



Client Bespoke Menu Proposal Spring 2025

To be served from 1st October to 31st 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 a u Chocolat (v)

Mini Pain a ux 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)
 - Artigianale 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

Symplcity Chorizo, Rosemary & Courgette Penne (vegan, d)

a spicy vegan chorizo mince from symplcity 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 shitake 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 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



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

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

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 &