conferences

bar-B-Q's / parilladas

outdoor catering

wedding receptions

The Meze

The Meze is a Greek or Middle Eastern term for appetizers or cocktails. It might be a simple bowl of black olives served with Kefalotiri cheese and home-made bread, or more likely a variety of dips, pasties, charcoaled meats and main dishes which may serve as the equivalent to a Western hot or cold buffet or cocktail menu.

Dips and Appetizers

Guacamole Mexicano avocado, chopped tomatoes, chilli, coriander

Taramosalata cod's roe dip

Hummus chick peas, tahini, garlic

Tzatziki yoghurt, cucumber, garlic, mint

Tahini sesame seed paste with lemon

Tabbouleh bulgur wheat, chopped tomato, parsley, spring onions

Papas huancainas baby potatoes with peanut butter, hot chilli and cottage cheese

Pebre fresh coriander and chilli sauce

Salsa de perejil parsley sauce

Crudités

A variety of fresh, raw vegetables specially chosen to suit the menu.

Pasties

Empanadas Chilenas rump steak chopped with onion and spices

Empanadas de Espinaca spinach and fetta cheese with fennel

Kolokotes pumpkin and pourgouri with raisins

Empanadas Brasileiras chicken, spring onion, mushroom, bechamel sauce

All pasties are made in two different sizes: baby for cocktails, medium for buffets.

Canapés

Assorted selections of canapés on our village bread.

La Tortilla Española

Tortilla de Papa Spanish sauté potato omelette

Tortilla de Champiñones mushroom tortilla

Tortilla de Espinaca spinach tortilla

La Tortilla Mexicana

Burritos Mexicanos tortilla with refried kidney beans, chopped tomatoes, cheese, lettuce, coriander and cream

Tostadas Mexicanas de pollo or guacamole corn tortilla with refried kidney beans, lettuce, chicken breast or guacamole, cheese and chilli sauce

Tacos de Queso/pollo/frijol cigar shaped tortilla with chicken, cheese and/or beans, topped with Guacamole

Fritters

Spinach / Potato / Onion / Mushroom / Falafel chick pea croquettes

Meats

Carne Milanesa miniature rump steaks in breadcrumbs & basil

Keftedes Greek meatballs with onion, mint & parsley

Sheftalia lamb or pork mince wrapped in caul

Loukanika spicy sausages

Fish

Ceviche marinated fresh salmon fillet in lime juice, chopped with tomato and coriander

Ceviche de Camaron marinated Mediterranean prawns in lime juice with chopped tomato and coriander

Mariscal pacific mussels, red onion and fresh coriander in olive oil and lemon

Seafood salad of squid prawns and pacific mussels

Prawns

Mediterranean prawns sautéed in garlic & hot chilli

Tiger Prawns in ginger

Mixed salads

Fetta cheese and cucumber salad

Kidney bean and coriander salad

Flageolet bean and garlic salad

Lentil and garlic salad

Tuna salad

Baby potato salad with walnuts and cress

Greek potato salad with olive oil and parsley

Greek salad with or without Fetta cheese

Chilean tomato and onion salad with garlic dressing

Tabbouleh salad bulgar wheat, spring onion, chopped tomato, parsley and mint

Green salads

Green leaf salad red chard, red mustard and rocket

Ensalada de Palta avocado salad

Celery and avocado

Radish salad

Jerusalem artichokes with onion

Curly endive and radish salad

Red radish salad

Celery, walnut and apple salad

Spinach and yoghurt salad

Spinach, walnut and orange salad

Spinach with oil and lemon

Mediterranean ham and cheeses

Haloumi fresh or grilled

Fetta

Anari

Kefalotiri

Manchego

Mahon

Mozzarella

Jamon Serrano

Parma ham

We also provide a selection of Italian, Spanish & French ham and cheeses.

Breads and crackers

Pitta bread

Koulouri

Home-made Chilean bread rolls

Totopos crispy tortillas

Mexican tortillas maize pancakes

Lebanese kaak

Poxamati Greek crackers

French baguette

Grissini

See also our main course menu - many of the dishes in smaller portions are suitable for a meze or buffet.

Main courses

See also our meze menu, many of the dishes in larger portions are suitable as main courses.

Paella dishes

Paella Valenciana rice with green and red peppers, chicken, squid, mussels, monk fish and prawns

Paella Vegetariana rice with red and green peppers and chick peas

Casserole and oven dishes

Pastel de choclo al horno cooked in clay dishes: layers of chopped rump steak fried with onion and spices, breast of chicken, topped with blended corn & basil

Tostadas Mexicanas a Mexican maize crispy pancake with chicken and/or beans and chilli on top and salsa roja

Tacos de queso/pollo/frijol cigar-shaped tortilla with cheese, chicken or beans, lettuce & guacamole

Enchiladas baked in clay dishes, layers of corn tortilla, with chicken, cheese and a mild enchilada sauce and melted cheese on top

Burritos Mexicanos tortilla and refried kidney beans topped with cheese, tomatoes, onions, chilli and cream

Tamales al horno corn dumplings layered with sauce, cream and green chilli

Tamales de elote fresh corn dumplings steamed in corn leaves

Charquican mashed pumpkin, potato, green beans and corn, sprinkled with coriander

Poroto granado flageolet beans with corn and pumpkin

Poroto picante Argentinian white beans with bacon and chilli

Chupe de porotos white beans cooked in a rich tomato sauce

Chilli con carne kidney beans cooked in a hot sauce with or without minced meat

Ajiaco beef, potato and onion stew cooked in wine

Seco de Cordero Peruvian casserole of cubed lamb marinated in fresh orange juice, coriander and garlic

Carbonada en zapallo beef stew in baked pumpkin; the stew is served from the pumpkin itself

Estofado de carne Chilean beef stew

Higado en salsa de Hongos calf's liver in mushroom and wine sauce

Oven dishes continued

Rabbit cooked in our cognac and onion sauce

Stuffed courgettes/peppers/onions/aubergines stuffed with mince meat and rice or almonds and rice

Dolmades stuffed vine leaves

Spanakopitta spinach and fetta cheese with fennel in a pastry case

Caneloni cigar shaped pancakes with meat or spinach filling

Moussaka layers of potatoes, aubergine, courgettes, mince meat and bechamel sauce

Congris with roast pork and yuca a Cuban dish; black beans and rice served with roast pork and cassava (a root vegetable)

Pastas

Macaroni aubergine pasta baked with aubergine, cheese, cream and a rich tomato sauce

Macaroni al forno pasta baked with mince meat and bechamel sauce

Tagliatelli con carciofi tagliatelli with artichokes

Gnocci con broccoli gnocci with broccoli

Tagliatelli al pesto tagliatelli with pesto sauce

Tagliatelli carbonara tagliatelli with bacon, eggs and cream

Poultry

Chicken Supreme skewers cubed and marinated in white wine served with Peruvian peanut sauce

El Vergel roast chicken marinated in wine, garlic and lemon

Pollo borracho drunken chicken, a creole dish

Pollo arvejado chicken stew with peas and onion

Pollo estofado chicken stew with mixed herbs and vegetables

Pollo a la Brasileira chicken cooked in a vegetable and tomato sauce

Roast turkey

Meat dishes

Latin American roast beef marinated in wine, garlic and paprika

Fillet of Argentine beef in fresh herbs

Cuban roast pork with garlic

Pork Afelia pork marinated in wine

Shish kebabs pork or lamb cooked on charcoal

Pork faggots pork with bay leaves cooked in the caul in which the meat is wrapped

Sheftalia lamb or pork mince wrapped in caul

Noisette of lamb with artichokes

Kleftiko pieces of lamb spiced and baked in clay pots

Souvla charcoaled lamb on skewers

Barbecues

Asado gaucha whole lambs barbecued on an open fire

Argentine beef fillet with traditional chimichurri marinade

On bamboo skewers: chicken, beef, lamb, prawns, fish fillets, Spanish chorizo, loukanika

Barbecued vegetables: aubergines, courgettes, red & green peppers, spring onions, Greek Haloumi cheese, plantain, corn on the cob, vegetarian sausages

Salads

See our meze list for the mixed or green salads.

Vegetables, rice,ourgouri (bulgar wheat)

We are happy to supply any vegetables in season; rice and ourgouri are recommended with specific dishes.

Soups

Sopa de tomate tomato soup

Sopa de espinaca spinach soup

Sopa de cebolla onion soup

Sopa de lentejas lentil soup

Garbanzo chick pea soup

Sopa de verduras vegetable soup

Gaspacho iced tomato soup

Sopa de elote corn soup

Consome de verduras vegetable broth

Quibebe sopa pumpkin soup with sautéed onion

Sopa de cebolla y tomate cream of onion and tomato soup

Sopa de callampas cream of mushroom soup

Lebanese cucumber soup served cold

Sopa de aguacate fria estilo Atlixco cold avocado soup Atlixco style

Sopa de hierba y huevo herb and egg soup

Consome de pollo chicken broth

Avgolemoni chicken broth, lemon, rice and chicken breast

Desserts

Fresh fruit platter

Depending on the season, our fruit platters offer you the choice of a combination of the following, peeled and ready to eat; **apples, oranges, tangerines, bananas, pears, grapes, strawberries, grapefruit, quinces, peaches, apricots, plums, melon, watermelon, pineapple, mangoes, kiwi, granadillo, nispera, figs, pomegranates, papoutsosika (prickly pears), papaya passion fruit and cherries.**

Cakes

Coconut

Chocolate

Fruit cake

Marble cake

Desserts continued

Sopaipillas fried pastry served with syrup

Buñuelos pancakes served with caster sugar and cinnamon

Light crispy almond nougat with whipped cream and chocolate

Meringue with whipped cream and melted chocolate, sprinkled with almonds

Miniature meringues

Crepas pancakes

Profiteroles

Creme caramel

Chocolate mousse or chocolate and cream mousse

Lemon mousse

Fruit salad

Sweets

Halva almonds, semolina and syrup

Turkish delight

Nuts and dried fruit

Pistachio

Almonds

Hazel nuts

Cashew nuts

Walnuts

Dried apricots

Sultanas and raisins

Dates and figs

Soujouko almond and wine paste

Greek olives

Black olives

Green olives

Herbed olives

Price guidelines

Staffing

Staff are optional, although we will advise clients as to their necessity. All staff are charged at an hourly basis and are employed for at least four hours at the following rates;

First 4 hours £45, then at £9 per hour. At certain times, such as very early mornings or bank holidays, special rates need to be negotiated.

Drink

All listed wine and drinks are provided on a sale or return basis.

Hire Charges

Reception/Finger Buffet £3.00 per head

Fork Buffet £4.50 per head

3-course Sit-down Meal £6.00 per head

This does not include the hire of any furniture required.

Transport

Charges are based entirely upon the distance to be travelled and the number and type of vehicles employed for the event. Some compromises in the charges are made for long distances. Within Central London we have a fixed delivery and collection charge of £40 per vehicle.

Terms and conditions

- 1** Confirmation of booking must be made by a deposit of 50% and any outstanding amount to be made on delivery.
- 2** Compound interest will be payable on all unpaid accounts at 5% per month.
- 3** Seven days notice of cancellation is sufficient. However, if any equipment, services or food have already been ordered, the cost incurred will be payable by the client.
- 4** We make a charge for delivery outside a mile radius.
- 5** Losses and breakage of equipment will be charged in full.
- 6** If required we will engage staff on the clients behalf.
- 7** A charge will be made for corkage at large functions and where chilling is required or where our staff are required to move cases.
- 8** An order placed with El Vergel implies acceptance of these terms and conditions.
- 9** All prices and services are subject to VAT.

Everything on the menu is prepared and cooked by us in our own kitchens.