



Client Bespoke DDR Menu Proposal Winter 2024

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.





Cold Fork Buffet 1



Cold Lunch Buffet 1 - Jacaranda

£29.50 per person

Minimum order 6

On arrival

a selection of current seasonal main per person:

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter

Main

a selection of current seasonal main per person:

Chicken Breast with Salsa Verde (g, d)

chargrilled chicken with a basil, mint, parsley and caper salsa verdi

Stilton & Caramelised Red Onion Tart - large (v)

short crust pastry with caramelised red onions, creme fraiche and stilton

Salads

a selection of current seasonal salads per person:

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

with a pomegranate molasses and rapeseed oil dressing

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

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

drizzled with olive oil

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

with a sage dressing

Dessert

a selection of current seasonal dessert per person:

Blackberry Cheesecake - Pot (v)

potted cheesy berry dessert

Extras:

+ Staff:

Includes waiting staff, 4 hours minimum booking

+ £7.00 per person

£36.50 per person

+ Staff & Equipment:

Includes staff (4 hours) and equipment (trestle table, tablecloth, trays)

+ £12.00 per person

£41.50 per person

Delivery to E1W 1AW

Office hours (8am – 5pm): FREE

Out of hours (after 5pm): £60.00



Cold Fork Buffet 2

Cold Lunch Buffet 2 - Birch

£28.50 per person

Minimum order 6

On arrival

a selection of current seasonal main per person:

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter

Main

a selection of current seasonal main per person:

Lime, Chilli & Coriander Salmon Fillet (g, d)

fresh salmon fillet with a lime, chilli, garlic and coriander marinade

Stilton & Caramelised Red Onion Tart - large (v)

short crust pastry with caramelised red onions, creme fraiche and stilton

Salads

a selection of current seasonal salads per person:

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

cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing

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

Dessert

a selection of current seasonal dessert per person:

Lemon Posset - Pot (v, g)

lemon juice, double cream... and a little sugar

Extras:

+ Staff

Includes waiting staff, 4 hours minimum booking

+ £7.00 per person

£35.50 per person

+ Staff & Equipment:

Includes staff (4 hours) and equipment (trestle table, tablecloth, trays)

+ £12.00 per person

£40.50 per person

Delivery to **E1W 1AW**

Office hours (8am – 5pm): **FREE**

Out of hours (after 5pm): **£60.00**

Cold Fork Buffet 3

Cold Lunch Buffet 3 - Sycamore (vegetarian)

£23.50 per person

Minimum order 6

On arrival

a selection of current seasonal main per person:

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter

Main

a selection of current seasonal main per person:

Sweet Potato Falafel with Salsa & Watercress (vegan, g, d)

sweet potato & turmeric falafel on english watercress with a tomato & coriander salsa

Stilton & Caramelised Red Onion Tart - large (v)

short crust pastry with caramelised red onions, creme fraiche and stilton

Salads

a selection of current seasonal salads per person:

Winter Salad with Beetroot (vegan, g, d)

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

Moroccan Roasted Butternut Squash & Potato Salad with

Chilli Oil Dressing (vegan, g, d)

new potatoes & butternut sauteed in north african spices

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

with a pomegranate molasses and rapeseed oil dressing

Dessert

a selection of current seasonal dessert per person:

Spiced Cranberry Cheesecake - Pot (v)

spiced cranberry compote with cream cheese, cream and a digestive crust

Extras:

+ Staff:

Includes waiting staff, 4 hours minimum booking

+ £7.00 per person

£30.50 per person

+ Staff & Equipment:

Includes food, staff (4 hours) and equipment (trestle table, tablecloth, trays)

+£12.00 per person

£35.50 per person

Delivery to E1W 1AW

Office hours (8am – 5pm): FREE

Out of hours (after 5pm): £60.00



Hot Fork Buffet



Hot Lunch Buffet

£14.80 per person

Minimum order 6

Main

a selection of current seasonal bowl meals per person
1 x portion per person

Salads

a selection of current seasonal salads per person
1 x portion per person

Dessert

a selection of current seasonal homemade cakes or fruit per person
1 x portion per person

Extras:

+ Staff

Includes waiting staff, 4 hours minimum booking
+ £7.00 per person
£21.80 per person

+ Equipment

Includes equipment to serve (chafing dishes, bowls, forks)
+ £5.00 per person
£19.80 per person

+ Staff & Equipment:

£26.80 per person

Delivery to E1W 1AW

Office hours (8am – 5pm): FREE

Out of hours (after 5pm): £60.00

Winter Brochure 2024

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Hot Food					
<p>Spanish Style Lamb with Turmeric Rice (g, d) slow cooked lamb with olives, tomato & paprika served with turmeric rice</p> <p>Feijoada, Brazilian Black Bean Stew (vegan, g, d) black turtle beans, sweet potato and carrots with orange zest in brazil's most beloved dish</p>	<p>Jerk Chicken, Rice & Peas (g, d) a caribbean favourite with our own jerk seasoning</p> <p>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</p>	<p>Harissa Salmon with Mint Jewelled Couscous harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing</p> <p>Mushroom Stroganoff with Rice (v, g) sauteed flat & button mushrooms with tomato, paprika and crème fraîche served with rice</p>	<p>Penne with Chicken in a Creamy Spinach & Mushroom Sauce (d) chicken with baby spinach, chestnut and porcini mushrooms in a creamy sauce</p> <p>Creamy Spinach & Mushroom Penne (vegan, d) steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon</p>	<p>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</p> <p>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</p>	<p>Creamy Salmon Penne steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon</p> <p>Spicy Fable Curry (vegan, g, d) a delicious, fragrant, aromatic and deeply spicy fable shiitake mushroom curry</p>
Salads					
<p>Roast Butternut Squash, Spinach & Couscous (vegan, d) cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing</p> <p>Feta with Tomato, Coriander & Toasted Almond Salad (v, g, n) with a sage dressing</p>	<p>Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing (vegan, g, d) new potatoes & butternut sauteed in north african spices</p> <p>Winter Salad with Beetroot (vegan, g, d) spinach, carrot, red onion, red cabbage & pepper with beetroot and a chilli & maple dressing</p>	<p>Roast Butternut Squash, Spinach & Couscous (vegan, d) cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing</p> <p>Feta with Tomato, Coriander & Toasted Almond Salad (v, g, n) with a sage dressing</p>	<p>Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d) with baby spinach, red cabbage, carrot, red pepper and coriander</p> <p>Orange, Grape, Walnut & Stilton (v, g, n) chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil</p>	<p>Orange, Grape, Walnut & Stilton (v, g, n) chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil</p> <p>Winter Salad with Beetroot (vegan, g, d) spinach, carrot, red onion, red cabbage & pepper with beetroot and a chilli & maple dressing</p>	<p>Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d) with baby spinach, red cabbage, carrot, red pepper and coriander</p> <p>Mixed Leaf Salad with Pomegranate Dressing (vegan, g, d) with a pomegranate molasses and rapeseed oil dressing</p>
Dessert					
<p>Orange, Ginger & Miso Cake (v) orange & ginger cake topped with a sweet miso buttercream and orange zest</p> <p>Healthy Seed Bar - Free From (vegan, g, d) sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries</p>	<p>Chocolate & Orange Brownie (v) dark, rich belgian chocolate with a fresh orange glaze</p> <p>Spiced Raisin Loaf Cake (vegan, d) rich & vegan with cinnamon, nutmeg, all spice & cloves</p>	<p>Carrot Cake (v, n) light and rich carrot cake with nutmeg, cinnamon & walnuts topped with sweet cream cheese</p> <p>Healthy Seed Bar - Free From (vegan, g, d) sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries</p>	<p>Lemon Polenta Cake (v, g, n) gluten free cake with lemon, polenta and almond</p> <p>Spiced Raisin Loaf Cake (vegan, d) rich & vegan with cinnamon, nutmeg, all spice & cloves</p>	<p>Chocolate & Orange Brownie (v) dark, rich belgian chocolate with a fresh orange glaze</p> <p>Healthy Seed Bar - Free From (vegan, g, d) sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries</p>	<p>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</p> <p>Spiced Raisin Loaf Cake (vegan, d) rich & vegan with cinnamon, nutmeg, all spice & cloves</p>
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					

Canapes



Lavender

£18.50 per person

Minimum order 25

8 canapes per person:

- Winter Croquette (vegan, d)
- Cranberry Pecan Goats Cheese Balls (v, n)
- Hoisin and Sesame Tofu (vegan, d)
- Caper & Olive Tapenade Bruschetta (vegan, d)
- Broccoli Picante (vegan, g, d)
- Duck Pancake & Hoisin (d)
- Jerk Chicken & Orange Skewer (d)
- Lime, Chilli & Coriander Salmon (g, d)

Honeysuckle

£18.65 per person

Minimum order 25

8 canapes per person:

- Stilton Stuffed Medjool Date (v, g, n)
- Beetroot & Broccoli Tartlet (vegan, d)
- Tomato & Chopped Basil with Bella Lodi (v, g)
- Caper & Olive Tapenade Bruschetta (vegan, d)
- Broccoli Picante (vegan, g, d)
- Candied Bacon, Apple & Blue Prawn Cocktail Shell (d)
- Lime, Chilli & Coriander Salmon (g, d)

Saffron

£17.85 per person

Minimum order 25

8 canapes per person:

- Stilton Stuffed Medjool Date (v, g, n)
- Winter Croquette (vegan, d)
- Beetroot & Broccoli Tartlet (vegan, d)
- Tomato & Chopped Basil with Bella Lodi (v, g)
- Cranberry Pecan Goats Cheese Balls (v, n)
- Hoisin and Sesame Tofu (vegan, d)
- Caper & Olive Tapenade Bruschetta (vegan, d)
- Broccoli Picante (vegan, g, d)

Extras:

+ Staff:

Includes waiting staff, 4 hours minimum booking
+ £7.00 per person

+ Staff & Equipment:

Includes staff (4 hours) and equipment (trestle table, tablecloth, trays)
+ £12.00 per person

Delivery to **E1W 1AW**

Office hours (8am – 5pm): FREE

Out of hours (after 5pm): £60.00



Drinks



Bespoke Non-Alcoholic Drinks

£6.85 per person

Minimum order of 25

1.5 glasses of soft drinks per person
2 non-alcoholic beer per person

Bespoke Drinks

£16.55 per person

Minimum order of 25

1.5 glasses of soft drinks per person
3.5 glasses of wine & beer per person

Bespoke Drinks & Nibbles Bronze

£19.55 per person

Minimum order of 25

1.5 glasses of soft drinks per person
3.5 glasses of wine & beer per person
Mixed Nuts, Olive Mix, Kettle Crisps per person 55g per person
Kettle Crisps 1 portion per person

Bespoke Drinks & Nibbles Silver

£26.45 per person

Minimum order of 25

1.5 glasses of soft drinks per person
3.5 glasses of wine and beer per person
4 finger buffet per person

Bespoke Drinks & Nibbles Gold

£34.05 per person

Minimum order of 25

1.5 glasses of soft drinks per person
4.5 glasses of prosecco and wine per person
6 finger buffet per person

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



We have replaced our old hot and cold water tap systems, and running to poly and we provide a reusable stainless steel water bottle

70%

vegetarian or vegan selections across our menus



Zero waste to landfill

Recycling

We recycle cardboard, glass, tin, plastic, and paper. Our on-site composting helps reduce waste volume, minimising transport for roads

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 compressed cardboard and are 100% recyclable



Where possible, we are minimising the purchase of new plastic



Halal and Lambare meat

Homemade food by our highly skilled chefs in our Waterloo Kitchens

3 seasonal menus



Palm Leaf Platters

When using naturally fallen leaves from India, it's an eco-friendly alternative to plastic. Using locally sourced palm leaves with 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

