

HOT CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

Meat and Fish

- | | | |
|--|---|--|
| 1. Chicken and Leek Quiche
Gluten, Dairy, Egg | 5. Cottage Pie
Dairy | 9. Chicken Skewers ●
Soy, Sesame, Molluscs |
| 2. BBQ Chicken Pizza Bites ●
Gluten, Dairy, Soy | 6. Beef Sliders ●
Gluten, Dairy, Egg, Mustard, Soy | 10. Tandoori Croquettes
Gluten, Dairy, Egg |
| 3. Chicken Samosa
Gluten, Soy | 7. Braised Beef Sandwich ●
Gluten, Soy | 11. Chicken Sausage Roll
Gluten, Dairy, Egg |
| 4. Breaded Chicken Popcorn
Gluten, Dairy, Egg
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce | 8. Breaded Prawn Popcorn
Gluten, Dairy, Egg, Shellfish
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce | |

Vegetarian

- | | | |
|--|---------------------------------|---|
| 12. Mushroom and Onion
Quiche
Gluten, Dairy, Egg | 15. Falafel Bites | 18. Breaded Tofu Popcorn
Gluten, Dairy, Egg, Soy
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce |
| 13. Margherita Pizza Bites ●
Gluten, Dairy | 16. Falafel Sliders
Gluten | |
| 14. Cheese Scone
Gluten, Dairy, Egg | 17. Spring Rolls
Gluten, Soy | |

COLD CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

Meat

- 19. Chicken, Capsicum and Cheddar Skewer
Dairy
- 20. Turkey, Tomato and Mozzarella Skewer
Dairy
- 21. Beef, Capsicum and Pearl Onion Skewer
- 22. Beef and Paprika Cream Cheese Tartlet
Gluten, Dairy, Soy
- 23. Beef and Guacamole Tartlet
Gluten, Dairy, Soy
- 24. Turkey, Melon and Tomato Crostini
Gluten, Dairy
- 25. Chicken Tikka Wrap
Dairy, Gluten
- 26. Turkey, Pickle and Mustard Bap
Gluten, Mustard
- 27. Grilled Chicken and Pesto Bap
Gluten, Dairy
- 28. Grilled Steak and Onion Bap
Gluten

Fish

- 29. Smoked Salmon and Guacamole Tartlet
Gluten, Dairy, Soy, Fish
- 30. Shrimp and Guacamole Tartlet
Gluten, Dairy, Soy, Shellfish
- 31. Smoked Salmon Mousse Tartlet
Gluten, Dairy, Soy, Fish
- 32. Shrimp Mousse Tartlet
Gluten, Dairy, Soy, Shellfish
- 33. Shrimp, Melon and Lemon Cream Cheese Tartlet
Gluten, Dairy, Soy, Shellfish
- 34. Cream Cheese, Dill and Smoked Salmon Tartlet
Gluten, Dairy, Soy, Fish
- 35. Shrimp and Capsicum Crostini
Gluten, Shellfish
- 36. Salmon, Tomato and Mozzarella Crostini
Gluten, Dairy, Fish
- 37. Shrimp, Watermelon and Capsicum Skewer
Shellfish
- 38. Cream Cheese, Shrimp, Capsicum, Avocado Maki Roll
Dairy, Shellfish
- 39. Teriyaki Salmon, Avocado and Cucumber Maki Roll
Gluten, Soy, Fish
- 40. Teriyaki Shrimp, Cucumber and Capsicum Maki Roll
Gluten, Soy, Shellfish
- 41. Cream Cheese, Salmon, Capsicum, Avocado Maki Roll
Dairy, Fish

Vegetarian

- 42. Grilled Vegetable Wrap
Gluten
- 43. Beetroot Wheels
Dairy
- 44. Whipped Feta and Pesto Bites
Gluten, Dairy
- 45. Vegan Buddies
- 46. Tomato, Mozzarella and Balsamic Skewer
Dairy
- 47. Cream Cheese Tartlets
Gluten, Dairy
- 48. Cream Cheese and Balsamic Mushroom Tartlet
Gluten, Dairy, Soy
- 49. Tomato, Pomegranate and Guacamole Tartlet
Gluten, Dairy, Soy
- 50. Mushroom Mousse Tartlet
Gluten, Dairy, Soy
- 51. Teriyaki Vegetable Maki Roll
Gluten, Soy
- 52. Cream Cheese, Cucumber, Avocado, Carrot Maki Roll
Dairy
- 53. Spinach, Melon and Mozzarella Crostini
Gluten, Dairy
- 54. Capsicum, Olive and Parmesan Crostini
Gluten, Dairy
- 55. Capsicum, Mushroom and Feta Crostini
Gluten, Dairy
- 56. Tomato, Melon and Mozzarella Crostini
Gluten, Dairy
- 57. Asparagus and Frittata Bap
Gluten, Egg
- 58. Roasted Eggplant Bap
Gluten

● Items only available on our silver and above menus



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fuelling tomorrow's minds

BREAKFAST CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

59. Avocado Toasts
Gluten

60. Eggs Benedict ●
Gluten, Dairy, Egg

61. Scrambled Egg Toasts
Gluten, Egg

62. Cheese and Onion
Omelet
Dairy, Egg

63. Turkey Ham and Cheese ●
Croissant
Gluten, Dairy, Egg

Sweet Muffins

Gluten, Dairy, Egg

75. Oatmeal

76. Apple and Cinnamon

77. Banana

78. Wholemeal Carrot

79. Blueberry

64. Avocado and Smoked Salmon
Bap
Gluten, Fish

65. Cream Cheese and Salt Cured
Salmon Bap
Gluten, Dairy, Fish

66. Egg Salad and Spinach Bap
Gluten, Egg

67. Tomato, Hummus and
Rocket Bap
Gluten

68. Cheese Croissant
Gluten, Dairy, Egg

69. Chocolate Croissant
Dairy, Gluten, Egg

70. Plain Croissant
Dairy, Gluten, Egg

71. Scone with Jam
Dairy, gluten

72. Overnight Oats
Dairy

73. Yoghurt Granola Pot
Dairy

74. Fruit Pot

● Items only available on our silver and above menus

● Items only available on our gold and above menus



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DESSERT CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

80 Brownies
Dairy, Gluten, Egg

81 Chocolate Mousse 
Dairy

82 Tiramisu 
Dairy, Gluten, Egg

83 Baked Cheesecake 
Dairy, Gluten, Egg

84 Chocolate Chip Cookies
Dairy, Gluten, Egg

85 Shortbread Cookies
Dairy, Gluten, Egg

86 Caramel Muffin
Dairy, Gluten, Egg

87 Chocolate Muffin
Dairy, Gluten, Egg

88 Vanilla Muffin
Dairy, Gluten, Egg

89 Banana Bread
Dairy, Gluten, Egg

90 Fruit Skewers

Donuts
Dairy, Gluten, Egg

91 Plain

92 Sugar

93 Chocolate

94 Sprinkles

95 Caramel

 Items only available on our silver and above menus

 Items only available on our gold and above menus

Harness Foods

Your plate is our passion

EVENTS CANAPE MENU

SCHOOL PRICING

BRONZE

20AED per person

Includes your choice of 4
items from our menus

*Please note, some items are unavailable on this menu
but can be added for an additional price*

SILVER

30AED per person

Includes your choice of 5
items from our menus

GOLD

40AED per person

Includes your choice of 6
items from our menus

PLATINUM

50AED per person

Includes your choice of 7
items from our menus



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Harness Foods

Your plate is our passion

EVENTS CANAPE MENU

BRONZE

XXAED per person

Includes your choice of 4
items from our menus

*Please note, some items are unavailable on this menu
but can be added for an additional price*

SILVER

XXAED per person

Includes your choice of 5
items from our menus

GOLD

XXAED per person

Includes your choice of 6
items from our menus

PLATINUM

XXAED per person

Includes your choice of 7
items from our menus



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HOT CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

Meat and Fish

- | | | |
|--|---|--|
| 1. Chicken and Leek Quiche 5aed
Gluten, Dairy, Egg | 5. Cottage Pie 5aed
Dairy | 9. Chicken Skewers 8aed
Soy, Sesame, Molluscs |
| 2. BBQ Chicken Pizza Bites 11aed
Gluten, Dairy, Soy | 6. Beef Sliders 9aed
Gluten, Dairy, Egg, Mustard, Soy | 10. Tandoori Croquettes 5aed
Gluten, Dairy, Egg |
| 3. Chicken Samosa 4aed
Gluten, Soy | 7. Braised Beef Sandwich 10aed
Gluten, Soy | 11. Chicken Sausage Roll 7aed
Gluten, Dairy, Egg |
| 4. Breaded Chicken Popcorn 3aed
Gluten, Dairy, Egg
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce | 8. Breaded Prawn Popcorn 3aed
Gluten, Dairy, Egg, Shellfish
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce | |

Vegetarian

- | | | |
|--|---|---|
| 12. Mushroom and Onion 5aed
Quiche
Gluten, Dairy, Egg | 15. Falafel Bites 2aed | 18. Breaded Tofu Popcorn 3aed
Gluten, Dairy, Egg, Soy
Choice of: Sweet Chilli, BBQ or
Honey Mustard Sauce |
| 13. Margherita Pizza Bites 11aed
Gluten, Dairy | 16. Falafel Sliders 6aed
Gluten | |
| 14. Cheese Scone 6aed
Gluten, Dairy, Egg | 17. Spring Rolls 4aed
Gluten, Soy | |



COLD CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

Meat

- 19. Chicken, Capsicum and Cheddar Skewer **6aed**
Dairy
- 20. Turkey, Tomato and Mozzarella Skewer **6aed**
Dairy
- 21. Beef, Capsicum and Pearl Onion Skewer **6aed**
- 22. Beef and Paprika Cream Cheese Tartlet **8aed**
Gluten, Dairy, Soy
- 23. Beef and Guacamole Tartlet **8aed**
Gluten, Dairy, Soy
- 24. Turkey, Melon and Tomato Crostini **6aed**
Gluten, Dairy
- 25. Chicken Tikka Wrap **5aed**
Dairy, Gluten
- 26. Turkey, Pickle and Mustard Bap **13aed**
Gluten, Mustard
- 27. Grilled Chicken and Pesto Bap **13aed**
Gluten, Dairy
- 28. Grilled Steak and Onion Bap **14aed**
Gluten

Fish

- 29. Smoked Salmon and Guacamole Tartlet **8aed**
Gluten, Dairy, Soy, Fish
- 30. Shrimp and Guacamole Tartlet **8aed**
Gluten, Dairy, Soy, Shellfish
- 31. Smoked Salmon Mousse Tartlet **8aed**
Gluten, Dairy, Soy, Fish
- 32. Shrimp Mousse Tartlet **8aed**
Gluten, Dairy, Soy, Shellfish
- 33. Shrimp, Melon and Lemon Cream Cheese Tartlet **8aed**
Gluten, Dairy, Soy, Shellfish
- 34. Cream Cheese, Dill and Smoked Salmon Tartlet **8aed**
Gluten, Dairy, Soy, Fish
- 35. Shrimp and Capsicum Crostini **6aed**
Gluten, Shellfish
- 36. Salmon, Tomato and Mozzarella Crostini **6aed**
Gluten, Dairy, Fish
- 37. Shrimp, Watermelon and Capsicum Skewer **6aed**
Shellfish
- 38. Cream Cheese, Shrimp, Capsicum, Avocado Maki Roll **8aed**
Dairy, Shellfish
- 39. Teriyaki Salmon, Avocado and Cucumber Maki Roll **8aed**
Gluten, Soy, Fish
- 40. Teriyaki Shrimp, Cucumber and Capsicum Maki Roll **8aed**
Gluten, Soy, Shellfish
- 41. Cream Cheese, Salmon, Capsicum, Avocado Maki Roll **8aed**
Dairy, Fish

Vegetarian

- 42. Grilled Vegetable Wrap **4aed**
Gluten
- 43. Beetroot Wheels **3aed**
Dairy
- 44. Whipped Feta and Pesto Bites **4aed**
Gluten, Dairy
- 45. Vegan Buddies **5aed**
- 46. Tomato, Mozzarella and Balsamic Skewer **6aed**
Dairy
- 47. Cream Cheese Tartlets **5aed**
Gluten, Dairy
- 48. Cream Cheese and Balsamic Mushroom Tartlet **8aed**
Gluten, Dairy, Soy
- 49. Tomato, Pomegranate and Guacamole Tartlet **8aed**
Gluten, Dairy, Soy
- 50. Mushroom Mousse Tartlet **8aed**
Gluten, Dairy, Soy
- 51. Teriyaki Vegetable Maki Roll **8aed**
Gluten, Soy
- 52. Cream Cheese, Cucumber, Avocado, Carrot Maki Roll **8aed**
Dairy
- 53. Spinach, Melon and Mozzarella Crostini **6aed**
Gluten, Dairy
- 54. Capsicum, Olive and Parmesan Crostini **6aed**
Gluten, Dairy
- 55. Capsicum, Mushroom and Feta Crostini **6aed**
Gluten, Dairy
- 56. Tomato, Melon and Mozzarella Crostini **6aed**
Gluten, Dairy
- 57. Asparagus and Frittata Bap **13aed**
Gluten, Egg
- 58. Roasted Eggplant Bap **13aed**
Gluten



BREAKFAST CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

59. Avocado Toasts **5aed**
Gluten

60. Eggs Benedict **8aed**
Gluten, Dairy, Egg

61. Scrambled Egg Toasts **6aed**
Gluten, Egg

62. Cheese and Onion **7aed**
Omelet
Dairy, Egg

63. Turkey Ham and Cheese **9aed**
Croissant
Gluten, Dairy, Egg

Sweet Muffins **7aed**
Gluten, Dairy, Egg

75. Oatmeal

77. Apple and Cinnamon

78. Banana

79. Wholemeal Carrot

80. Blueberry

64. Avocado and Smoked **14aed**
Salmon Bap
Gluten, Fish

65. Cream Cheese and Salt **14aed**
Cured Salmon Bap
Gluten, Dairy, Fish

66. Egg Salad and Spinach Bap **13aed**
Gluten, Egg

67. Tomato, Hummus and **13aed**
Rocket Bap
Gluten

68. Cheese Croissant **8aed**
Gluten, Dairy, Egg

69. Chocolate Croissant **8aed**
Dairy, Gluten, Egg

70. Plain Croissant **8aed**
Dairy, Gluten, Egg

71. Scone with Jam **5aed**
Dairy, gluten

72. Overnight Oats **9aed**

73. Yoghurt Granola Pot **8aed**
Dairy

74. Fruit Pot **9aed**



DESSERT CANAPES

All our canape items are mini, designed to be eaten in a bite (or two!)

81. Brownies **5aed**
Dairy, Gluten, Egg

82. Chocolate Mousse **8aed**
Dairy

83. Tiramisu **10aed**
Dairy, Gluten, Egg

84. Baked Cheesecake **10aed**
Dairy, Gluten, Egg

85. Chocolate Chip Cookies **5aed**
Dairy, Gluten, Egg

86. Shortbread Cookies **5aed**
Dairy, Gluten, Egg

87. Caramel Muffin **7aed**
Dairy, Gluten, Egg

88. Chocolate Muffin **7aed**
Dairy, Gluten, Egg

89. Vanilla Muffin **7aed**
Dairy, Gluten, Egg

90. Banana Bread **4aed**
Dairy, Gluten, Egg

91. Fruit Skewers **6aed**

Donuts
Dairy, Gluten, Egg

92. Plain **5aed**

93. Sugar **7aed**

94. Chocolate **7aed**

95. Sprinkles **7aed**

96. Caramel **7aed**



SALADS

All salad bowls feed 10 people

Greek 65aed

Italian 65aed

Green Pesto 65aed

Fattoushe 65aed

Rocket with Lemon
Vinigrette 65aed

Fruit 65aed

Garden 60aed

Goats Cheese 65aed

Caesar 65aed

Mexican 65aed

