



# Client Bespoke Menu Proposal Winter 2024

To be served from 1<sup>st</sup> October to 31<sup>st</sup> January

## 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.*



## Bespoke Breakfast Hot

*Minimum order of 6*

Bacon in a Glazed Brioche Roll - £5.95  
*delivered warm for immediate service (489kcal)*

Sausage in a Glazed Brioche Roll - £5.95  
*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*

# Hot Breakfast

# 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 Salad on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain

### Finger Buffet

Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Panko Chicken Goujon (d)  
Slow Cooked Tomato & Basil (vegan, g, d)  
Lime, Chilli & Coriander Salmon Brochette (g, d)  
Fish Cake with Lemongrass & Ginger  
Samosa (vegan, d)  
Cheesy Paprika Puff (v)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)

### Cakes

Orange, Ginger & Miso Cake (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Mini Muffins - 2 per portion (v)  
Lemon Polenta Cake (v, g, n)

## B

Tuesday + Thursday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Malted Grain (d)  
Smoked Mackerel & Rocket in a Tomato Wrap  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Smoked Salmon & Lemon on Malted Grain  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)

### Finger Buffet

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

### Cakes

Carrot Cake (v, n)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Cranberry Fruit Fool Tart - 2 per portion (v)  
Chocolate & Orange Brownie (v)

## C

Wednesday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Roast Chicken Salad on Malted Grain (d)  
Salmon Teriyaki on Malted Grain  
Seeded Cereale Bagel with Brie & Cranberry (v)

### Finger Buffet

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  
Samosa (vegan, d)  
Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)

### Cakes

Orange, Ginger & Miso Cake (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Lemon Polenta Cake (v, g, n)  
Chocolate & Orange Brownie (v)

## W

Weekend

### Sandwiches

Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Roast Chicken Salad on Malted Grain (d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Salmon Teriyaki on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain

### Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)  
Samosa (vegan, d)  
Queen Olives - 4 per portion (vegan, g, 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)

### Cakes

Spiced Raisin Loaf Cake (vegan, d)  
Healthy Seed Bar - Free From (vegan, g, d)  
Orange, Ginger & Miso Cake (v)  
Carrot Cake (v, n)  
Lemon Polenta Cake (v, g, n)  
Chocolate & Orange Brownie (v)  
Mini Muffins (v)

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

# Salads



## Individual Salads Boxes

**Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d)**  
with baby spinach, red cabbage, carrot, red pepper and coriander (499 kcal)

**Winter Salad with Beetroot (vegan, g, d)**  
spinach, carrot, red onion, red cabbage, pepper & beetroot with a chilli & maple dressing (190 kcal)

**Feta with Tomato, Coriander & Toasted Almond (v, g, n)**  
with a sage dressing (272 kcal)

**Cranberry Chicken Salad (g, d)**  
mixed leaves, caramelised onion, cucumber with a sage dressing (435 kcal)

**Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d)**  
with baby spinach, red cabbage, carrot, red pepper and coriander (446 kcal)

Assorted boxes will be selected from our system.

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**WINTER 2024**

# Bowl & Boxed Meals



## Day 1

### Hot Food

#### Spanish Style Lamb with Turmeric Rice (g, d)

slow cooked lamb with olives, tomato & paprika served with turmeric rice

#### Feijoada, Brazilian Black Bean Stew (vegan, g, d)

black turtle beans, sweet potato and carrots with orange zest in brazil's most beloved dish

### Salad

#### Roast Butternut Squash, Spinach & Couscous (vegan, d)

cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing

#### Feta with Tomato, Coriander & Toasted Almond Salad (v, g, n)

with a sage dressing

### Cake

#### Orange, Ginger & Miso Cake (v)

orange & ginger cake topped with a sweet miso buttercream and orange zest

#### 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 2

### Hot Food

#### Jerk Chicken, Rice & Peas (g, d)

a caribbean favourite with our own jerk seasoning

#### Symplicity Chorizo, Rosemary & Courgette Penne (vegan, d)

a spicy vegan chorizo mince from sympathy with courgette, fresh rosemary, our own bechamel sauce topped with a sprinkle of breadcrumbs

### Salad

#### Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing (vegan, g, d)

new potatoes & butternut sauteed in north african spices

#### Winter Salad with Beetroot (vegan, g, d)

spinach, carrot, red onion, red cabbage & pepper with beetroot and a chilli & maple dressing

### Cake

#### Chocolate & Orange Brownie (v)

dark, rich belgian chocolate with a fresh orange glaze

#### Spiced Raisin Loaf Cake (vegan, d)

rich & vegan with cinnamon, nutmeg, all spice & cloves

### 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

#### Mushroom Stroganoff with Rice (v, g)

sauteed flat & button mushrooms with tomato, paprika and crème fraiche served with rice

### Salad

#### Roast Butternut Squash, Spinach & Couscous (vegan, d)

cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing

#### Feta with Tomato, Coriander & Toasted Almond Salad (v, g, n)

with a sage dressing

### Cake

#### Carrot Cake (v, n)

light and rich carrot cake with nutmeg, cinnamon & walnuts topped with sweet cream cheese

#### 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

#### Penne with Chicken in a Creamy Spinach & Mushroom Sauce (d)

chicken with baby spinach, chestnut and porcini mushrooms in a creamy sauce

#### Creamy Spinach & Mushroom Penne (vegan, d)

steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon

### Salad

#### Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d)

with baby spinach, red cabbage, carrot, red pepper and coriander

#### Orange, Grape, Walnut & Stilton (v, g, n)

chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil

### Cake

#### Lemon Polenta Cake (v, g, n)

gluten free cake: with lemon, polenta and almond

#### Spiced Raisin Loaf Cake (vegan, d)

rich & vegan with cinnamon, nutmeg, all spice & cloves

### Whole Fruit

from this season's selection

## Day 5

### Hot Food

#### Chicken Korma & Rice (g, n)

chicken thigh gently cooked in our own korma sauce with garam masala, coconut, cream, garlic and natural yogurt, served with rice

#### Macaroni Cauliflower with Caramelised Onion (v)

the wonderful classic with english cauliflower, mature cheddar, coleman's english mustard, cayenne pepper, all topped with caramelised onion

### Salad

#### Orange, Grape, Walnut & Stilton (v, g, n)

chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil

#### Winter Salad with Beetroot (vegan, g, d)

spinach, carrot, red onion, red cabbage & pepper with beetroot and a chilli & maple dressing

### Cake

#### Chocolate & Orange Brownie (v)

dark, rich belgian chocolate with a fresh orange glaze

#### 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

#### Creamy Salmon Penne

steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon

#### Spicy Fable Curry (vegan, g, d)

a delicious, fragrant, aromatic and deeply spicy fable shiitake mushroom curry

### Salad

#### Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d)

with baby spinach, red cabbage, carrot, red pepper and coriander

#### Mixed Leaf Salad with Pomegranate Dressing (vegan, g, d)

with a pomegranate molasses and rapeseed oil dressing

### Cake

#### Cranberry Fruit Fool Tart - 2 per portion (v)

live yoghurt & honey with orange and spiced cranberry in an all butter sweet tartlet. two per portion

#### Spiced Raisin Loaf Cake (vegan, d)

rich & vegan with cinnamon, nutmeg, all spice & cloves

### Whole Fruit

from this season's selection

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

WINTER 2024

## **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 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 of corrugated cardboard and all recyclable



We use PLA packaging and film, eliminating the purchase of any plastics

**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 &

