

**BUFFET
MENU**

NRF Next Generation and Emerging Researchers **SYMPOSIUM**

Starters & Salads

- * Asian Chicken Salad *
- * Greek Salad *
- * Grilled Calamari with a Chilli Vinaigrette *
- * Caprese Salad *
- * Cous Cous and Grilled Vegetable Salad *
- * Peri-Peri Prawn Meat and Avocado Salad *

Mains

- * Roast Sirloin with a Wholegrain Mustard Sauce *
- * Lemon and Herb Chicken Thighs *
- * Rosemary Lamb Chops *
- * Natal Beef Curry *
- * Basil Pesto Penne *
- * Grilled Seasonal Vegetables *
- * Moroccan Spiced Potato Wedges *
- * Grilled Hake *
- * Vegetable Biryani *

Dessert

- * Malva Pudding with Custard *
- * Sliced Seasonal Fruit *
- * Peacan Nut Tartlets *
- * Crème Brule *
- * Ice-Cream with Toppings *
- * Tiramisu *



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