



# Eden Caterers

Winter Brochure 2024/25

To be served from 1st October to 31st January

[www.edencaterers.london](http://www.edencaterers.london)

020 7803 1212

# About us..

## Variety & Homemade

We change our menus every four months and rotate popular menus over a three-day cycle to ensure variety. We make virtually everything ourselves including jams, chutneys, dressings, pickles, cakes and cordials. This insistence on homemade ensures our food is full of flavour, nutritional value, colour and interest.

## Now We Plant Trees

Our passion is making and delivering to you great food that is sustainably sourced whilst minimising our impact on the planet. Amongst our many initiatives, we serve most food on naturally-fallen palm leaf platters which are wrapped in PLA food film made from plants. We now also plant trees for you in the home counties. More information on this can be seen on our website and socials.

## We're Old Hands at This

We have been creating seasonal, stylish and sustainable food in central London since 1993. We provide delivered food for most occasions you can imagine, be it an internal breakfast meeting for four, a team picnic in the park or a conference lunch for four hundred.



2024



2023



2024

# Dietary & Allergens

## Special Dietary Requirements

The allergen and dietary requirements for your guests are sometimes a critically important part of placing an order with us. It is a matter of considerable responsibility given the significant health concerns linked to allergens and the principle or religious beliefs associated with many dietary requirements. We therefore require that the selection of all items for an order is made by, and the responsibility, of whoever is placing your orders; we will not make dietary, allergen or ingredient selections on your behalf. Our website enables this selection by providing all the necessary information for all the food we make. We will platter and label items for someone with particular allergen or dietary needs on a separate platter when required. See also our Individual Dietary Menu for more options.

## Individual Dietary Menu

To better address the need to find food to suit specific dietary requirements we've introduced an Individual Dietary Menu. This has individual platters of food to match most dietary needs and price points.

## Recipes in Stone

Apologies for what may seem unreasonable inflexibility, but due to the legislation surrounding nutritional, ingredient, allergen and dietary labelling and reporting, we are unable to change the recipe or ingredients of any menu item. Detailed allergen information can be found on our website in each item where it says 'see more info' and will also be provided with your order for your convenience.

## We use the following dietary legend on our food:

- g** no gluten-containing ingredients
- d** no dairy-containing ingredients
- n** contains nuts
- v** vegetarian
- vegan** vegan





# Boxed Canapés

Make serving delicious canapés effortless. Just open the box and arrange on your own plates to impress your guests!

## BOXED CANAPÉS NEW!

boxes of 36 canapes

### VEGETARIAN

**Stilton Stuffed Medjool Date (v, g, n)** £67.83  
topped with walnut

**Tomato & Chopped Basil with Bella Lodi (v, g)** £67.83  
slow dried tomatoes rolled in chopped basil and bella lodi

**Cranberry Pecan Goat Cheese Balls (v, g, n)** £67.83  
flavour punch on a skewer

### VEGAN

**Winter Croquette (vegan, d)** £67.83  
seasonal squash with a crisp breadcrumb coating

**Beetroot & Broccoli Tartlet (vegan, d)** £67.83  
beetroot houmous & fresh broccoli in a tomato pastry tartlet

**Hoisin and Sesame Tofu (vegan, d)** £67.83  
sesame coated soy and hoisin marinated tofu with cucumber

**Caper & Olive Tapenade Bruschetta (vegan, d)** £67.83  
sourdough bruschetta with our caper, black olive and garlic tapenade

**Broccoli Picante (vegan, g, d)** £67.83  
crisp broccoli florets with chilli & garlic

### MEAT

**Duck Pancake & Hoisin (d)** £72.63  
with courgette, red pepper, carrot & coriander

**Mini Chicken Skewer with Rosemary & Lime (g, d) NEW!** £72.63  
chicken in a rosemary & lime marinade

**Candied Bacon, Apple & Blue** £72.63  
blue cheese with candied bacon and apple on puff pastry

**Jerk Chicken & Orange Skewer (d)** £72.63  
juicy orange works well with jamaican spiced chicken

### FISH

**Prawn Cocktail Shell (d)** £83.92  
classic prawn cocktail in a pastry shell dusted with paprika

**Lime, Chilli & Coriander Salmon (g, d) NEW!** £83.92  
salmon fillet with lime, chilli & coriander

## BOXED CANAPÉS SET MENU

boxes of 36 canapes

### Mixed Canape Selection

box of 36 - 6 of each selection:

Stilton Stuffed Medjool Date (v, g, n)  
Hoisin and Sesame Tofu (vegan, d)  
Duck Pancake & Hoisin (d)  
Mini Chicken Skewer with Rosemary & Lime (g, d)  
Prawn Cocktail Shell (d)  
Lime, Chilli & Coriander Salmon (g, d) NEW!

£74.79 per box

### Vegan Canape Selection

box of 36 - 12 of each selection:

Beetroot & Broccoli Tartket (vegan, d)  
Hoisin and Sesame Tofu (vegan, d)  
Caper & Olive Tapenade Bruschetta (vegan, d)

£67.83 per box

### Meat Canape Selection

box of 36 - 9 of each selection:

Duck Pancake & Hoisin (d)  
Mini Chicken Skewer with Rosemary & Lime (g, d)  
Candied Bacon, Apple & Blue  
Jerk Chicken & Orange Skewer (d)

£72.63 per box

### Fish Canape Selection

box of 36 - 18 of each selection:

Prawn Cocktail Shell (d)  
Lime, Chilli & Coriander Salmon (g, d)

£83.92 per box

### Vegetarian Canape Selection

box of 36 - 6 of each selection:

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

£67.83 per box

### Dessert Canape Selection

box of 36 - 12 of each selection:

Berry Mousse in Chocolate Cup (v, g)  
Salted Caramel & Almond Truffle (v, n)  
Sheba Chocolate Tartlet (v, n)

£69.43 per box

### SWEET CANAPÉS

**Berry Mousse in Chocolate Cup (v, g)** £69.43  
elegant dark chocolate with sharp season's berry mousse

**Salted Caramel & Almond Truffle (v, g, n)** £72.63  
an indulgent treat

**Sheba Chocolate Tartlet (v)** £66.23  
the queen's silky rich dark sauce in a crisp case

**Fruit Kebab (vegan, g, d)** £66.23  
dainty colourful fruits

ORDER NOW





# Breakfast

A stunning selection of hot & cold savouries, breakfast pots and more for a great way to start the day

## PASTRIES

<b>All Butter Croissant - large (v)</b> <i>served with butter portion and a knife (253 kcal)</i>	<b>£3.16</b>
<b>All Butter Croissant - mini (v)</b> <i>served with butter portions and a knife (118kcal)</i>	<b>£2.50</b>
<b>Pain au Chocolat - large (v)</b> <i>filled with real chocolate and baked with french butter (316kcal)</i>	<b>£3.77</b>
<b>Pain au Chocolat - mini (v)</b> <i>filled with real chocolate and baked with french butter (130kcal)</i>	<b>£3.00</b>
<b>Almond Butter Croissant - mini (v, n)</b> <i>filled with almond paste &amp; topped with flaked almonds (319kcal)</i>	<b>£3.00</b>
<b>Pain aux Raisins - large (v)</b> <i>the classic breakfast viennoise spiral (250kcal)</i>	<b>£3.77</b>
<b>Pain aux Raisins - mini (v)</b> <i>the classic breakfast viennoise spiral (139kcal)</i>	<b>£3.00</b>
<b>Danish Pastry - large (v, n)</b> <i>a selection of danish pastries , one portion is one pastry, some pastries may contain nuts</i>	<b>£3.61</b>
<b>Danish Pastry - mini (v, n)</b> <i>a selection of mini danish pastries , one portion is one pastry, some pastries may contain nuts</i>	<b>£2.55</b>
<b>Biscuits</b> <i>two portions in a bag</i>	<b>£1.67</b>
<b>Homemade American Cookies (v)</b> <i>a selection of two homemade american cookies</i>	<b>£2.33</b>
<b>Healthy Seed Bar - Free From (vegan, g, d)</b> <i>sunflower, chia and pumpkin seeds, oats, dates, maple syrup &amp; cranberries (293kcal)</i>	<b>£2.72</b>
<b>Mini Muffins (v)</b> <i>blueberry mini. two per portion (219kcal)</i>	<b>£2.50</b>
<b>Conserves (vegan, g, d)</b> <i>tiptree strawberry mini jar</i>	<b>£1.11</b>

## BREAKFAST POTS

<b>Gingerbread Granola with Spiced Cranberry Compote (v)</b> <i>homemade granola and spiced cranberry compote with a rich greek yoghurt (448 kcal)</i>	<b>£4.22</b>
<b>Gingerbread Granola with Honey (v)</b> <i>the spiced taste of winter in your breakfast bowl (434 kcal)</i>	<b>£4.11</b>
<b>Chia &amp; Almond Milk Breakfast Pudding (vegan, g, d, n)</b> <i>almond milk, chia seeds with blackberries and maple syrup (153 kcal)</i>	<b>£4.88</b>
<b>Birchermuesli - Free From (vegan, g, d)</b> <i>gluten free rolled oats with apple, soya yoghurt, soya milk, sultanas, seeds and berries. min 4 (133kcal)</i>	<b>£4.55</b>
<b>Yoghurt pot with Honey (v, g)</b> <i>greek yoghurt with honey for a sweet start (286kcal)</i>	<b>£4.27</b>
<b>Yoghurt Pot with Apricot Coulis (v, g)</b> <i>greek yoghurt and sharp fruit coulis for a fresh start (224 kcal)</i>	<b>£4.27</b>
<b>Soya Yoghurt Pot with Honey (v, g, d)</b> <i>a free from treat. gluten, dairy and nut free light breakfast (194kcal)</i>	<b>£4.88</b>
<b>Soya Yoghurt Pot with Spiced Cranberry Compote (vegan, g, d)</b> <i>a vegan &amp; free from treat. gluten, dairy and nut free light breakfast (160 kcal)</i>	<b>£4.38</b>
<b>Soya Yoghurt Pot with Apricot Coulis (vegan, g, d)</b> <i>a vegan &amp; free from treat. gluten, dairy and nut free light breakfast (133 kcal)</i>	<b>£4.83</b>

**“We used Eden Catering for an event and they were brilliant! Delicious food and very efficient and helpful staff.”**

5 Star Google Review



## SET BREAKFASTS

### Power Breakfast (v)

one of each item per person:

Granola with Plum Compote (v)  
American Cookies - Double Chocolate Homemade (v)  
Freshly squeezed orange juice

min 3  
**£8.82**

### Continental Breakfast (v, n)

one of each item per person:

Mini croissant & butter  
Mini Danish pastry  
Cut Fruit - Mini Pot (vegan, g, d)  
Freshly squeezed orange juice

min 3  
**£11.16**

### Continental Breakfast with Open Mini Bagels (n)

one of each item per person:

Open Mini Half Bagel with Smoked Salmon Cream Cheese  
Open Mini Half Bagel with Egg Mayonnaise & Tomato Chutney (v)

Mini croissant & butter  
Mini Danish pastry  
Cut Fruit - Mini Pot (vegan, g, d)  
Freshly squeezed orange juice

min 3  
**£16.93**

**ORDER NOW**



## COLD SAVOURIES

<b>Brie &amp; Cranberry Pugliese Roll (v)</b> <i>english brie &amp; our own cranberry sauce (149kcal)</i>	<b>£3.89</b>
<b>Cheese &amp; Tomato All Butter Croissant - mini (v)</b> <i>mature cheddar with sliced salad tomato in a croissant (268kcal)</i>	<b>£4.27</b>
<b>Ham &amp; Emmenthal All Butter Croissant - mini</b> <i>sliced emmenthal and honey mustard gammon ham in a mini croissant (270kcal)</i>	<b>£4.55</b>
<b>Salami &amp; Emmenthal Cereale Roll</b> <i>milano salami with sliced emmenthal (176kcal)</i>	<b>£3.72</b>
<b>Open Mini Bagel with Smoked Salmon &amp; Cream Cheese</b> <i>two open halves per portion (181kcal)</i>	<b>£6.49</b>
<b>Open Mini Bagel with Egg Mayonnaise &amp; Tomato Chutney (v)</b> <i>with our homemade tomato chutney. two open halves per portion (240kcal)</i>	<b>£4.61</b>
<b>Open Mini Bagel with Sundried Tomato &amp; Cream Cheese (v)</b> <i>intense dried tomato flavour with smooth cream cheese. two open halves per portion (480kcal)</i>	<b>£4.66</b>
<b>Breakfast Savoury Platter</b> <i>a selection of mini filled breakfast rolls &amp; croissant to include smoked salmon &amp; cream cheese mini bagels, emmenthal &amp; ham mini croissant, emmenthal &amp; salami cereal roll, brie &amp; cranberry mini flutes</i>	<b>£56.06</b>

## HOT SAVOURIES

<b>Roast Tomato &amp; Mushroom in a Cereale Bap (vegan, d)</b> <i>sliced roast tomato with fresh field mushroom &amp; vegan mozzarella in a cereale roll. delivered warm for immediate service. min 6 (297kcal)</i>	<b>£5.88</b>
<b>Vegetarian Sausage in a Glazed Brioche Roll (v)</b> <i>delivered warm for immediate service. min 6 (371kcal)</i>	<b>£5.94</b>
<b>Mushroom &amp; Tomato on Gluten Free Bread (v, g)</b> <i>with butter fried button mushrooms, tomatoes &amp; cheddar. delivered warm for immediate service. min 2 (274kcal)</i>	<b>£7.33</b>
<b>Bacon in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (429kcal)</i>	<b>£6.27</b>
<b>Sausage in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (451kcal)</i>	<b>£6.27</b>
<b>Bacon Sandwich on Gluten Free Bread (g, d)</b> <i>unsmoked, english back bacon in gluten free bread. delivered warm for immediate service. min 2 (423kcal)</i>	<b>£7.33</b>
<b>Mini Sausage Roll Breakfast Platter</b> <i>15 mini glazed brioche rolls with mini cumberland sausages. delivered warm to you for immediate service</i>	<b>£47.18</b>
<b>Mini Bacon Roll Breakfast Platter</b> <i>15 mini glazed brioche rolls with streaky bacon. delivered warm to you for immediate service</i>	<b>£48.29</b>
<b>Mini Mushroom Roll Breakfast Platter (v)</b> <i>15 mini glazed brioche rolls with butter fried button mushrooms. delivered warm to you for immediate service</i>	<b>£49.40</b>
<b>Sachets - Brown or Tomato Sauce</b>	<b>£0.44</b>





# Sandwich Lunch

A combination of sandwiches, finger buffet, cakes, fruit & cheese - ideal for groups working through lunch

## SET MENUS

these menus enable you to order quickly, a quality working lunch (sandwiches, finger buffet, cakes, fruit, cheese) at a price and mix of content to suit your budget. all the sandwiches and buffet items are chosen by us and rotate daily from this season's selection. you simply decide which menu matches your requirements or budget and order for the number of people you are catering for.

the food is served on platters made from palm leaves with a serviette for each guest. unwrapping is the only requirement. minimum order 3

### WILLOW

£27.47 p/p

#### 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

### MAGNOLIA

£21.42 p/p

#### 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

#### Cheese Board

1 portion per person

#### Cut Fruit

1 mini pot per person

### LAUREL

£18.32 p/p

#### Sandwiches

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

#### Finger Buffet

3 per person varying daily from this season's selection

#### Tortilla Chips

25g portion with salsa dip

#### Cake

1.5 per person from homemade selection

### CAMELLIA

£18.48 p/p

#### Sandwiches

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

#### Finger Buffet

4 per person varying daily from this season's selection

#### Cut Fruit

1 mini pot per person

### CLEMATIS

£17.54 p/p

#### Sandwiches

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

#### Finger Buffet

3 per person varying daily from this season's selection

#### Italian Olives

40g per portion

#### Cut Fruit

1 mini pot per person

### JASMIN

£17.21 p/p

#### 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

### ACER

£14.76 p/p

#### Sandwiches

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

#### Kettle Crisps

crisps in the bag

#### Cake

1 per person from home made selection

#### Cut Fruit

1 mini pot per person

### THISTLE

£14.37 p/p

#### Sandwiches

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

#### Cake

1.5 per person from homemade selection

#### Cut Fruit

1 mini pot per person

### MULBERRY

£13.99 p/p

#### Sandwiches

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

#### Kettle Crisps

25g per person with salsa dip

#### Cake

1.5 per person from homemade selection

### MAPLE

£14.15 p/p

#### Sandwiches

1 round 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 per person with salsa dip

#### Fruit

1.5 pieces of whole fruit per person

### LILAC

£12.99 p/p

#### Sandwiches

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

#### Finger Buffet

2 per person varying daily from this season's selection

#### Cut Fruit

1 mini pot per person

### ROWAN

£12.32 p/p

#### Sandwiches

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

#### Tortilla Chips

25g per person with salsa dip

#### Cut Fruit

1 mini pot per person

### AZALEA

£11.99 p/p

#### Sandwiches

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

#### Cake

1.5 per person from homemade selection

### HAWTHORN

£11.38 p/p

#### Sandwiches

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

#### Cut Fruit

1 mini pot per person

ORDER NOW



## SET SANDWICH PLATTERS

<b>Classic Sandwich Platter (6 sandwiches)</b> <i>one each of six different classic sandwiches from this season's selection</i>	<b>£31.64</b>
<b>Contemporary Sandwich Platter (6 sandwiches)</b> <i>one each of six different contemporary sandwiches from this season's selection</i>	<b>£34.52</b>
<b>Mixed Sandwich Platter (6 sandwiches)</b> <i>one each of six different mixed style of sandwiches from this season's selection</i>	<b>£32.02</b>
<b>Vegetarian Sandwich Platter (6 sandwiches)</b> <i>one each of six different vegetarian sandwiches from this season's selection</i>	<b>£30.30</b>
<b>Vegan Sandwich Platter (6 sandwiches)</b> <i>six vegan sandwiches in two varieties from this season's selection</i>	<b>£32.86</b>
<b>Meat Sandwich Platter (6 sandwiches)</b> <i>six meat sandwiches in six varieties from this season's selection</i>	<b>£33.80</b>
<b>Fish Sandwich Platter (6 sandwiches)</b> <i>six fish sandwiches in three varieties from this season's selection</i>	<b>£38.30</b>
<b>Wrap Platter (6 wraps)</b> <i>six wraps in three varieties from this season's selection</i>	<b>£32.80</b>
<b>Sandwich Platter on Gluten Free Bread (6 sandwiches)</b> <i>six sandwiches with no gluten containing ingredients in two varieties from this season's selection</i>	<b>£37.74</b>
<b>Halal Sandwich Platter (6 sandwiches)</b> <i>six halal sandwiches from this season's selection</i>	<b>£33.80</b>
<b>Small Classic Sandwich Platter (3 sandwiches)</b> <i>one each of three different classic sandwiches from this season's selection</i>	<b>£16.21</b>
<b>Small Contemporary Sandwich Platter (3 sandwiches)</b> <i>one each of three different contemporary sandwiches from this season's selection</i>	<b>£17.32</b>
<b>Small Mixed Sandwich Platter (3 sandwiches)</b> <i>one each of three different mixed style of sandwiches from this season's selection</i>	<b>£16.32</b>
<b>Small Vegetarian Sandwich Platter (3 sandwiches)</b> <i>one each of three different vegetarian sandwiches from this season's selection</i>	<b>£15.21</b>
<b>Small Vegan Sandwich Platter (3 sandwiches)</b> <i>three vegan sandwiches in two varieties from this season's selection</i>	<b>£16.48</b>
<b>Small Meat Sandwich Platter (3 sandwiches)</b> <i>three meat sandwiches in three varieties from this season's selection</i>	<b>£16.93</b>
<b>Small Fish Sandwich Platter (3 sandwiches)</b> <i>three fish sandwiches in three varieties from this season's selection</i>	<b>£19.20</b>
<b>Small Wrap Platter (3 sandwiches)</b> <i>three wraps in three varieties from this season's selection</i>	<b>£16.43</b>
<b>Small Sandwich Platter on Gluten Free Bread (3 sandwiches)</b> <i>three sandwiches with no gluten containing ingredients in two varieties from this season's selection</i>	<b>£19.43</b>
<b>Small Halal Sandwich Platter (3 sandwiches)</b> <i>three halal sandwiches from this season's selection</i>	<b>£16.93</b>

## SET FINGER BUFFET PLATTERS

<b>Finger Buffet Platter</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£32.75</b>
<b>Meat Finger Buffet Platter NEW!</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£32.19</b>
<b>Vegetarian Finger Buffet Platter</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£30.30</b>
<b>Vegan Finger Buffet Platter</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£29.14</b>
<b>Finger Buffet Platter - No Gluten Ingredients</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£32.08</b>
<b>Small Finger Buffet Platter</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£16.37</b>
<b>Small Meat Finger Buffet Platter NEW!</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£16.10</b>
<b>Small Vegetarian Finger Buffet Platter</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£15.21</b>
<b>Small Vegan Finger Buffet Platter</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£14.54</b>
<b>Small Finger Buffet Platter - No Gluten Ingredients</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£15.87</b>

## BOXED SANDWICHES

<b>Tomatade, Artichoke Hearts and Green Olive Tapenade in a Piedmont Baguette - Boxed (vegan, d)</b> <i>our own tomatade, olive tapenade with artichokes and fresh basil leaves (523 kcal)</i>	<b>£6.60</b>
<b>Cheddar with Plum &amp; Ginger Chutney on Malted Grain - Boxed (v)</b> <i>cheddar with our own plum &amp; ginger chutney (490 kcal)</i>	<b>£5.11</b>
<b>Egg Mayonnaise &amp; Cress on Malted Grain - Boxed (v, d)</b> <i>free range eggs and cress (446kcal)</i>	<b>£4.66</b>
<b>Roast Mushroom and Mozzarella on a Cereale Baguette - Boxed (v) NEW!</b> <i>sliced roast breast of rosemary free range chicken with mixed leaf, tomato, and mayonnaise (441 kcal)</i>	<b>£6.66</b>
<b>Roast Chicken Salad on Malted Grain - Boxed (d)</b> <i>sliced roast breast of rosemary free range chicken with mixed leaf, tomato, and mayonnaise (441 kcal)</i>	<b>£5.61</b>
<b>Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain - Boxed (d)</b> <i>honey and mustard baked suffolk ham with celeriac, parsley and caper slaw (407 kcal)</i>	<b>£5.27</b>
<b>Salmon Teriyaki on Malted Grain - Boxed (d)</b> <i>poached salmon, with teriyaki mayonnaise &amp; rocket (379 kcal)</i>	<b>£6.55</b>
<b>Moroccan Houmous with Pepperonata on Gluten Free Bread - Boxed (vegan, g, d)</b> <i>our own houmous with cumin, coriander, sautéed peppers and mixed leaf (363 kcal)</i>	<b>£5.61</b>

## SANDWICHES

### VEGAN

- Moroccan Fable Mushrooms & Houmous Wrap (vegan, d) NEW!** £4.50  
*moroccan marinaded shiitake mushrooms with homemade houmous, pickled red cabbage and rocket (390 kcal)*
- Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)** £6.33  
*our own tomatade, olive tapenade with artichokes and fresh basil leaves (503 kcal)*
- Moroccan Houmous with Pepperonata on Gluten Free Bread (vegan, g, d)** £5.33  
*our own houmous with cumin, coriander, sautéed peppers and mixed leaf (363 kcal)*

### VEGETARIAN

- Seeded Cereale Bagel with Brie & Cranberry (v) NEW!** £5.77  
*brie with our homemade cranberry sauce in a cereale bagel (471kcal)*
- Cheddar with Plum & Ginger Chutney on Malted Grain (v)** £4.83  
*cheddar with our own plum & ginger chutney (485 kcal)*
- Egg Mayonnaise & Cress on Malted Grain (v, d)** £4.38  
*free range eggs and cress (446kcal)*
- Roast Mushroom and Mozzarella on a Cereale Baguette (v) NEW!** £6.38  
*with tomatade and mixed leaf (491 kcal)*

### MEAT

- Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)** £5.66  
*roast english turkey with blackberries, roast bramley apples, sauerkraut and mixed leaf (284kcal)*
- Roast Chicken Salad on Malted Grain (d)** £5.33  
*sliced roast breast of rosemary free range chicken with mixed leaf, tomato, and mayonnaise (441 kcal)*
- Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain (d)** £5.00  
*honey and mustard baked suffolk ham with celeriac, parsley and caper slaw (464 kcal)*
- Christmas Sandwich on Malted Grain (d) - December only** £5.38  
*roast breast of turkey with stuffing, redcurrant jelly and mixed leaf (419 kcal)*
- Roast Chicken Salad on Gluten Free Bread (g, d)** £5.72  
*sliced roast breast of rosemary free range chicken with mixed leaf, tomato, and mayonnaise (404 kcal)*

### FISH

- Smoked Mackerel & Rocket in a Tomato Wrap** £5.72  
*with pickled red onion, cream cheese and rocket (421 kcal)*
- Salmon Teriyaki on Malted Grain (d)** £6.27  
*poached salmon flakes, with a teriyaki mayonnaise & rocket (396 kcal)*
- Smoked Salmon & Lemon on Malted Grain (d)** £6.33  
*with lemon, rocket and black pepper (267 kcal)*

## FINGER BUFFET

### VEGAN

- Slow Cooked Tomato & Basil (vegan, g, d)** £2.11  
*slow dried tomatoes rolled in chopped basil and yeast flakes (183 kcal)*
- Samosa (vegan, d)** £2.61  
*a south asian pastry, packed full of fresh vegetables and potatoes (184 kcal)*
- Moroccan Houmous & Pepperonata Crostini (vegan, d)** £2.16  
*our own houmous with cumin, coriander and sautéed peppers on a tasty crostini (54 kcal)*
- Queen Olives (vegan, g, d)** £2.55  
*aromatised large queen olives on sticks (33 kcal)*

### VEGETARIAN

- Baby Mozzarella & Cherry Tomato Brochette (v, g)** £2.16  
*with basil and a pomegranate dressing (67 kcal)*
- Cheesy Paprika Puff (v)** £2.28  
*onion, cheddar, chives, thyme, parsley, cayenne and paprika with double cream baked in a puff pastry case (272 kcal)*
- Stilton & Caramelised Red Onion Tart (v)** £2.61  
*short crust pastry with caramelised red onions, creme fraiche and stilton (213 kcal)*

### MEAT

- Panko Chicken Goujon (d)** £2.44  
*panko stuffing chicken with a blackberry butter dip (60 kcal)*
- Cocktail Sausages with Honey & Soy - 3 per portion (d) NEW!** £2.61  
*honey and soy coated pork cumberlands with sesame seeds (162 kcal)*
- Homemade Thyme & Caramelised Onion Sausage Roll (d)** £2.61  
*cumberland sausage meat & homemade red onion marmalade in crisp puff pastry with fresh thyme (211 kcal)*

### FISH

- Lime, Chilli & Coriander Salmon Brochette (g, d) NEW!** £3.16  
*fresh salmon with lime, chilli & coriander (63 kcal)*
- Fish Cake with Lemongrass & Ginger** £2.61  
*a fresh cod and salmon mix with lemongrass and ginger*

## CHEESE

- A British Cheeseboard - for 6 (v)** £46.29  
*a selection of three british cheeses served with crackers, grapes and celery. compostable knives included*
- A British Cheeseboard - for 3 (v)** £23.14  
*a selection of three british cheeses served with crackers, grapes and celery. compostable knives included*

## CAKES & POTS

- Spiced Raisin Loaf Cake (vegan, d)**  
rich & vegan with cinnamon, nutmeg, all spice & cloves (315 kcal)
- Healthy Seed Bar - Free From (vegan, g, d)**  
sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries (293kcal)
- Orange, Ginger & Miso Cake (v)**  
orange & ginger cake topped with a sweet miso buttercream and orange zest (355 kcal)
- Cranberry Fruit Fool Tart (v)**  
live yoghurt & honey with orange and spiced cranberry in an all butter sweet tartlet. two per portion (108 kcal)
- Carrot Cake (v, n)**  
light and rich carrot cake with nutmeg, cinnamon & walnuts topped with sweet cream cheese (300 kcal)
- Lemon Polenta Cake (v, g, n)**  
gluten free cake: with lemon, polenta and almond (389 kcal)
- Chocolate & Orange Brownie (v) NEW!**  
dark, rich belgian chocolate with a fresh orange glaze (393 kcal)
- Mini Muffins (v)**  
blueberry mini. two per portion (219kcal)
- Mini Mince Tart - 2 per portion (v, n) - December only**  
our homemade matured mince meat in a crown pastry case with cranberry topping (171 kcal)
- Blackberry Cheesecake - Mini Pot (v)**  
potted cheesy berry dessert (213 kcal)
- Lemon Posset - Mini Pot (v, g)**  
lemon juice, double cream... and a little sugar (192 kcal)
- Blackberry Cheesecake - Pot (v)**  
potted cheesy berry dessert (435 kcal)
- Lemon Posset - Pot (v, g)**  
lemon juice, double cream... and a little sugar (537 kcal)
- Spiced Cranberry Cheesecake - Pot (v)**  
spiced cranberry compote with cream cheese, cream and a digestive crust (449kcal)

## CAKE PLATTER

- Cake Platter** £21.87  
eight cakes from this season's selection on one platter
- Small Cake Platter** £10.93  
four cakes from this season's selection on one platter



## FRUIT

- Cut Fruit - Mini Pot (vegan, g, d)** £2.28  
fresh seasonal cut fruit in a mini pot, complete with a skewer (21kcal)
- Cut Fruit - Pot (vegan, g, d)** £2.72  
fresh seasonal cut fruit in a mini pot, complete with a skewer (35kcal)
- Cut Fruit - 6 Mini Pots (vegan, g, d)** £2.33  
fresh seasonal cut fruit in 6 mini pots, complete with a skewer for each (126kcal)
- Cut Fruit - 12 Mini Pots (vegan, g, d)** £2.94  
fresh seasonal cut fruit in 12 mini pots, complete with skewers for each (252kcal)
- Whole Fruit Small Platter - for 5-10 people (vegan, g, d)** £2.55  
a selection of seasonal whole fruit
- Whole Fruit Large Platter - for 10 -15 people (vegan, g, d)** £2.66  
a selection of seasonal whole fruit

## CRISPS

- Kettle Crisps with Dip - Small Platter (vegan, g, d)** £2.50  
for 3-5 guests with homemade salsa dip (621kcal)
- Kettle Crisps with Dip - Large Platter (vegan, g, d)** £3.55  
for 6-8 guests with homemade salsa dip (1239kcal)
- Tortilla Chips with Dip - Small Platter (vegan, g, d)** £2.55  
for 3-5 people with homemade salsa dip (583kcal)
- Tortilla Chips with Dip - Large Platter (vegan, g, d)** £2.22  
for 6-8 people with homemade salsa dip (1164kcal)
- Handcooked Crisps in the Bag (vegan, g, d)** £4.55  
from fairfields farm (202kcal)





# Forks & Salads

Healthy and delicious salads with our own dressings

## SHARING SALAD PLATTER

3-4 PORTIONS      6-8 PORTIONS

these salads are served on palm leaf platters with serving tongs provided. each platter is designed to be part of a selection. we recommend selecting a minimum of three salads to give a complete meal for six to eight guests. forks, knives and plates are not included.

### MEAT & FISH

**Cranberry Chicken Salad (g, d)** £14.99 £26.64  
mixed leaves, caramelised onion, cucumber with a sage dressing (608/1215 kcal)

**Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d)** £20.54 £32.19  
with baby spinach, red cabbage, carrot, red pepper and coriander (947/1428 kcal)

### VEGAN

**Winter Salad with Beetroot (vegan, g, d)** £10.55 £21.09  
spinach, carrot, red onion, red cabbage & pepper with beetroot and a chilli & maple dressing (407/714 kcal)

**Roast Butternut Squash, Spinach & Couscous (vegan, d)** £8.82 £15.54  
cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing (745/1490 kcal)

**Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d)** £10.55 £17.21  
with baby spinach, red cabbage, carrot, red pepper and coriander (606/1212 kcal)

**Moroccan Roasted Butternut Squash & Potato Salad with Chilli Oil Dressing (vegan, g, d)** £8.33 £15.48  
new potatoes & butternut sauteed in north african spices (480/988 kcal)

**Mixed Leaf Salad with Pomegranate Dressing (vegan, g, d)** £7.49 £14.99  
with a pomegranate molasses and rapeseed oil dressing (105/210 kcal)

### VEGETARIAN

**Orange, Grape, Walnut & Stilton Salad (v, g, n)** £14.26 £29.14  
chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil (688/1377 kcal)

**Feta with Tomato, Coriander & Toasted Almond Salad (v, g, n)** £14.43 £29.42  
with a sage dressing (530/906 kcal)

## SALAD BOXES

generous individual boxes complete with a fork and dressing

**Asian Salad with a Sweet Ginger & Soy Dressing (vegan, d)** £8.10  
with baby spinach, red cabbage, carrot, red pepper and coriander (499 kcal)

**Winter Salad with Beetroot (vegan, g, d)** £7.05  
spinach, carrot, red onion, red cabbage, pepper & beetroot with a chilli & maple dressing (190 kcal)

**Feta with Tomato, Coriander & Toasted Almond (v, g, n)** £9.05  
with a sage dressing (272 kcal)

**Cranberry Chicken Salad (g, d)** £8.82  
mixed leaves, caramelised onion, cucumber with a sage dressing (435 kcal)

**Salmon Teriyaki with Asian Salad with a Sweet Ginger & Soy Dressing (d)** £9.44  
with baby spinach, red cabbage, carrot, red pepper and coriander (446 kcal)

## MEZE SALAD

to provide a complete, nutritious and varied sharing meal for six

**Meze Sharing Vegetarian - 5-7 people (v, g, n)** £69.93  
a selection of seasonal salads all in one large bowl served with dressings and artisan rolls

**Meze Sharing Vegan - 5-7 people (vegan, d)** £67.16  
a selection of seasonal vegan salads all in one large bowl, served with dressings and artisan rolls

**Meze Sharing Traditional - 5-7 people** £81.59  
a selection of seasonal salads all in one large bowl, served with dressings and artisan rolls

## BREAD

**Roll & Butter - Cold Fork (v)** £0.27  
morning baked dinner roll with butter (143kcal)

## DISPOSABLES

Paper Plate £0.28  
Compostable Spoon, Fork or Knife £0.17

“Delicious food and really easy to order, plus a company with a fantastic commitment to sustainability.”

5 Star Google Review



## COLD FORK BUFFET

whether a party, meeting or conference these set menus provide a selection of great tasting food which is best eaten sitting down with a knife and fork. it is for those slightly smarter occasions when you want great presentation and very tasty food.  
minimum order 6



### JACARANDA

**Chicken Breast with Salsa Verde (g, d)**

chargrilled chicken with a basil, mint, parsley and caper salsa verdi (404kcal)

**Stilton & Caramelised Red Onion Tart - large (v)**

short crust pastry with caramelised red onions, creme fraiche and stilton (344kcal)

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

with a pomegranate molasses and rapeseed oil dressing (30kcal)

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

chopped walnuts with crumbled stilton, orange segments, grapes and pousse leaves drizzled with olive oil (191kcal)

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

with a sage dressing (158kcal)

**Blackberry Cheesecake - Pot (v)**

potted cheesy berry dessert (435 kcal)

**Roll & Butter - Cold Fork (v)**

morning baked dinner roll with butter (143kcal)

**£31.08 per person**



### BIRCH

**Lime, Chilli & Coriander Salmon Fillet (g, d) NEW!**

fresh salmon fillet with a lime, chilli, garlic and coriander marinade (191kcal)

**Stilton & Caramelised Red Onion Tart - large (v)**

short crust pastry with caramelised red onions, creme fraiche and stilton (344kcal)

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

cinnamon and nutmeg roasted squash with couscous and a pomegranate dressing (177kcal)

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

with baby spinach, red cabbage, carrot, red pepper and coriander (171kcal)

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

with a pomegranate molasses and rapeseed oil dressing (30kcal)

**Lemon Posset - Pot (v, g)**

lemon juice, double cream... and a little sugar (537 kcal)

**Roll & Butter - Cold Fork (v)**

morning baked dinner roll with butter (143kcal)

**£31.02 per person**



### SYCAMORE (vegetarian)

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

sweet potato & turmeric falafel on english watercress with a tomato & coriander salsa (206kcal)

**Stilton & Caramelised Red Onion Tart - large (v)**

short crust pastry with caramelised red onions, creme fraiche and stilton (344kcal)

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

spinach, beetroot, carrot, red onion, red cabbage & pepper with a chilli & maple dressing (93kcal)

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

new potatoes & butternut sauteed in north african spices (213kcal)

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

with a pomegranate molasses and rapeseed oil dressing (30kcal)

**Spiced Cranberry Cheesecake - Pot (v)**

spiced cranberry compote with cream cheese, cream and a digestive crust (449kcal)

**Roll & Butter - Cold Fork (v)**

morning baked dinner roll with butter (143kcal)

**£25.14 per person**

Forks and Salads - Cutlery & Crockery Hire (Packs of 10) - **£60.50**  
all the crockery and cutlery needed, for ten people, for service of these menu

**ORDER NOW**







# Dietary & Individual

A meal for one person with different versions, designed to meet most dietary and budget requirements

## INDIVIDUAL VEGAN & FREE FROM

### BREAKFAST BAG

a small carrier bag with a mix of "free from" breakfast items to suit a range of dietary requirements. one bag is designed to be one person's light breakfast. all items come with a fork, knife or spoon where required

#### **Breakfast Bag - Vegan & Free From**

**£9.44**

a free from birchermuesli, piece of fruit and a freshly squeezed orange juice. free from has no ingredients containing dairy, gluten or nuts

### LUNCH PLATTER

a mix of "free from" sandwiches, finger buffet, cake and fruit all served on one palm leaf platter. designed to be one person's meal and satisfying a range of dietary requirements. "free from" has no ingredients that contain gluten, nuts or dairy

#### **Individual Bronze Lunch - Vegan & Free From**

**£9.60**

one sandwich (4 quarters). one item of finger buffet and a small portion of tortilla chips with salsa dip. all items are vegan, free of ingredients containing dairy, nuts or gluten and served on one palm leaf platter

#### **Individual Silver Lunch - Vegan & Free From**

**£12.54**

one sandwich (4 quarters). one item of finger buffet. a small portion of tortilla chips with salsa dip. one piece of cake and a mini bunch of grapes. all items are vegan, free of ingredients containing dairy, nuts or gluten and served on one palm leaf platter

#### **Individual Gold Lunch - Vegan & Free From**

**£16.48**

one sandwich (4 quarters). one item of finger buffet and some tortilla chips. two pieces of cake. one mini pot of cut fruit. all items are vegan, free of ingredients containing dairy, nuts or gluten and served on one palm leaf platter

### SALAD PLATE

#### **Salad Plate - Vegan & Free From**

**£15.15**

a salad for one. three varieties of vegan and free from salads on one platter. salads change seasonally. complete with a compostable knife and fork



## INDIVIDUAL VEGAN

### BREAKFAST BAG

a small carrier bag with a mix of vegan breakfast items to suit a range of dietary requirements. one bag is designed to be one person's light breakfast. all items come with a fork, knife or spoon where required

#### **Breakfast Bag - Vegan**

**£10.10**

a vegan yoghurt pot (changes seasonally) a piece of fruit and a freshly squeezed orange juice

### LUNCH PLATTER

a mix of vegan sandwiches, finger buffet, cake and fruit all on one platter. designed to be one person's meal and satisfying a range of dietary requirements

#### **Individual Bronze Lunch - Vegan**

**£9.32**

two halves of sandwich in two varieties (4 quarters). one item of finger buffet and a small portion of tortilla chips with salsa dip. all items are vegan and served on one palm leaf platter

#### **Individual Silver Lunch - Vegan**

**£12.21**

two halves of sandwich in two varieties (4 quarters). one item of finger buffet. a small portion of tortilla chips with salsa dip. one piece of cake and a mini bunch of grapes. all items are vegan and served on one palm leaf platter

#### **Individual Gold Lunch - Vegan**

**£16.59**

two halves of sandwich in two varieties (4 quarters). one item of finger buffet and some tortilla chips. two pieces of cake. one mini pot of cut fruit. all items are vegan and served on one palm leaf platter

**ORDER NOW**





# Boxed Meals

Our Boxed Meals are the simplest, most cost effective and very delicious, option for many hot meal requirements – lunch, supper or overnight working

## BOXED MEALS

COLD DELIVERY      HOT DELIVERY

choose either delivered cold, to be kept in a refrigerator till needed, then to be reheated in a microwave (3 minutes) or delivered hot, ready to serve. minimum order 6

### VEGETARIAN

#### Mushroom Stroganoff with Rice - Boxed Meal (v, g)

sauteed flat & button mushrooms with tomato, paprika and crème fraiche served with rice (673 kcal)

£7.88      £8.99

#### Macaroni Cauliflower with Caramelised Onion - Boxed Meal (v)

the wonderful classic with english cauliflower, mature cheddar, coleman's english mustard, cayenne pepper, all topped with caramelised onion (635 kcal)

£6.60      £7.71

### VEGAN

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

black turtle beans, sweet potato and carrots with orange zest in brazils most beloved dish (540 kcal)

£7.22      £8.33

#### Spicy Fable Shiitake Curry with Rice - Boxed Meal (vegan, g, d) **NEW!**

a delicious, fragrant, aromatic and deeply spicy fable shiitake mushroom curry (660 kcal)

£9.99      £11.10

#### Vegetable Thai Green Curry & Rice - Boxed Meal (vegan, g, d)

peppers, broccoli and babycorn with the lemongrass, ginger, lime and coconut milk, served with long grain rice (589 kcal)

£7.22      £8.33

#### Symplicity Chorizo, Rosemary & Courgette Penne - Boxed Meal (vegan, d) **NEW!**

a spicy vegan chorizo mince from sympathy with courgette, fresh rosemary, our own bechamel sauce topped with a sprinkle of breadcrumbs (860 kcal)

£8.88      £9.99

#### Creamy Spinach & Mushroom Penne - Boxed Meal (vegan, d)

freshly cooked penne with baby spinach, chestnut and porcini mushrooms (463 kcal)

£7.83      £8.94

### MEAT

#### Penne with Chicken in a Spinach & Mushroom Sauce - Boxed Meal (d) **NEW!**

chicken with baby spinach, chestnut and porcini mushrooms in a creamy sauce (485kcal)

£10.16      £11.27

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

slow cooked lamb with olives, tomato & paprika served with turmeric rice (706 kcal)

£10.38      £11.49

#### Chicken Korma & Rice - Boxed Meal (g, n)

chicken thigh gently cooked in our own korma sauce with garam masala, coconut, cream, garlic and natural yogurt, served with rice (788 kcal)

£9.16      £10.27

#### Jerk Chicken, Rice & Peas - Boxed Meal (g, d)

a caribbean favourite with our own jerk seasoning (711 kcal)

£9.82      £10.93

### FISH

#### Harissa Salmon with Mint Jewelled Couscous - Boxed Meal

harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing (640kcal)

£13.88      £14.99

#### Creamy Salmon Penne - Boxed Meal

steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon (985 kcal)

£12.21      £13.32



ORDER NOW





# Hot Bowl Meals

Delicious, wholesome and warming bowl meals - great for events & more

## BOWL MEALS

great for parties, meetings or conferences. bowls can be eaten standing or sitting. a bowl & fork are supplied for each bowl purchased. the food is delivered to you warm in stainless steel dishes within an insulated hot box which we leave with you. service is recommended to be no later than 45 minutes after delivery. we provide serving utensils. for larger guest numbers we recommend waiting staff are hired from us to help with service. the equipment will be collected later in the afternoon of the delivery day or the following day. please ensure it is ready for collection. minimum order 6

### VEGETARIAN

**Mushroom Stroganoff with Rice - Bowl Meal (v, g)** £10.66  
*sauteed flat & button mushrooms with tomato, paprika and crème fraiche served with rice*

**Macaroni Cauliflower with Caramelised Onion - Bowl Meal (v)** £9.38  
*the wonderful classic with english cauliflower, mature cheddar, coleman's english mustard, cayenne pepper, all topped with caramelised onion*

### VEGAN

**Feijoada, Brazilian Black Bean Stew - Bowl Meal (vegan, g, d)** £9.99  
*black turtle beans, sweet potato and carrots with orange zest in brazil's most beloved dish*

**Spicy Fable Shiitake Curry with Rice - Bowl Meal (vegan, g, d) NEW!** £12.77  
*a delicious, fragrant, aromatic and deeply spicy fable shiitake mushroom curry*

**Vegetable Thai Green Curry & Rice - Bowl Meal (vegan, g, d)** £9.99  
*peppers, broccoli and babycorn with the lemongrass, ginger, lime and coconut milk, served with long grain rice*

**Symplicity Chorizo, Rosemary & Courgette Penne - Bowl Meal (vegan, d) NEW!** £11.66  
*a spicy vegan chorizo mince from sympathy with courgette, fresh rosemary, our own bechamel sauce topped with a sprinkle of breadcrumbs*

**Creamy Spinach & Mushroom Penne - Bowl Meal (vegan, d)** £10.60  
*freshly cooked penne with baby spinach, chestnut and porcini mushrooms*

### MEAT

**Penne with Chicken in a Spinach & Mushroom Sauce - Bowl Meal (d) NEW!** £12.93  
*chicken with baby spinach, chestnut and porcini mushrooms in a creamy sauce*

**Spanish Style Lamb with Turmeric Rice - Bowl Meal (g, d)** £13.04  
*slow cooked lamb with olives, tomato & paprika served with turmeric rice*

**Chicken Korma & Rice - Bowl Meal (g, n)** £11.93  
*chicken thigh gently cooked in our own korma sauce with garam masala, coconut, cream, garlic and natural yogurt, served with rice*

**Jerk Chicken, Rice & Peas - Bowl Meal (g, d)** £12.60  
*a caribbean favourite with our own jerk seasoning*

### FISH

**Harissa Salmon with Mint Jewelled Couscous - Bowl Meal** £16.65  
*harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing*

**Creamy Salmon Penne - Bowl Meal** £14.99  
*steamed salmon in a cream sauce with our homemade garlic puree, fresh dill and a squeeze of lemon*





# Afternoon Tea

A delightful and delicious selection of sandwiches, treats and tea for special occasions

## SET MENUS

we provide a full afternoon tea set menu which includes all that's required for a classic, english afternoon tea including home baked scones, cakes and fine teas. there are two service crockery & cutlery options. we can supply the food and tea with all disposable crockery & cutlery, or we supply with no crockery & cutlery. if you wish to hire china crockery & steel cutlery, that option is available too, see below. all you need to provide is the hot water for the tea and of course the table for service! if you don't have tables, a kettle or urn we can hire them to you. we strongly recommend a waiter/waitress for guest numbers greater than 12. none of the afternoon tea options shown below provide the hot water for making the tea. minimum order 6

### Afternoon Tea - Disposable Service Equipment

a full afternoon tea which includes all your guests will desire for a classic, english afternoon tea, including cocktail sandwiches, home baked scones, cake, fine teas and the disposable cups, plates and cutlery required. all you need to provide is the hot water for the tea.

£21.92

### Afternoon Tea - No service equipment

a full afternoon tea which includes all you and your guests will desire for a classic, english afternoon tea which includes cocktail sandwiches, home baked scones and cakes with fine teas. no service equipment or hot water is provided by us; you need to provide it. food is served on smart "aqua", returnable platters. see equipment hire packs if you wish to hire service equipment.

£20.81

### Afternoon Tea - Cutlery & Crockery (Pack of 10)

if you would like crockery & cutlery but don't have your own, you can hire from us. hire all the necessary china cups, saucers, plates, cutlery, flasks etc for each guest from us in packs of ten. this price does not include the afternoon tea items

£57.17

ORDER NOW



### AFTERNOON TEA INCLUDES:

#### Teas

a selection of assorted teas:

english breakfast, earl grey, green tea, peppermint & rooibos chai  
includes three rounds, milk & sugar

#### Sandwiches

a selection of four varieties of sandwiches:

cocktail sandwich - cucumber on malted grain (vegan, d); cocktail sandwich - roast chicken on malted grain;  
open mini bagel with smoked salmon & cream cheese; open mini bagel with egg mayonnaise & tomato chutney (v)

#### Scones

one fruit scone with clotted cream & strawberry jam (v)

#### Cakes

two pieces of home baked cakes:

carrot cake (v, n); lemon polenta cake (v, g, n); healthy seed bar - free from (vegan, g, d);  
orange, ginger & miso cake (v); cranberry fruit fool tart (v); chocolate & orange brownie (v) NEW!







## CANAPÉS

canapés are delivered on aqua platters ready to serve. minimum order 25

### VEGETARIAN

**Stilton Stuffed Medjool Date (v, g, n) £2.39**  
topped with walnut (64 kcal)

**Tomato & Chopped Basil with Bella Lodi (v, g) £2.39**  
slow dried tomatoes rolled in chopped basil and bella lodi (98 kcal)

**Cranberry Pecan Goat Cheese Balls (v, g, n) £2.39**  
flavour punch on a skewer (58 kcal)

### VEGAN

**Winter Croquette (vegan, d) £2.05**  
seasonal squash with a crisp breadcrumb coating (21 kcal)

**Beetroot & Broccoli Tartlet (vegan, d) £2.28**  
beetroot houmous & fresh broccoli in a tomato pastry tartlet (50 kcal)

**Hoisin and Sesame Tofu (vegan, d) £2.39**  
sesame coated soy and hoisin marinated tofu with cucumber (84 kcal)

**Caper & Olive Tapenade Bruschetta (vegan, d) £2.33**  
sourdough bruschetta with our caper, black olive and garlic tapenade (45 kcal)

**Broccoli Picante (vegan, g, d) £2.05**  
crisp broccoli florets with chilli & garlic (37 kcal)

### MEAT

**Duck Pancake & Hoisin (d) £2.50**  
with courgette, red pepper, carrot & coriander (46kcal)

**Mini Chicken Skewer with Rosemary & Lime (g, d) NEW! £2.44**  
chicken in a rosemary & lime marinade (28 kcal)

**Candied Bacon, Apple & Blue £2.33**  
blue cheese with candied bacon and apple on puff pastry (46 kcal)

**Jerk Chicken & Orange Skewer (d) £2.39**  
juicy orange works well with jamaican spiced chicken (23 kcal)

### FISH

**Prawn Cocktail Shell (d) £2.44**  
classic prawn cocktail in a pastry shell dusted with paprika (88 kcal)

**Lime, Chilli & Coriander Salmon (g, d) £2.66**  
salmon fillet with lime, chilli & coriander (42 kcal)



## SWEET CANAPÉS

**Berry Mousse in Chocolate Cup (v, g) £2.39**  
elegant dark chocolate with sharp season's berry mousse (51 kcal)

**Mini Mince Tart (v, n) - December only £2.22**  
our homemade matured mince meat in a crown pastry case with cranberry topping (87 kcal)

**Salted Caramel & Almond Truffle (v, g, n) £2.50**  
an indulgent treat (111kcal)

**Sheba Chocolate Tartlet (v) £2.39**  
the queen's silky rich dark sauce in a crisp case (81 kcal)

**Fruit Kebab (vegan, g, d) £2.28**  
dainty colourful fruits (9kcal)

## NIBBLES

**Crudités Platter (vegan, g, d) £11.27**  
one platter with enough for 4-7 people. cucumber, celery, cherry tomato, peppers & carrot served with homemade salsa & houmous dips (156kcal)

**Cheese Straws (v) £3.61**  
with coleman's & bella lodi. two per portion. min 25 (185kcal)

**Mini Bowl - Mixed Nuts 170g (vegan, g, d, n) £9.88**  
walnut, cashew, hazlenut and peanut. min 3 (1083kcal)

**Mini Bowl - Olive Mix 170g (vegan, g, d) £5.33**  
green, black, capers and sun dried tomato in olive oil. min 3 (940kcal)

**Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d) £2.33**  
our homemade salsa brings the tortilla chips to life. min 3 (197kcal)

**Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d) £3.27**  
with salsa dip. min 3 (208kcal)

## CANAPÉS SET MENU

one of each canapé per person. minimum order 25

### Lavender - (8 canapés 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) NEW!

£20.54 per person

### Honeysuckle - (8 canapés 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) NEW!

£20.54 per person

### Saffron - (8 canapés per person) Vegetarian

- 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)

£20.54 per person



# Drinks

Opt for a homemade smoothie or hire our speciality coffee machine for your next event

## COLD DRINKS

<b>Belu - Sparkling Mineral Water</b> 750 ml	<b>£3.66</b>
<b>Belu - Still Mineral Water</b> 750 ml	<b>£3.66</b>
<b>Belu Still</b> 330ml	<b>£1.89</b>
<b>Belu Sparkling</b> 330ml	<b>£1.89</b>
<b>Cranberry Juice</b> eager - 100% cranberries, a delicious juice with no artificial sweetner. 1 litre	<b>£4.72</b>
<b>Orange Juice</b> eager - 100% orange juice is made from oranges that are 100% delicious, sweet and juicy. 1 litre	<b>£5.83</b>
<b>Apple Juice</b> eager - thousands of apples come together to create a super-charged regular apple flavour juice. 1 litre	<b>£4.72</b>
<b>Sprite</b> 330ml can	<b>£2.00</b>
<b>Coke</b> 330ml can	<b>£2.11</b>
<b>Coke Diet</b> 330ml can	<b>£2.00</b>
<b>Tango</b> 330ml can	<b>£2.00</b>
<b>San Pellegrino - Blood Orange</b> 330ml can	<b>£2.39</b>
<b>San Pellegrino - Lemon</b> 330ml can	<b>£2.39</b>
<b>Freshly Squeezed Orange Juice</b> three and a half plump, sunshine-filled oranges. delightfully zesty, made from sensational spanish oranges, simply bashed and bottled to preserve their goodness, for the freshest tasting orange juice. 250ml	<b>£2.83</b>
<b>Ginger &amp; Lemongrass Presse - Still (vegan, g, d)</b> homemade ginger and lemongrass cordial mixed and bottled with still filtered water, ready to serve. 1 litre (254 kcal)	<b>£5.05</b>
<b>Ginger &amp; Lemongrass Presse - Sparkling (vegan, g, d)</b> homemade ginger and lemongrass cordial mixed and bottled with sparkling filtered water, ready to serve. 1 litre (254 kcal)	<b>£5.05</b>
<b>Carrot Ginger &amp; Turmeric Smoothie (vegan, g, d, n)</b> the perfect anti-inflammatory, immune boosting breakfast smoothie. 1 litre (460kcal)	<b>£14.99</b>
<b>Citrus Blast Smoothie (v, g, d)</b> apple, clementines, ginger, honey, ice - cubes - by weight, lemon, water. 1 litre (290kcal)	<b>£14.43</b>

## HOT DRINKS

hot drinks do not come with cups but disposables are available to buy separately if needed

<b>Flask of Organic Decaffeinated Coffee (vegan, g, d)</b> one insulated flask of fresh decaffeinated coffee delivered ready to pour. enough for ten servings (150ml cup). comes with dairy milk and sugars. does not include disposable cups	<b>£18.87</b>
<b>Flask of Organic Coffee (vegan, g, d)</b> one insulated flask of fresh coffee delivered ready to pour. enough for ten servings (150ml cups). comes with dairy milk and sugars. does not include disposable cups	<b>£18.87</b>
<b>Flask of Hot Water and Selection of Teas (vegan, g, d)</b> hot water in a flask with a selection of assorted tagged tea bags (english breakfast, earl grey, green tea, peppermint, rooibos chai). enough for ten servings (150ml cups). comes with dairy milk and sugars. does not include disposable cups	<b>£13.10</b>

## DISPOSABLES

<b>Clear Disposable Cup</b>	<b>£0.22</b>
<b>Cup &amp; Stirrer (hot drink)</b>	<b>£0.22</b>



## BEERS

### Fourpure Lager

inspired by adventure but made locally in Bermondsey, Fourpure is a London based family brewery who use innovation to create their range of beers 12 x 330ml cans

### Fourpure Session IPA

tropical, hoppy and drinkable. 12 x 330ml cans

### Lucky Saint - Alcohol Free Superior Lager

biscuity malts with a smooth pallet and a citrus hop finish. 20 x 330ml cans

## HOUSE WINE

### Laurent Miquel - Heritage Vineyards Rouge

fruit filled aromas of raspberry, strawberry and hedgerow fruits lead to a smooth, ripe palate with a summer pudding-like freshness  
2019. launguedoc-roussillon, france. 750ml bottle. min 6

### Laurent Miquel - Heritage Vineyards Blanc

aromas of citrus fruits & lemon peel with a delicate floral tone. well-balanced & lively with superb freshness  
2020. launguedoc-roussillon, france. 750ml bottle. min 6

### Laurent Miquel - Heritage Vineyards Rose

fragrant, crisp & refreshing, this delightful rosé is bursting with fresh summer berries  
2020. launguedoc-roussillon, france. 750ml bottle. min 6

£38.85

### Prosecco - Artigianale Eco

flavour of green apple and honeysuckle, with plentiful, delicate bubbles  
italy. 750ml bottle. min 6

£24.42

£38.85

### Langlois Cremant de Loire Brut Reserve NV

langlois-ch,teau is part of the bollinger champagne stable, mixing different fruits such as quince, peach and grapefruit which lead to a lovely honeyed palate and a fresh and delicate finish  
france. 750ml bottle. min 6

£28.31

£49.06

### Langlois Cremant de Loire Rosé Reserve NV

langlois-chateau is part of the bollinger champagne stable, this has a real depth and character with plenty of raspberry, blackcurrant and vanilla flavours shining through and a very well structured palate that leads to the long lingering finish  
france. 750ml bottle. min 6

£28.86

£19.98

### Ayala Brut Majeur

delicately aromatic with citrus, blossom and white peach notes, alongside hints of honeysuckle, the palate is fresh and quite dry in style, with apple and peach fruit, alongside notes of hazelnut  
france. 750ml bottle. min 6

£53.28

£19.98

### Ayala Brut Majeur NV Magnum

delicately aromatic with citrus, blossom and white peach notes, alongside hints of honeysuckle, the palate is fresh and quite dry in style, with apple and peach fruit, alongside notes of hazelnut  
france. 1500ml bottle. min 3

£106.56

£19.98

ORDER NOW



