



# Client Bespoke Menu Proposal Summer 2024

To be served from 1<sup>st</sup> June to 30<sup>th</sup> September



## **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

**£4.95 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 au Chocolat (v)

Mini Pain aux Raisins (v)

## Bespoke Breakfast Silver

**£8.15 per person**

*Minimum 3 people*

Danish Pastry — mini (v, n)

Granola Pot

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

## Bespoke Breakfast Gold

**£9.50 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

**£13.10 per person**

*Minimum order of 3*

Open Mini Bagel with Smoked Salmon & Cream Cheese

or

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

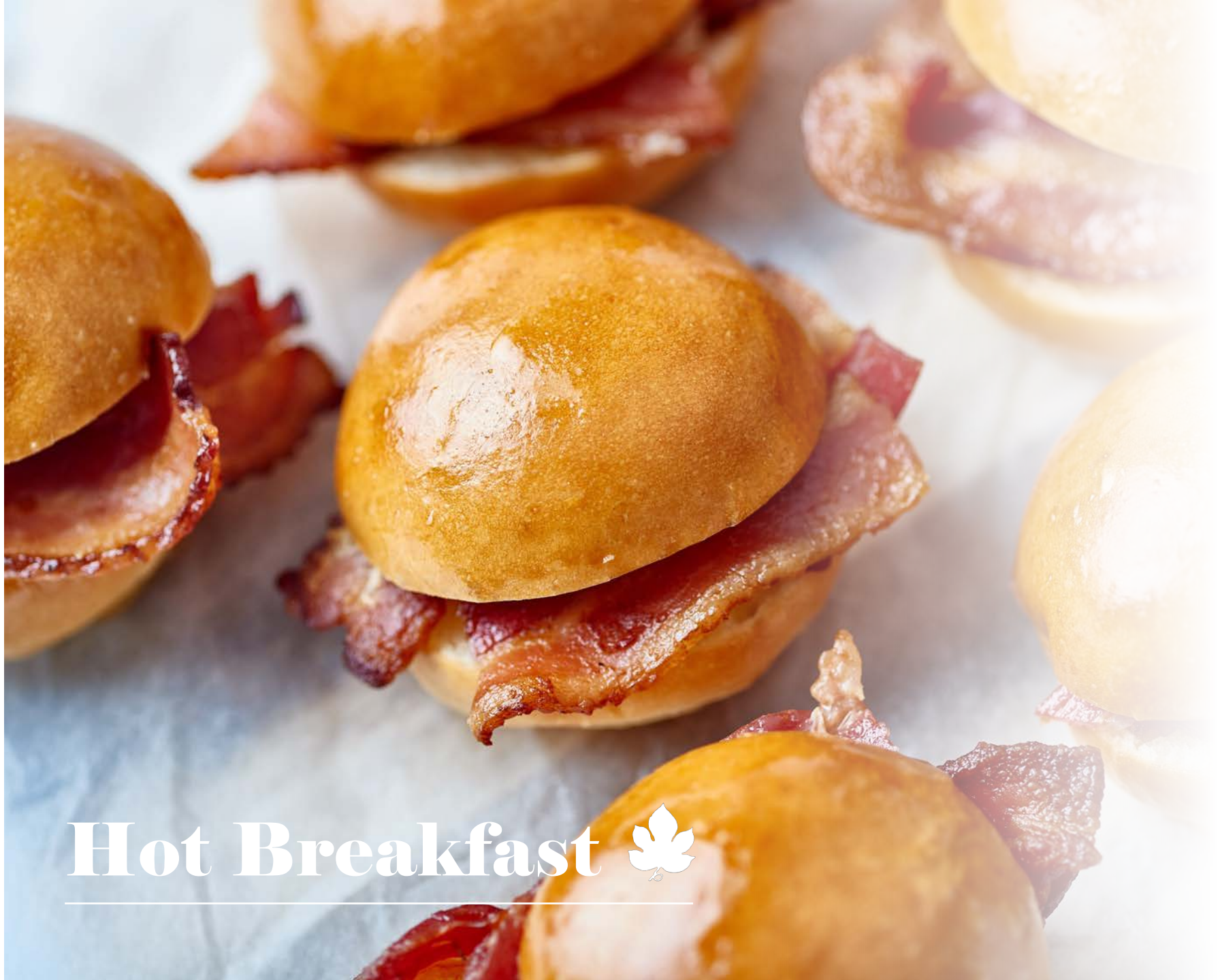
Danish Pastry — mini (v, n)

Granola Pot

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

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





# Hot Breakfast

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## **Bespoke Breakfast Hot**

*Minimum order of 6*

Bacon in a Glazed Brioche Roll - £5.50  
*delivered warm for immediate service (489kcal)*

Sausage in a Glazed Brioche Roll - £5.70  
*delivered warm for immediate service (616kcal)*

Roast Tomato & Mushroom in a Cereale Bap (vegan, d) - £5.45  
*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*



# Sandwich Lunch

## Bespoke Sandwich Lunch Bronze

£7.45 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

£9.10 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

£14.35 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

£22.75 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

£12.20 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

£12.35 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

£15.75 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

£18.90 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**

**£10.40 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**

**£12.95 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**

**£11.00 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**

**£11.50 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

**£14.25 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

**£16.15 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

**£1.50 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

**£5.85 per person**

*Minimum order of 25*

2 cans per person

one of the following wine selections:

Fourpure Lager

Fourpure Session IPA

## Bespoke Wine

**£9.00 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

**£10.20 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)

Artiglianale Prosecco Eco (min 6)



# A,B,C + W

## A

Monday + Friday

### Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken & Cucumber on Malted Grain (d)  
Prawn Cocktail on Malted Grain (d)  
Falafel & Baba Ganoush Wrap (vegan, d)  
Cheddar & Rhubarb Chutney on Malted Grain (v)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Smoked Mackerel in a Spinach Wrap  
Houmous & Green Olive Tapenade on Malted Grain (vegan, d)  
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)  
Veggie New Yorker on Multi Seed Bloomer (v)  
Cajun Chicken & Tomatade Wrap (d)  
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)

### Finger Buffet

Bella Lodi Chicken Strip  
Chicken Brochette with Chilli & Oregano (g, d)  
Free From Tapenade Bruschetta (vegan, g, d)  
Salmon Brochette with Chilli & Ginger (g, d)  
Smoked Mackerel Crostini  
Samosa (vegan, d)  
Pizza with Mozzarella & Sunblush Tomatoes (v)  
Chilli Cheese Corn Muffins (v, g)

### Cakes

Cherry Flapjack (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Strawberry Crumble Slice (vegan, d)  
Mini Muffins - 2 per portion (v)  
Orange Polenta Loaf (v, g, n)

## B

Tuesday + Thursday

### Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken & Cucumber on Malted Grain (d)  
Smoked Mackerel in a Spinach Wrap  
Falafel & Baba Ganoush Wrap (vegan, d)  
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)  
Cajun Chicken & Tomatade Wrap (d)  
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)  
Cheddar & Rhubarb Chutney on Malted Grain (v)  
Prawn Cocktail on Malted Grain (d)  
Veggie New Yorker on Multi Seed Bloomer (v)

### Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)  
Chicken Brochette with Chilli & Oregano (g, d)  
Chorizo & Red Onion Sausage Rolls (d)  
Queen Olives - 4 per portion (vegan, g, d)  
Salmon Brochette with Chilli & Ginger (g, d)  
Smoked Mackerel Crostini  
Pizza with Mozzarella & Sunblush Tomatoes (v)  
Chestnut Mushroom Vegan Sausage Roll (vegan, d)

### Cakes

Coconut & Passion Fruit Drizzle Cake (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Strawberry Crumble Slice (vegan, d)  
Raspberry Tartlet - 2 per portion (v)  
Blondie Brownie (v)

## C

Wednesday

### Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Cajun Chicken & Tomatade Wrap (d)  
Prawn Cocktail on Malted Grain (d)  
Falafel & Baba Ganoush Wrap (vegan, d)  
Veggie New Yorker on Multi Seed Bloomer (v)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Smoked Mackerel in a Spinach Wrap  
Cheddar & Rhubarb Chutney on Malted Grain (v)  
Roast Chicken & Cucumber on Malted Grain (d)  
Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)  
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)

### Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)  
Bella Lodi Chicken Strip  
Chorizo & Red Onion Sausage Rolls (d)  
Salmon Brochette with Chilli & Ginger (g, d)  
Smoked Mackerel Crostini  
Samosa (vegan, d)  
Chestnut Mushroom Vegan Sausage Roll (vegan, d)  
Chilli Cheese Corn Muffins (v, g)

### Cakes

Cherry Flapjack (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Strawberry Crumble Slice (vegan, d)  
Orange Polenta Loaf (v, g, n)  
Blondie Brownie (v)

## W

Weekend

### Sandwiches

Falafel & Baba Ganoush Wrap (vegan, d)  
Houmous & Green Olive Tapenade on Malted Grain (vegan, d)  
Cheddar & Rhubarb Chutney on Malted Grain (v)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Cajun Chicken & Tomatade Wrap (d)  
Roast Chicken & Cucumber on Malted Grain (d)  
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)  
Smoked Mackerel in a Spinach Wrap Prawn Cocktail on Malted Grain (d)  
Prawn Cocktail on Malted Grain (d)

### Finger Buffet

Samosa (vegan, d)  
Chestnut Mushroom Vegan Sausage Roll (vegan, d)  
Queen Olives - 4 per portion (vegan, g, d)  
Chilli Cheese Corn Muffins (v, g)  
Feta, Cherry Tomato & Basil Tart (v)  
Chicken Brochette with Chilli & Oregano (g, d)  
Chorizo & Red Onion Sausage Rolls (d)  
Salmon Brochette with Chilli & Ginger (g, d)

### Cakes

Strawberry Crumble Slice (vegan, d)  
Healthy Seed Bar - Free From (vegan, g, d)  
Cherry Flapjack (v)  
Coconut & Passion Fruit Drizzle Cake (v)  
Orange Polenta Loaf (v, g, n)  
Blondie Brownie (v)  
Mini Muffins (v)

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan  
SUMMER 2024



# Salads

## Individual Salads Boxes

**Mediterranean Vegetable & Black Rice Salad (vegan, g, d)**  
with rocket & maple balsamic dressing

**Watermelon & Tomato Salad (vegan, g, d)**  
chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts with a mint & lemon dressing

**Italian Summer Salad (v, g)**  
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

**Chargrilled Chicken Rainbow Salad (g, d)**  
chicken fillets marinated in chilli & coriander tossed with mint, chickpeas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing

**Hot Smoked Honey Salmon Nicoise Salad (g, d)**  
hot roast smoked salmon with hard boiled egg, new potatoes, olives, cherry tomato, mixed leaves and a dijon mustard dressing

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  
**SUMMER 2024 SELECTION**



# Bowl & Boxed Meals

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan  
**SUMMER 2024 SELECTION**

## Day 1

### Hot Food

#### Caribbean Lamb with Rice (g, d)

tender lamb gently braised with sweet potato, thyme, coriander and parsley. served with rice

#### Vegan Rogan Josh with Rice (vegan, g, d)

an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry

### Salad

#### Rainbow Salad (vegan, g, d)

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

#### Iranian Fattoush Salad (v, g)

tomato, radish, cucumber, spring onions with fresh, lemon, garlic & mint topped with yoghurt & pomegranate seeds

### Cake

#### Cherry Flapjack (v)

golden syrup, butter and condensed milk coat the jumbo oats, all topped off with glace cherries

#### Healthy Seed Bar - Free From (vegan, g, d)

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

### Whole Fruit

from this season's selection

## Day 4

### Hot Food

#### Spaghetti Carbonara with Chicken

mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

#### Vegan Paella (vegan, g, d)

arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon

### Salad

#### Mediterranean Vegetable & Black Rice (vegan, g, d)

with rocket & maple balsamic dressing

#### Iranian Fattoush Salad (v, g)

tomato, radish, cucumber, spring onions with fresh, lemon, garlic & mint topped with yoghurt & pomegranate seeds

### Cake

#### Orange Polenta Loaf (v, g, n)

fresh juice and zest of navel oranges with free range eggs, almond, butter and polenta

#### Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

### Whole Fruit

from this season's selection

## Day 2

### Hot Food

#### Coconut & Coriander Chicken & Rice (g, d, n)

succulent chicken in coconut, peanuts, lemon & cumin, served with rice

#### Dhal with Sweet Potato, Coconut Crust & Rice (vegan, g, d)

red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust

### Salad

#### New Potato & Chive Salad (vegan, g, d)

with lemon & mint dressing

#### Watermelon & Tomato Salad (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts and lemon vinaigrette

### Cake

#### Blondie Brownie (v)

blond, rich belgian

#### Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

### Whole Fruit

from this season's selection

## Day 5

### Hot Food

#### Tarragon Chicken & Rice (g)

chicken with fresh tarragon, cream and lemon, served with long grain rice

#### Penne Arrabiata (v)

a classic, spicy tomato sauce with penne pasta

### Salad

#### Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

#### Watermelon & Tomato Salad (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts and lemon vinaigrette

### Cake

#### Blondie Brownie (v)

blond, rich belgian

#### Healthy Seed Bar - Free From (vegan, g, d)

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

### Whole Fruit

from this season's selection

## Day 3

### Hot Food

#### Harissa Salmon with Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous, served

with a harissa yoghurt dressing

#### Glazed & Honeyed Mushrooms with Orzo (v)

pan fried mushrooms with balsamic, rosemary, honey and garlic served with orzo pasta

### Salad

#### Rainbow Salad (vegan, g, d)

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

#### Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

### Cake

#### Coconut & Passion Fruit Drizzle Cake (v)

moist coconut loaf cake generously drizzled with zingy passion fruit syrup

#### Healthy Seed Bar - Free From (vegan, g, d)

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

### Whole Fruit

from this season's selection

## Day 6

### Hot Food

#### Chalkstream Trout with Creamy Orzo

chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi

#### Moroccan Vegetable Tagine & Couscous (vegan, d)

squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous

### Salad

#### Hot Smoked Honey Salmon Nicoise Salad (g, d)

hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a dijon mustard dressing

#### Mixed Leaves Summer Salad (vegan, g, d)

four seasonal leaves with a lemon vinaigrette dressing

### Cake

#### Raspberry Tartlet (v)

fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case. two per portion

#### Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

### Whole Fruit

from this season's selection



## **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

Nick Mead,  
*Managing Director*







# 60%

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



### Tracking & Routing Systems

This technology helps maximise 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 employees 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 of 100% recycled cardboard and are recyclable



We use FSC certified paper and ink, and make the purchase of only plastic

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



## 3 seasonal menus

### Palm leaf Platters

Made from naturally fallen leaves from India, it's an eco-friendly production with a simple making process with water and modified heat mold

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

# 70%

is 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 and beef has been removed from all menus



**Living Wage**  
Minimum Wage  
we are proud to pay all of our staff the London Living Wage



2024

The star rating we have from the Sustainable Restaurant Association

# 3

