



# Client Bespoke Menu Proposal Spring 2025

To be served from 1<sup>st</sup> February to 31<sup>st</sup> May



## A bit about Eden...

Eden have been delivering seasonal, stylish, and sustainable food to companies across Central London since 1993. This has placed us in good stead to know what our customers want, and we do it in a uniquely sustainable way, with a team of passionate foodies behind every decision.

We offer a range of menus featuring a fantastic mixture of vegetarian, vegan, meat and fish items. Our food is suitable for a wide variety of events – from business breakfasts for 6 to awards ceremonies for 2000.

Each weekday day we feed over 2000 people. In fact, last year we fed over 330,000 people altogether. This included over 1100 organisations, one of which who placed 3000 orders alone.

We are proud to have a 3-star rating, the highest possible, from the Sustainable Restaurant Association, positioning us as London's most sustainable caterer.







# Breakfast



## Bespoke Breakfast Bronze

**£5.45 per person**

*Minimum order of 3*

Mini Pastries

*a selection of current seasonal pastries x 2 mini per person:*

Mini Danish Pastries (v, n)

Mini Almond Croissant (v, n)

Mini Pain a u Chocolat (v)

Mini Pain a ux Raisins (v)

## Bespoke Breakfast Silver

**£9.00 per person**

*Minimum 3 people*

Danish Pastry — mini (v, n)

Granola Pot

Cut Fruit - Mini Pot (vegan, g, d)

## Bespoke Breakfast Gold

**£10.45 per person**

*Minimum order of 3*

Mini Cheese & Tomato All Butter Croissant (v)

or

Mini Ham & Emmenthal All Butter Croissant

Yoghurt Pot

Cut Fruit - Mini Pot (vegan, g, d)

## Bespoke Breakfast Platinum

**£14.40 per person**

*Minimum order of 3*

Open Mini Bagel with Smoked Salmon & Cream Cheese

or

Open Mini Bagel with Sundried Tomato & Cream Cheese (v)

Danish Pastry — mini (v, n)

Granola Pot

Cut Fruit - Mini Pot (vegan, g, d)

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.*





## **Bespoke Breakfast Hot**

*Minimum order of 6*

Bacon in a Glazed Brioche Roll - £6.55  
*delivered warm for immediate service (489kcal)*

Sausage in a Glazed Brioche Roll - £6.55  
*delivered warm for immediate service (616kcal)*

Roast Tomato & Mushroom in a Cereale Bap (vegan, d) - £6.45  
*sliced roast tomato with fresh field mushroom & vegan mozzarella in a cereale roll. delivered warm for immediate service (297kcal)*

*Delivered in a hot bag  
Includes ketchup & brown sauce sachets*

# Hot Breakfast

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# Sandwich Lunch

## Bespoke Sandwich Lunch Bronze

**£8.20 per person**

*Minimum order of 3*

### Sandwiches

1.25 round per person varying daily from this season's selection

### Whole Fruit

x 1 per person

## Bespoke Sandwich Lunch Silver

**£10.05 per person**

*Minimum order of 3*

### Sandwiches

1.25 round per person varying daily from this season's selection

### Crisps

Kettle Crisps with Salsa Dip – 25g portion (vegan, g, d) x 0.5 portion

### Cut Fruit

1 mini pot per person

## Bespoke Sandwich Lunch Gold

**£15.80 per person**

*Minimum order of 3*

### Sandwiches

1 round per person varying daily from this season's selection

### Finger Buffet

2 per person varying daily from this season's selection

### Tortilla Chips

25g portion with salsa dip

### Cake

1 per person from homemade selection

### Cut Fruit

1 mini pot per person

## Bespoke Sandwich Lunch Platinum

**£25.05 per person**

*Minimum order of 3*

### Sandwiches

1.5 rounds per person varying daily from this season's selection

### Finger Buffet

2 per person varying daily from this season's selection

### Kettle Crisps

25g portion with salsa dip

### Cheese Board

1 portion per person

### Cake

1 per person from homemade selection

### Cut Fruit

1 mini pot per person

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.  
This season's selection can be seen at the end of the document*



# Finger Buffet



## Bespoke Finger Buffet Bronze

**£13.45 per person**

*Minimum order of 3*

### Finger Buffet

5 per person varying daily from this season's selection

### Cut Fruit

1 mini pot per person

## Bespoke Finger Buffet Silver

**£14.00 per person**

*Minimum order of 3*

### Finger Buffet

4 per person varying daily from this season's selection

### Cake

1 portion per person

### Cut Fruit

1 mini pot per person

## Bespoke Finger Buffet Gold

**£17.35 per person**

*Minimum order of 3*

### Sandwiches

1 round per person varying daily from this season's selection

### Finger Buffet

4 per person varying daily from this season's selection

### Cake

0.5 portion per person

### Cut Fruit

1 mini pot per person

## Bespoke Finger Buffet Platinum

**£20.80 per person**

*Minimum order of 3*

### Sandwiches

1 round per person varying daily from this season's selection

### Finger Buffet

4 per person varying daily from this season's selection

### Cheese

Selection of seasonal cheeses x 0.5 portion per person

### Cake

0.5 portion per person

### Cut Fruit

1 mini pot per person

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.*

*This season's selection can be seen at the end of the document*





**Salads** 

## **Bespoke Boxed Salad Lunch**

**£11.45 per person**

*Minimum order of 3*

### **Salads**

1 salad box per person from this season's selection

### **Cake**

0.5 portion per person

### **Cut Fruit**

1 mini pot per person

*Complete with a fork and dressing*

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.*

*This season's selection can be seen at the end of the document*





# Meze Lunch

## Bespoke Meze Lunch

**£14.25 per person**

*Minimum order of 6*

A selection of eight different, seasonal salads all in one large bowl.  
Served with dressings and artisan rolls.

**Whole Fruit**  
x 1 per person

## Bespoke Meze Lunch Vegan

**£12.10 per person**

*Minimum order of 6*

A selection of eight different vegan, seasonal salads all in one large bowl. Served with dressings and artisan rolls.

**Whole Fruit**  
x 1 per person

## Bespoke Meze Lunch Vegetarian

**£12.65 per person**

*Minimum order of 6*

A selection of eight different vegetarian, seasonal salads all in one large bowl. Served with dressings and artisan rolls.

**Whole Fruit**  
x 1 per person





# Bowl Meal



## Bespoke Bowl Meal Lunch Bronze

**£15.70 per person**

*Minimum order of 6*

### Bowl Meal

*1 x selection of current seasonal boxed meals*

### Salads

*1 x portion of current seasonal salads*

## Bespoke Bowl Meal Lunch Silver

**£17.80 per person**

*Minimum order of 6*

### Bowl Meal

*1 portion per person varying daily from this season's selection*

### Salads

*1 portion per person varying daily from this season's selection*

### Cake

*1 portion per person*

### Cut Fruit

*1 mini pot per person*

*Includes equipment to serve*

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients  
This season's selection can be seen at the end of the document*



# Drinks



## Bespoke Soft Drinks

**£1.65 per person**

*Minimum order of 6*

Orange Juice (1 litre)  
Apple Juice (1 litre)  
Ginger & Lemongrass Presse - Still - 1 Litre (vegan, g, d)  
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)

## Bespoke Beer

**£6.45 per person**

*Minimum order of 25*

2 cans per person

one of the following wine selections:  
Fourpure Lager  
Fourpure Session IPA

## Bespoke Wine

**£9.90 per person**

*Minimum order of 25*

3 glasses of wine per person

one of the following wine selections:  
Laurent Miquel - Heritage Vineyards Rouge (min 6)  
Laurent Miquel - Heritage Vineyards Blanc (min 6)  
Laurent Miquel - Heritage Vineyards Rose (min 6)

## Bespoke Prosecco & Wine

**£11.25 per person**

*Minimum order of 25*

1 glass of Prosecco per person  
2 glasses of wine per person

one of the following wine selections:  
Laurent Miquel - Heritage Vineyards Rouge (min 6)  
Laurent Miquel - Heritage Vineyards Blanc (min 6)  
Laurent Miquel - Heritage Vineyards Rose (min 6)  
Artigianale Prosecco Eco (min 6)



# A, B, C



## A

### Monday + Friday

#### Sandwiches

Egg & Tomato on Malted Grain (v, d)  
Roast Rosemary Chicken on Malted Grain (d)  
Prawn & Rocket on Malted Grain (d)  
Hoisin No Duck Wrap (vegan, d)  
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Smoked Mackerel & Ricotta in a Piedmont Baguette  
Beetroot Houmous & Rocket in Ciabatta (vegan, d)  
Cheddar & Pickle in a Piedmont Baguette (v)  
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)  
Jerk Chicken & Red Cabbage Pickled Slaw (d)  
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)

#### Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)  
Samosa (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Cheesy Paprika Puff (v)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

#### Cakes

Spiced Raisin Loaf Cake (vegan, d)  
Healthy Seed Bar - Free From (vegan, g, d)  
Mini Muffins - 2 per portion (v)  
Orange, Ginger & Miso Cake (v)  
Cranberry Fruit Fool Tart - 2 per portion (v)

## B

### Tuesday + Thursday

#### Sandwiches

Beetroot Houmous & Rocket in Ciabatta (vegan, d)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Egg & Tomato on Malted Grain (v, d)  
Roast Rosemary Chicken on Malted Grain (d)  
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)  
Hoisin No Duck Wrap (vegan, d)  
Cheddar & Pickle in a Piedmont Baguette (v)  
Roast Rosemary Chicken on Gluten Free Bread (g, d)  
Smoked Mackerel & Ricotta in a Piedmont Baguette  
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)  
Prawn & Rocket on Malted Grain (d)  
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)

#### Finger Buffet

Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Queen Olives - 4 per portion (vegan, g, d)  
Cheesy Paprika Puff (v)  
Stilton & Caramelised Red Onion Tart (v)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

#### Cakes

Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Mini Muffins - 2 per portion (v)  
Cranberry Fruit Fool Tart - 2 per portion (v)

## C

### Wednesday

#### Sandwiches

Beetroot Houmous & Rocket in Ciabatta (vegan, d)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Egg & Tomato on Malted Grain (v, d)  
Roast Rosemary Chicken on Gluten Free Bread (g, d)  
Smoked Mackerel & Ricotta in a Piedmont Baguette  
Hoisin No Duck Wrap (vegan, d)  
Cheddar & Pickle in a Piedmont Baguette (v)  
Jerk Chicken & Red Cabbage Pickled Slaw (d)  
Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)  
Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)  
Prawn & Rocket on Malted Grain (d)  
Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)

#### Finger Buffet

Samosa (vegan, d)  
Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Stilton & Caramelised Red Onion Tart (v)  
Cocktail Sausages with Honey & Soy - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

#### Cakes

Mini Muffins (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Orange, Ginger & Miso Cake (v)  
Spiced Raisin Loaf Cake (vegan, d)

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan

SPRING 2025



# Salads



## Individual Salads Boxes

### **Wild Rice Salad with Roasted Roots (vegan, g, d, n)**

with mint, apricot, rocket, spring onion, lemon & garlic, beetroot houmous & almonds with lemon dressing (305 kcal)

### **Oriental Raw Vegetable Salad (vegan, g, d)**

with peppers, baby corn, mange tout, sesame seeds, spring onion & ginger dressing (271 kcal)

### **Tuscan Tortellini Salad (v)**

cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (479 kcal)

### **Chargrilled Chicken with Beans & Broccoli Salad (g)**

chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt (382 kcal)

### **Smoked Mackerel, Beetroot & Puy Lentil Salad (g, d)**

with mixed leaves & lemon dressing (610 kcal)

Assorted boxes will be selected from our system.

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan

SPRING 2025



## Sustainability

For us, sustainability is key. It informs everything we do, from where we source our ingredients, how we cook our food through to the lights we use in our head office.

Our knowledge and passion on the subject puts us in a good position to offer a free sustainability advice service to our clients.

Please see some of the fantastic things we do that contribute towards us receiving a 3-star rating, the highest possible, from the Sustainable Restaurant Association.



Nick Mead,  
*Managing Director*







# 82%

of our fleet is **electric** & eliminating greenhouse gas scope 1 & 2 by **2025** 5 years ahead of plan



### Tracking & Routing Systems

This technology helps minimise fuel and power consumption in our vans

# 100%



### LED Lights

Used throughout our premises, many with timers or sensors to reduce the consumption



### Reusable Bottles

We provide all of our staff with stainless steel water bottles



### Water

We have reduction floats in toilet systems, a no running tap policy and use pressure tap sensors in our wash hand basins

# 3000



LETTING GROW

planted so far since 2021 with our partners Letting Grow, and by 2032 our goal is to have planted 20000



Our food boxes are made from recycled cardboard and are 100% recyclable



We use 100% compostable and biodegradable plastic

**Homemade food** by our highly skilled chefs in our Waterloo Kitchens



# 3 seasonal menus

**Palm leaf Platters**  
Made using naturally fallen leaves from India, it's an eco-friendly production, made simply using only fallen leaves, water, heat and pressure

**Food Purchasing**  
We only order fresh food which we know will be used immediately

# 70%

vegetarian or vegan selections across our menus

# Zero waste to landfill

### Recycling

We recycle cardboard, glass, tin, plastic, and paper. Our on-site compactor, helps reduce waste volume, minimising transportation needs

# LOCAL SUPPLIERS

Our meat where possible is **Free Range** and always from UK farms, our fish sustainably sourced & fruit and veggies from the local market we buy daily. Beef has been removed from our menus



We pay our staff a minimum of the London Living Wage



2024

The star rating we have from the Sustainable Restaurant Association

# 3

