



# Eden Caterers

Spring Brochure 2025  
To be served from 1st February to 31st May

[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.



2025



2025



**SUSTAINABILITY AWARD  
FOR CATERERS**

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





# Breakfast

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



## 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

**£10.16**

### 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

**£12.89**

### 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

**£19.54**

## PASTRIES

### All Butter Croissant - large (v)

served with butter portion and a knife (253kcal)

**£3.45**

### All Butter Croissant - mini (v)

served with butter portions and a knife (118kcal)

**£2.72**

### Pain au Chocolat - large (v)

filled with real chocolate and baked with french butter (252kcal)

**£4.11**

### Pain au Chocolat - mini (v)

filled with real chocolate and baked with french butter (104kcal)

**£3.27**

### Almond Butter Croissant - mini (v, n)

filled with almond paste & topped with flaked almonds (237kcal)

**£3.27**

### Pain aux Raisins - large (v)

the classic breakfast viennoise spiral (228kcal)

**£4.11**

### Pain aux Raisins - mini (v)

the classic breakfast viennoise spiral (127kcal)

**£3.27**

### Danish Pastry - large (v, n)

a selection of danish pastries, one portion is one pastry, some pastries may contain nuts

**£3.93**

### Danish Pastry - mini (v, n)

a selection of mini danish pastries, one portion is one pastry, some pastries may contain nuts

**£2.78**

### Biscuits

walkers assorted. two portions in a bag

**£1.82**

### Homemade American Cookies (v)

a selection of oatmeal raisin cookie & double chocolate cookie. two per portion

**£2.54**

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

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries (293kcal)

**£2.96**

### Mini Muffins (v)

blueberry mini. two per portion (219kcal)

**£2.72**

### Conserves (vegan, g, d)

tiptree strawberry mini jar

**£1.21**





## BREAKFAST POTS

<b>Granola with Plum Compote (v)</b> <i>greek yoghurt with plum compote and our spring granola (435 kcal)</i>	<b>£4.66</b>
<b>Granola with Honey (v)</b> <i>homemade granola with creamy natural yoghurt, honey and dried fruits (444 kcal)</i>	<b>£4.66</b>
<b>Trail Mix with Soya Yoghurt &amp; Mango Coulis (vegan, g, d, n)</b> <i>our own seeds, nuts and dried fruit mix makes a yummy vegan, gluten and dairy free light breakfast (292 kcal)</i>	<b>£5.93</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>£4.96</b>
<b>Yoghurt pot with Honey (v, g)</b> <i>greek yoghurt with honey for a sweet start (286kcal)</i>	<b>£4.66</b>
<b>Yoghurt Pot with Mango Coulis (v, g)</b> <i>greek yoghurt and sharp fruit coulis for a fresh start (224 kcal)</i>	<b>£4.66</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>£5.32</b>
<b>Soya Yoghurt Pot with Plum Compote (vegan, g, d)</b> <i>a vegan &amp; free from treat, gluten, dairy and nut free light breakfast (148 kcal)</i>	<b>£5.20</b>
<b>Soya Yoghurt Pot with Mango Coulis (vegan, g, d)</b> <i>a vegan &amp; free from treat, gluten, dairy and nut free light breakfast (133 kcal)</i>	<b>£5.57</b>



## COLD SAVOURIES

<b>Brie &amp; Cranberry Pugliese Roll (v)</b> <i>english brie &amp; our own cranberry sauce (149kcal)</i>	<b>£4.24</b>
<b>Cheese &amp; Tomato All Butter Croissant - mini (v)</b> <i>mature cheddar with sliced salad tomato in a croissant (268kcal)</i>	<b>£4.66</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>£4.96</b>
<b>Salami &amp; Emmenthal Cereale Roll</b> <i>milano salami with sliced emmenthal (176kcal)</i>	<b>£4.05</b>
<b>Open Mini Bagel with Smoked Salmon &amp; Cream Cheese</b> <i>two open halves per portion (181kcal)</i>	<b>£7.08</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>£5.02</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 (201kcal)</i>	<b>£5.08</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>£62.74</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 (314kcal)</i>	<b>£6.41</b>
<b>Vegetarian Sausage in a Glazed Brioche Roll (v)</b> <i>delivered warm for immediate service. min 6 (371kcal)</i>	<b>£6.47</b>
<b>Mushroom &amp; Tomato on Gluten Free Bread (v, g, d)</b> <i>with fried flat mushrooms, tomatoes &amp; vegan mozzarella. delivered warm for immediate service. min 2 (285kcal)</i>	<b>£7.99</b>
<b>Bacon in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (429kcal)</i>	<b>£6.84</b>
<b>Sausage in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (574kcal)</i>	<b>£6.84</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 (467kcal)</i>	<b>£7.99</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>£52.03</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>£53.91</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>£54.33</b>
<b>Sachets - Brown or Tomato Sauce</b>	<b>£0.48</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

£31.29 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

£23.85 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

£20.44 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

£20.37 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

£19.64 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

£19.22 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

£16.41 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

£16.47 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

£15.68 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

£15.80 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

£14.46 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

£13.73 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

£13.36 p/p

#### Sandwiches

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

#### Cake

1.5 per person from homemade selection

### HAWTHORN

£12.63 p/p

#### Sandwiches

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

#### Cut Fruit

1 mini pot per person



## 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>£36.42</b>
<b>Contemporary Sandwich Platter (6 sandwiches)</b> <i>one each of six different contemporary sandwiches from this season's selection</i>	<b>£38.25</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>£36.42</b>
<b>Vegetarian Sandwich Platter (6 sandwiches)</b> <i>one each of six different vegetarian sandwiches from this season's selection</i>	<b>£34.89</b>
<b>Vegan Sandwich Platter (6 sandwiches)</b> <i>six vegan sandwiches in two varieties from this season's selection</i>	<b>£36.17</b>
<b>Meat Sandwich Platter (6 sandwiches)</b> <i>six meat sandwiches in six varieties from this season's selection</i>	<b>£37.70</b>
<b>Fish Sandwich Platter (6 sandwiches)</b> <i>six fish sandwiches in three varieties from this season's selection</i>	<b>£42.09</b>
<b>Wrap Platter (6 wraps)</b> <i>six wraps in three varieties from this season's selection</i>	<b>£37.82</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>£42.27</b>
<b>Halal Sandwich Platter (6 sandwiches)</b> <i>six halal sandwiches from this season's selection</i>	<b>£37.52</b>
<b>Small Classic Sandwich Platter (3 sandwiches)</b> <i>one each of three different classic sandwiches from this season's selection</i>	<b>£18.18</b>
<b>Small Contemporary Sandwich Platter (3 sandwiches)</b> <i>one each of three different contemporary sandwiches from this season's selection</i>	<b>£19.15</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>£18.24</b>
<b>Small Vegetarian Sandwich Platter (3 sandwiches)</b> <i>one each of three different vegetarian sandwiches from this season's selection</i>	<b>£17.51</b>
<b>Small Vegan Sandwich Platter (3 sandwiches)</b> <i>three vegan sandwiches in two varieties from this season's selection</i>	<b>£18.12</b>
<b>Small Meat Sandwich Platter (3 sandwiches)</b> <i>three meat sandwiches in three varieties from this season's selection</i>	<b>£18.85</b>
<b>Small Fish Sandwich Platter (3 sandwiches)</b> <i>three fish sandwiches in three varieties from this season's selection</i>	<b>£21.11</b>
<b>Small Wrap Platter (3 sandwiches)</b> <i>three wraps in three varieties from this season's selection</i>	<b>£18.97</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>£21.35</b>
<b>Small Halal Sandwich Platter (3 sandwiches)</b> <i>three halal sandwiches from this season's selection</i>	<b>£18.73</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>£35.99</b>
<b>Meat Finger Buffet Platter</b> <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£35.38</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>£33.31</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>£32.03</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>£35.26</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>£18.00</b>
<b>Small Meat Finger Buffet Platter</b> <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	<b>£17.69</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>£16.71</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>£15.98</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>£17.45</b>

## CRISPS

<b>Kettle Crisps with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 guests with homemade salsa dip (621 kcal)</i>	<b>£8.60</b>
<b>Kettle Crisps with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 guests with homemade salsa dip (1239 kcal)</i>	<b>£16.47</b>
<b>Tortilla Chips with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 people with homemade salsa dip (583 kcal)</i>	<b>£8.48</b>
<b>Tortilla Chips with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 people with homemade salsa dip (1164 kcal)</i>	<b>£15.86</b>
<b>Handcooked Crisps in the Bag (vegan, g, d)</b> <i>from fairfields farm (202 kcal)</i>	<b>£1.95</b>

## CHEESE

<b>A British Cheeseboard - for 6 (v)</b> <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	<b>£50.87</b>
<b>A British Cheeseboard - for 3 (v)</b> <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	<b>£25.44</b>



## SANDWICHES

### VEGAN

- Hoisin No Duck Wrap (vegan, d) NEW!** £5.86  
*shitake mushroom with courgette, red pepper, carrot, fresh coriander and rocket (327 kcal)*
- Beetroot Houmous & Rocket in Ciabatta (vegan, d)** £5.61  
*english beetroot with chickpeas, lemon, tahini and garlic with pepperonata and rocket (415 kcal)*
- Beetroot Houmous & Rocket on Gluten Free Bread (vegan, g, d)** £6.71  
*english beetroot with chickpeas, lemon, tahini and garlic with rocket (319 kcal)*

### VEGETARIAN

- Cheddar & Pickle in a Piedmont Baguette (v)** £5.61  
*farmhouse cheddar with homemade root vegetable pickle on a piedmont baguette (614 kcal)*
- Cheddar, Tomato, Baby Leaf & Cucumber on Malted Grain (v)** £5.19  
*farmhouse cheddar with sliced tomato and cucumber (459 kcal)*
- Egg & Tomato on Malted Grain (v, d)** £4.82  
*free range egg mayonnaise & tomato (448 kcal)*
- Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v)** £6.22  
*steamed beetroot with baby leaf spinach, goat's cheese and raisin dressing (456 kcal)*

### MEAT

- Jerk Chicken & Red Cabbage Pickled Slaw in a Wrap (d)** £6.04  
*sensational jerk marinated chicken with pickled red cabbage in a tomato wrap (366 kcal)*
- Roast Rosemary Chicken on Malted Grain (d)** £5.73  
*roast chicken with rosemary mayonnaise and baby leaf (418 kcal)*
- Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)** £6.16  
*honey & mustard baked free range gammon with english mustard (434 kcal)*
- Egg & Bacon in a Piedmont Baguette (d) NEW!** £6.77  
*egg mayonnaise with crispy bacon in a freshly baked baguette (612 kcal)*
- Roast Rosemary Chicken on Gluten Free Bread (g, d)** £6.71  
*roast chicken with rosemary mayonnaise and baby leaf (354 kcal)*

### FISH

- Teriyaki Salmon with Miso & Ginger Carrot Slaw in a Wrap (d)** £6.77  
*teriyaki marinated salmon with an asian miso & ginger slaw (368 kcal)*
- Smoked Mackerel & Ricotta in a Piedmont Baguette** £6.34  
*with nutmeg, capers and tomato (474 kcal)*
- Prawn & Rocket on Malted Grain (d) NEW!** £6.71  
*in a mustard and lemon mayonnaise (340 kcal)*

## FINGER BUFFET

### VEGAN

- Falafel with Beetroot Houmous (vegan, g, d)** £2.38  
*sweet potato falafel with turmeric and cumin topped with beetroot houmous (58 kcal)*
- Samosa (vegan, d)** £2.87  
*a south asian pastry, packed full of fresh vegetables and potatoes (132 kcal)*
- Squashage Roll (vegan, d)** £2.56  
*packed with butternut, puy lentils and butterbeans (231 kcal)*
- Queen Olives (vegan, g, d)** £2.81  
*aromatised large queen olives on sticks. 4 per portion (33 kcal)*

### VEGETARIAN

- Tomatade Bruschetta (vegan, d)** £2.50  
*our homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp bruschetta (45 kcal)*
- Spinach & Feta Pinwheels (v)** £2.50  
*a delicious greek savory with spinach and feta (115 kcal)*
- Broccoli & Emmenthal Cheese Tart (v)** £2.93  
*the swiss king of cooking cheeses with an english vegetable viscount, a royal marriage (235 kcal)*

### MEAT

- Chicken Brochette with Garlic, Coriander & Chilli (g, d) NEW!** £2.81  
*chicken goujon marinated with our own garlic puree, fresh red chillies and coriander (55 kcal)*
- Cocktail Sausages with Honey (d)** £2.93  
*honey and mustard coated pork cumberlands. 3 per portion (170 kcal)*
- Cheddar Scone with Chorizo** £2.68  
*homebaked cheddar scone with a mascarpone and chorizo filling (197 kcal)*

### FISH

- Salmon Brochette with Honey and Mustard (g, d)** £3.36  
*salmon coated in coarse mustard and honey (71 kcal)*
- Hot Smoked Salmon Crostini NEW!** £2.68  
*hot smoked salmon with ricotta and lime on a crostini (48 kcal)*





## BOXED SANDWICHES

<b>Beetroot Houmous &amp; Rocket in Ciabatta - Boxed (vegan, d)</b> <i>english beetroot with chickpeas, lemon, tahini and garlic with pepperonata and rocket (437 kcal)</i>	<b>£5.92</b>
<b>Beetroot, Spinach &amp; Goats Cheese on Multi Seed Bloomer - Boxed (v)</b> <i>steamed beetroot with baby leaf spinach, goat's cheese and raisin dressing (453 kcal)</i>	<b>£6.53</b>
<b>Cheddar, Tomato, Baby Leaf &amp; Cucumber on Malted Grain - Boxed (v)</b> <i>farmhouse cheddar with sliced tomato and cucumber (459 kcal)</i>	<b>£5.49</b>
<b>Egg &amp; Tomato on Malted Grain - Boxed (v, d)</b> <i>free range egg mayonnaise &amp; tomato (448 kcal)</i>	<b>£5.12</b>
<b>Beetroot Houmous &amp; Rocket on Gluten Free Bread - Boxed (vegan, g, d)</b> <i>english beetroot with chickpeas, lemon, tahini and garlic with rocket on gluten free bread (347 kcal)</i>	<b>£7.02</b>
<b>Roast Rosemary Chicken on Malted Grain - Boxed (d)</b> <i>roast chicken with rosemary mayonnaise and baby leaf (412 kcal)</i>	<b>£6.04</b>
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain - Boxed (d)</b> <i>honey &amp; mustard baked free range gammon with english mustard (423 kcal)</i>	<b>£6.47</b>
<b>Egg &amp; Bacon in a Piedmont Baguette - Boxed (d) NEW!</b> <i>egg mayonnaise with crispy bacon in a freshly baked baguette (612 kcal)</i>	<b>£7.08</b>
<b>Smoked Mackerel &amp; Ricotta in a Piedmont Baguette - Boxed</b> <i>with nutmeg, capers and tomato (460 kcal)</i>	<b>£6.65</b>
<b>Prawn &amp; Rocket on Malted Grain - Boxed (d) NEW!</b> <i>in a mustard and lemon mayonnaise (340 kcal)</i>	<b>£7.02</b>

## FRUIT

<b>Cut Fruit - Mini Pot (vegan, g, d)</b> <i>fresh seasonal cut fruit in a mini pot, complete with a skewer (21kcal)</i>	<b>£2.50</b>
<b>Cut Fruit - Pot (vegan, g, d)</b> <i>fresh seasonal cut fruit in a mini pot, complete with a fork (35kcal)</i>	<b>£4.45</b>
<b>Cut Fruit - 6 Mini Pots (vegan, g, d)</b> <i>fresh seasonal cut fruit in 6 mini pots, complete with a skewer for each (126kcal)</i>	<b>£15.01</b>
<b>Cut Fruit - 12 Mini Pots (vegan, g, d)</b> <i>fresh seasonal cut fruit in 12 mini pots, complete with skewers for each (252kcal)</i>	<b>£30.01</b>
<b>Whole Fruit Small Platter - for 5-10 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit</i>	<b>£21.23</b>
<b>Whole Fruit Large Platter - for 10 -15 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit</i>	<b>£27.94</b>

## CAKES & POTS

<b>Lemon &amp; Chia Drizzle Cake (vegan, d)</b> <i>light sponge cake with fresh lemon and chia seeds (285 kcal)</i>	<b>£2.99</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>£2.99</b>
<b>Apricot Flapjack (v)</b> <i>deliciously oaty, chewy, tart and sweet (289 kcal)</i>	<b>£2.62</b>
<b>Red Velvet Cake (v) NEW!</b> <i>naturally flavoured with beetroot and cocoa topped with a creamy frosting (284 kcal)</i>	<b>£2.62</b>
<b>Banana &amp; Sticky Toffee Cake (v, n)</b> <i>topped with sliced banana and a sticky toffee glaze (332 kcal)</i>	<b>£2.68</b>
<b>Seville Orange Marmalade Polenta Cake (v, g, d, n)</b> <i>gluten free polenta cake with our homemade marmalade glaze (327 kcal)</i>	<b>£2.62</b>
<b>Chocolate Brownie (v)</b> <i>dark, rich belgian (355 kcal)</i>	<b>£2.87</b>
<b>Mini Muffins (v)</b> <i>blueberry mini. two per portion (219kcal)</i>	<b>£2.75</b>
<b>Sour Cherry Cheesecake - Mini Pot (v)</b> <i>sour cherries with cream cheese, cream and a digestive crust. comes with a mini spoon (218 kcal)</i>	<b>£3.05</b>
<b>Mandarin Cheesecake - Mini Pot (v)</b> <i>mandarins with lemon cream cheese and a digestive crust (306 kcal)</i>	<b>£3.05</b>
<b>Sour Cherry Cheesecake - Pot (v)</b> <i>sour cherries with cream cheese, cream and a digestive crust (465 kcal)</i>	<b>£5.19</b>
<b>Mandarin Cheesecake - Pot (v)</b> <i>mandarins with lemon cream cheese and a digestive crust (415 kcal)</i>	<b>£5.31</b>
<b>Lemon Cheesecake - Pot (v)</b> <i>cream cheese and cream with fresh lemon on a buttery digestive base (406 kcal)</i>	<b>£5.19</b>

## CAKE PLATTER

<b>Cake Platter</b> <i>eight cakes from this season's selection on one platter</i>	<b>£25.32</b>
<b>Small Cake Platter</b> <i>four cakes from this season's selection on one platter</i>	<b>£12.69</b>

**We had an event planned for our residents and they loved how tasty it was! but also, the convenience for large event this service was perfect!**





# 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

<b>Chargrilled Chicken with Beans &amp; Broccoli Salad (g)</b> <i>chicken with barlotti, haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries &amp; minted yoghurt (641/1192 kcal)</i>	<b>£15.37</b>	<b>£30.74</b>
<b>Smoked Mackerel, Beetroot &amp; Puy Lentil Salad (g, d)</b> <i>with mixed leaves &amp; lemon dressing (1024/2049 kcal)</i>	<b>£15.37</b>	<b>£30.74</b>

### VEGAN

<b>Oriental Raw Vegetable Salad (vegan, g, d)</b> <i>with peppers, baby corn, mange tout, sesame seeds, spring onion &amp; ginger dressing (615/1230 kcal)</i>	<b>£13.85</b>	<b>£27.63</b>
<b>Freekeh, Chickpea &amp; Chargrilled Aubergine Salad (vegan, d)</b> <i>with baby spinach, red quinoa, cherry tomato &amp; maple balsamic dressing (1253/2507 kcal)</i>	<b>£13.54</b>	<b>£26.90</b>
<b>Wild Rice Salad (vegan, g, d)</b> <i>with mint, apricot, rocket, spring onion with a lemon and herb dressing (565/1131 kcal)</i>	<b>£13.54</b>	<b>£26.90</b>
<b>New Potato Salad (vegan, g, d)</b> <i>with spring onion and lemon &amp; herb dressing (436/873 kcal)</i>	<b>£11.53</b>	<b>£23.06</b>
<b>Mixed Leaf Salad with Lemon &amp; Herb Dressing (vegan, g, d)</b> <i>four seasonal leaves with a lemon and herb dressing (182/363 kcal)</i>	<b>£9.15</b>	<b>£17.69</b>

### VEGETARIAN

<b>Broccoli &amp; Cauliflower Salad with Feta (v, g)</b> <i>cauliflower and broccoli tiny florets with feta, tomato, black olives and a maple balsamic dressing (741/1490 kcal)</i>	<b>£14.03</b>	<b>£27.88</b>
<b>Tuscan Tortellini Salad (v)</b> <i>cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (839/1557 kcal)</i>	<b>£17.26</b>	<b>£34.59</b>

## MEZE SALAD

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

<b>Meze Sharing Vegetarian - 5-7 people (v, g, n)</b> <i>a selection of seasonal salads all in one large bowl served with dressings and artisan rolls</i>	<b>£76.86</b>
<b>Meze Sharing Vegan - 5-7 people (vegan, d)</b> <i>a selection of seasonal vegan salads all in one large bowl, served with dressings and artisan rolls</i>	<b>£73.81</b>
<b>Meze Sharing Traditional - 5-7 people</b> <i>a selection of seasonal salads all in one large bowl, served with dressings and artisan rolls</i>	<b>£89.67</b>

## SALAD BOXES

generous individual boxes complete with a fork and dressing

<b>Wild Rice Salad with Roasted Roots (vegan, g, d, n)</b> <i>with mint, apricot, rocket, spring onion, lemon &amp; garlic, beetroot houmous &amp; almonds with lemon dressing (305 kcal)</i>	<b>£8.91</b>
<b>Oriental Raw Vegetable Salad (vegan, g, d)</b> <i>with peppers, baby corn, mange tout, sesame seeds, spring onion &amp; ginger dressing (271 kcal)</i>	<b>£9.15</b>
<b>Tuscan Tortellini Salad (v)</b> <i>cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (479 kcal)</i>	<b>£10.07</b>
<b>Chargrilled Chicken with Beans &amp; Broccoli Salad (g)</b> <i>chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries &amp; minted yoghurt (382 kcal)</i>	<b>£9.70</b>
<b>Smoked Mackerel, Beetroot &amp; Puy Lentil Salad (g, d)</b> <i>with mixed leaves &amp; lemon dressing (610 kcal)</i>	<b>£10.37</b>

## BREAD

<b>Roll &amp; Butter - Cold Fork (v)</b> <i>morning baked dinner roll with butter (143kcal)</i>	<b>£2.99</b>
----------------------------------------------------------------------------------------------------	--------------

## DISPOSABLES

<b>Paper Plate</b>	<b>£0.31</b>
<b>Compostable Spoon, Fork or Knife</b>	<b>£0.18</b>

**Great communication throughout. Easy to book, great selections of food and drinks and very friendly staff. Would recommend!**

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

**Roast Lemon & Thyme Chicken Breast (g, d)**

herefordshire chicken marinated in lemon and thyme (163 kcal)

**Kale & Butternut Frittata (v, g)**

egg and cream quiche with butternut squash, curly kale and chilli (213 kcal)

**Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d)**

four seasonal leaves with a lemon and herb dressing (30kcal)

**Broccoli & Cauliflower Salad with Feta (v, g)**

cauliflower and broccoli tiny florets with feta, tomato, black olives and a maple balsamic dressing (189 kcal)

**Tuscan Tortellini Salad (v)**

cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (204 kcal)

**Sour Cherry Cheesecake - Pot (v)**

sour cherries with cream cheese, cream and a digestive crust (465 kcal)

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

morning baked dinner roll with butter (143kcal)

**£34.16 per person**

### BIRCH

**Spiced Prawns & Smoked Salmon with Wasabi & Lime (d)**

smoked salmon & north atlantic prawn rolls with a wasabi cocktail sauce (171 kcal)

**Kale & Butternut Frittata (v, g)**

egg and cream quiche with butternut squash, curly kale and chilli (213 kcal)

**Freekeh, Chickpea & Chargrilled Aubergine Salad (vegan, d)**

with baby spinach, red quinoa, cherry tomato & maple balsamic dressing (321 kcal)

**Wild Rice Salad (vegan, g, d)**

with mint, apricot, rocket, spring onion with a lemon and herb dressing (162 kcal)

**Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d)**

four seasonal leaves with a lemon and herb dressing (30kcal)

**Mandarin Cheesecake - Pot (v)**

mandarins with lemon cream cheese and a digestive crust (415 kcal)

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

morning baked dinner roll with butter (143kcal)

**£34.10 per person**

### SYCAMORE (vegetarian)

**Root Vegetable Tarte Tatin (vegan, d)**

sweet spring roots, baked with crisp puff pastry, fresh thyme and butter glaze (189 kcal)

**Kale & Butternut Frittata (v, g)**

egg and cream quiche with butternut squash, curly kale and chilli (213 kcal)

**Oriental Raw Vegetable Salad (vegan, g, d)**

with peppers, baby corn, mange tout, sesame seeds, spring onion & ginger dressing (255 kcal)

**New Potato Salad (vegan, g, d)**

with spring onion and lemon & herb dressing (116 kcal)

**Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d)**

four seasonal leaves with a lemon and herb dressing (30kcal)

**Lemon Cheesecake - Pot (v)**

cream cheese and cream with fresh lemon on a buttery digestive base (406 kcal)

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

morning baked dinner roll with butter (143kcal)

**£27.63 per person**

**Forks and Salads - Cutlery & Crockery Hire (Packs of 10) - £66.49**

all the crockery and cutlery needed, for ten people, for service of these menu





# 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**

**£10.37**

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**

**£10.55**

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**

**£13.97**

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**

**£18.12**

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**

**£16.65**

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**

**£11.10**

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**

**£10.25**

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**

**£13.48**

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**

**£18.24**

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







# 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

#### Fusilli with Mushroom (v)

*oyster, chestnut & button mushrooms with fresh tarragon, bella lodi and cream, served with fusilli pasta (624 kcal)*

£8.11    £9.33

#### Macaroni Cauliflower Cheese Bake (v)

*the wonderful classic with english cauliflower, mature cheddar, coleman's english mustard and cayenne pepper (631 kcal)*

£8.48    £9.70

### VEGAN

#### Fragrant Squash & Chickpea Curry with Rice (vegan, g, d)

*with pineapple, ginger and coriander. served with rice (548 kcal)*

£9.15    £10.37

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

*squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous (546 kcal)*

£8.97    £10.19

#### Symplicity N'duja Risotto (vegan, g, d) **NEW!**

*a silky risotto with sympathy's vegan n'duja (397 kcal)*

£11.59    £12.81

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

*red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust (529 kcal)*

£8.97    £10.19

#### Aubergine, Tomato & Basil Penne (vegan, d)

*roasted aubergine in a rich tomato and basil sauce through penne pasta (470 kcal)*

£7.93    £9.15

### MEAT

#### Penne Arrabiata with Chicken

*the classic spicy tomato sauce and chicken fillets with penne pasta (562 kcal)*

£9.15    £10.37

#### Lamb Rogan Josh & Rice (g)

*toasted cumin and coriander seeds give depth to the classic curry; served with rice (939 kcal)*

£14.64    £15.86

#### Hot & Sour Pork with Rice (g, d)

*slow cooked belly of pork with ginger, chilli, shallots, pak choi and baby corn (803 kcal)*

£11.90    £13.12

#### Tarragon Chicken & Rice (g)

*chicken with fresh tarragon, cream and lemon, served with long grain rice (912 kcal)*

£12.26    £13.48

#### Vietnamese Chicken Curry (g, d)

*classic vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk (604 kcal)*

£10.68    £11.90

### FISH

#### Harissa Salmon with Mint Jewelled Couscous

*harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing (647 kcal)*

£15.25    £16.47

#### Fresh Salmon Risotto (g)

*flaked salmon fillets with broccoli, peas and bella lodi (983 kcal)*

£12.26    £13.48







# Hot Bowl Meals

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



## BOWL MEALS

great for parties, meeting or conferences. can be eaten standing or sitting. bowls come with a fork and are delivered warm in stainless steel dishes within an insulated box. service should be within 45 minutes of delivery. we provide utensils, and for large groups, staff can be hired. equipment will be collected later the same day or the next. minimum order 6

### VEGETARIAN

#### Fusilli with Mushroom (v)

*oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta*

£10.98

#### Macaroni Cauliflower Cheese Bake (v)

*the wonderful classic with cauliflower, mature cheddar, coleman's english mustard and cayenne pepper*

£11.53

### VEGAN

#### Fragrant Squash & Chickpea Curry with Rice (vegan, g, d)

*with pineapple, ginger and coriander. served with rice*

£12.20

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

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

£12.02

#### Symplicity N'duja Risotto (vegan, g, d) **NEW!**

*a silky risotto with symplicity's vegan n'duja*

£14.64

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

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

£12.02

#### Aubergine, Tomato & Basil Penne (vegan, d)

*roasted aubergine in a rich tomato and basil sauce through penne pasta*

£10.98

### MEAT

#### Penne Arrabiata with Chicken

*the classic spicy tomato sauce and chicken fillets with penne pasta*

£12.20

#### Lamb Rogan Josh & Rice (g)

*toasted cumin and coriander seeds give depth to the classic curry; served with rice*

£17.69

#### Hot & Sour Pork with Rice (g, d)

*slow cooked belly of pork with ginger, chilli, shallots, pak choi and baby corn*

£14.95

#### Tarragon Chicken & Rice (g)

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

£15.31

#### Vietnamese Chicken Curry & Rice (g, d)

*classic vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk*

£13.73

### FISH

#### Harissa Salmon with Mint Jewelled Couscous

*harissa crusted salmon with mint jewelled couscous, served with an harissa yoghurt dressing*

£18.30

#### Fresh Salmon Risotto (g)

*flaked salmon fillets with broccoli, peas and bella lodi*

£15.31







# Canapés

Classic combinations meet innovative ingredients for the perfect bite-sized canapés



## SET MENU

one of each canapé per person. minimum order 25

### Lavender

(8 canapés per person)

Pistachio Cake & Peppers (v, n)

Goats Cheese & Cashew (v, n)

Tomatade Sourdough Crostini (vegan, d)

Sweet Potato Croquette (vegan, d) NEW!

Fable Duckless Pancake & Hoisin (vegan, d) NEW!

Duck Confit Arancini NEW!

Jerk Chicken & Orange Skewer (d)

Salmon Spinach & Sambel Oelek Tartlet (d) NEW!

**£23.91 per person**

### Honeysuckle

(8 canapés per person)

Stilton & Red Onion Marmalade Tartlet (v) NEW

Symplicity Nduja with Broad Bean & Mint Puree (vegan, d) NEW

Bella Lodi Shortbread with Basil Pesto (v)

Sweet Potato Croquette (vegan, d) NEW

Fable Duckless Pancake & Hoisin (vegan, d) NEW

Prosciutto & Pear (g, d)

Smoked Mackerel Sourdough Crostini

Salmon Spinach & Sambel Oelek Tartlet (d) NEW

**£24.10 per person**

### Saffron - Vegetarian

(8 canapés per person)

Stilton & Red Onion Marmalade Tartlet (v) NEW

Pistachio Cake & Peppers (v, n)

Symplicity Nduja with Broad Bean & Mint Puree (vegan, d) NEW

Bella Lodi Shortbread with Basil Pesto (v)

Goats Cheese & Cashew (v, n)

Tomatade Sourdough Crostini (vegan, d)

Sweet Potato Croquette (vegan, d) NEW

Fable Duckless Pancake & Hoisin (vegan, d) NEW

**£23.55 per person**

## CANAPÉS

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

### VEGETARIAN

#### Stilton & Red Onion Marmalade Tartlet (v) NEW!

stilton with homemade red onion marmalade (68 kcal)

**£2.75**

#### Pistachio Cake & Peppers (v, n)

olive and pistachio cake topped with roasted peppers and cream cheese (184 kcal)

**£2.75**

#### Bella Lodi Shortbread with Basil Pesto (v)

homemade cheese shortbreads with pesto & oven dried cherry tomato (63 kcal)

**£2.50**

#### Goats Cheese & Cashew (v, n)

lemon marinated goats cheese with toasted cashews (47 kcal)

**£2.62**

### VEGAN

#### Tomatade Sourdough Crostini (vegan, d)

homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp sourdough crostini (50 kcal)

**£2.50**

#### Sweet Potato Croquette (vegan, d) NEW!

sweet potato with a hint of chilli, in a crisp breadcrumb coating (57 kcal)

**£2.50**

#### Fable Duckless Pancake & Hoisin (vegan, d) NEW!

shitake mushroom with courgette, red pepper, carrot & coriander (58 kcal)

**£2.62**

#### Symplicity Nduja with Broad Bean & Mint Puree (vegan, d) NEW!

spicy vegan salami spread with a shallot and white wine broad bean puree on a sourdough crostini (40 kcal)

**£2.38**

### MEAT

#### Duck Confit Arancini NEW!

duck with sunblush tomato fried risotto cake (39 kcal)

**£2.56**

#### Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d)

chicken fillet marinated with our own garlic puree, fresh red chillies and coriander (54 kcal)

**£2.62**

#### Prosciutto & Pear (g, d)

fresh pear & rocket rolled in prosciutto (10 kcal)

**£2.62**

#### Jerk Chicken & Orange Skewer (d)

juicy orange works well with jamaican spiced chicken (28 kcal)

**£2.62**

### FISH

#### Smoked Mackerel Sourdough Crostini

smoked mackerel with lemon, ricotta cheese & capers on crostini (54 kcal)

**£2.56**

#### Salmon Spinach & Sambel Oelek Tartlet (d) NEW!

salmon and spinach with our own sambal oelek chilli sauce (38 kcal)

**£2.75**

## SWEET CANAPÉS

#### Berry Mousse in Chocolate Cup (v, g)

elegant dark chocolate with sharp season's berry mousse (51 kcal)

**£2.62**

#### Lemon Meringue Tartlet (v)

peaked meringue with homemade lemon curd in a pastry crown (87 kcal)

**£2.75**

#### Raspberry Tartlet (v) NEW!

fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case (78 kcal)

**£2.68**

#### Sheba Chocolate Tartlet (v)

the queen's silky rich dark sauce in a crisp case (81kcal)

**£2.62**

#### Fruit Kebab (vegan, g, d)

a dainty colourful fruits skewer (9 kcal)

**£2.50**







# Mini Bowls for Events

Deliciously warm mini hot bowl meals, ideal for your event. Convenient and satisfying, enjoy one as a light bite or pair two or more for a hearty meal



## NIBBLES

<b>Crudités Platter (vegan, g, d)</b> one platter with enough for 4-7 people. cucumber, celery, cherry tomato, peppers & carrot served with homemade salsa & houmous dips (155kcal)	<b>£12.38</b>
<b>Cheese Straws (v)</b> with coleman's & bella lodi. two per portion. min 25 (185kcal)	<b>£3.97</b>
<b>Mini Bowl - Mixed Nuts 170g (vegan, g, d, n)</b> walnut, cashew, hazlenut and peanut. min 3 (1083kcal)	<b>£10.86</b>
<b>Mini Bowl - Olive Mix 170g (vegan, g, d)</b> green, black, capers and sun dried tomato in olive oil. min 3 (940kcal)	<b>£5.86</b>
<b>Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)</b> our homemade salsa brings the tortilla chips to life. min 3 (197kcal)	<b>£2.56</b>
<b>Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)</b> with salsa dip. min 3 (208kcal)	<b>£3.60</b>

## MINI BOWL MEALS

perfect for parties, events, and conferences. these mini bowls can be eaten while standing. each dish ordered comes with a mini bowl and fork. purchase one for each person as a light bite, or two or more for a meal. the food is delivered to you warm in stainless steel dishes within an insulated hot box, which we leave with you. it is advised that service be provided no later than 45 minutes following delivery. we give serving utensils. for bigger groups of guests, we recommend hiring our waiting staff to assist with service. the equipment will be collected later in the afternoon on the delivery day or the next day. please make sure it is ready for collection. minimum order 12

### VEGETARIAN

<b>Mini Bowl - Fusilli with Mushroom (v)</b> oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta	<b>£5.55</b>
<b>Mini Bowl - Macaroni Cauliflower Cheese Bake (v)</b> the wonderful classic with cauliflower, mature cheddar, coleman's english mustard and cayenne pepper	<b>£6.41</b>

### VEGAN

<b>Mini Bowl - Fragrant Squash &amp; Chickpea Curry with Rice (vegan, g, d)</b> with pineapple, ginger and coriander. served with rice	<b>£7.50</b>
<b>Mini Bowl - Moroccan Vegetable Tagine &amp; CousCous (vegan, d)</b> squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous	<b>£6.65</b>
<b>Mini Bowl - Symplicity N'duja Risotto (vegan, g, d) NEW!</b> a silky risotto with sympathy's vegan n'duja	<b>£5.55</b>
<b>Mini Bowl - Dhal with Sweet Potato, Coconut Crust &amp; Rice (vegan, g, d)</b> red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust.	<b>£6.28</b>
<b>Mini Bowl - Aubergine, Tomato &amp; Basil Penne (vegan, d)</b> roasted aubergine in a rich tomato and basil sauce through penne pasta	<b>£5.86</b>

### MEAT

<b>Mini Bowl - Penne Arrabiata with Chicken</b> the classic spicy tomato sauce and chicken fillets with penne pasta	<b>£6.59</b>
<b>Mini Bowl - Lamb Rogan Josh &amp; Rice (g)</b> toasted cumin and coriander seeds give depth to the classic curry; served with rice	<b>£12.51</b>
<b>Mini Bowl - Hot &amp; Sour Pork with Rice (g, d)</b> slow cooked belly of pork with ginger, chilli, shallots, pak choi and baby corn	<b>£9.46</b>
<b>Mini Bowl - Tarragon Chicken &amp; Rice (g)</b> chicken with fresh tarragon, cream and lemon, served with long grain rice	<b>£9.15</b>
<b>Mini Bowl - Vietnamese Chicken Curry &amp; Rice (g, d)</b> classic vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk.	<b>£7.32</b>

### FISH

<b>Mini Bowl - Harissa Salmon with Mint Jewelled Couscous</b> harissa crusted salmon with mint jewelled couscous, served with an harissa yoghurt dressing	<b>£10.25</b>
<b>Mini Bowl - Fresh Salmon Risotto (g)</b> flaked salmon fillets with broccoli, peas and bella lodi	<b>£8.42</b>

“Outstanding presentation, taste and experience working with Eden Caterers. True professionals and 100% will be using them again.”

5 Star Google Review





# Boxed Canapés

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



## BOXED CANAPÉS

boxes of 36 canapes

### VEGETARIAN

**Stilton & Red Onion Marmalade Tartlet (v) NEW!** £79.82  
stilton with homemade red onion marmalade (68 kcal)

**Pistachio Cake & Peppers (v, n)** £79.82  
olive and pistachio cake topped with roasted peppers and cream cheese (184 kcal)

**Bella Lodi Shortbread with Basil Pesto (v)** £72.80  
homemade cheese shortbreads with pesto & oven dried cherry tomato (63 kcal)

**Goats Cheese & Cashew (v, n)** £76.31  
lemon marinated goats cheese with toasted cashews (47 kcal)

### VEGAN

**Tomatade Sourdough Crostini (vegan, d)** £72.80  
homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp sourdough crostini (50 kcal)

**Sweet Potato Croquette (vegan, d) NEW!** £72.80  
sweet potato with a hint of chilli, in a crisp breadcrumb coating (57 kcal)

**Fable Duckless Pancake & Hoisin (vegan, d) NEW!** £76.31  
shitake mushroom with courgette, red pepper, carrot & coriander (58 kcal)

**Symplicity Nduja with Broad Bean & Mint Puree (vegan, d) NEW!** £69.28  
spicy vegan salami spread with a shallot and white wine broad bean puree on a sourdough crostini (40 kcal)

### MEAT

**Duck Confit Arancini NEW!** £74.55  
duck with sunblush tomato fried risotto cake (39 kcal)

**Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d)** £76.31  
chicken fillet marinated with our own garlic puree, fresh red chillies and coriander (54 kcal)

**Prosciutto & Pear (g, d)** £76.31  
fresh pear & rocket rolled in prosciutto (10 kcal)

**Jerk Chicken & Orange Skewer (d)** £76.31  
juicy orange works well with jamaican spiced chicken (28 kcal)

### FISH

**Smoked Mackerel Sourdough Crostini** £79.17  
smoked mackerel with lemon, ricotta cheese & capers on crostini (54 kcal)

**Salmon Spinach & Sambel Oelek Tartlet (d) NEW!** £84.77  
salmon and spinach with our own sambal oelek chilli sauce (38 kcal)

## BOXED CANAPÉS SET MENUS

boxes of 36 canapes

**Mixed Canape Selection** £77.91  
Stilton & Red Onion Marmalade Tartlet (v); Tomatade Sourdough Crostini (vegan, d); Duck Confit Arancini; Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d); Smoked Mackerel Sourdough Crostini; Salmon Spinach & Sambel Oelek Tartlet (d)

**Vegetarian Canape Selection** £73.97  
Symplicity Nduja with Broad Bean & Mint Puree (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Sweet Potato Croquette (vegan, d); Tomatade Sourdough Crostini (vegan, d); Stilton & Red Onion Marmalade Tartlet (v); Bella Lodi Shortbread with Basil Pesto (v)

**Vegan Canape Selection** £72.80  
Tomatade Sourdough Crostini (vegan, d); Sweet Potato Croquette (vegan, d); Fable Duckless Pancake & Hoisin (vegan, d); Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)

**Meat Canape Selection** £75.87  
Duck Confit Arancini; Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d); Prosciutto & Pear (g, d); Jerk Chicken & Orange Skewer (d)

**Fish Canape Selection** £81.97  
Smoked Mackerel Sourdough Crostini; Salmon Spinach & Sambel Oelek Tartlet (d)

**Dessert Canape Selection** £78.07  
Berry Mousse in Chocolate Cup (v, g); Lemon Meringue Tartlet (v); Raspberry Tartlet (v); Sheba Chocolate Tartlet (v)

## SWEET BOXED CANAPÉS

**Berry Mousse in Chocolate Cup (v, g)** £76.31  
elegant dark chocolate with sharp season's berry mousse (51 kcal)

**Lemon Meringue Tartlet (v)** £79.82  
peaked meringue with homemade lemon curd in a pastry crown (87 kcal)

**Raspberry Tartlet (v) NEW!** £78.07  
fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case (78 kcal)

**Sheba Chocolate Tartlet (v)** £76.31  
the queen's silky rich dark sauce in a crisp case (81kcal)

**Fruit Kebab (vegan, g, d)** £72.80  
a dainty colourful fruits skewer (9 kcal)

**The food looked amazing and tasted just as good. We especially loved the variety, with clear labels for vegetarian, gluten-free, meat, fish etc options. We also really appreciated the eco-friendly serving plates, which was a great touch. Your communication and attention to detail were spot on. Thanks!**

5 Star Google Review





# Picnic Boxes

Introducing our versatile picnic boxes, ideal for any occasion, be it a family get-together or corporate day out



## PICNIC BOXES

each box feeds four hungry guests and can be delivered to your office or park of your choice. choose from classic, vegetarian, vegan, or gluten-free options, all in eco-friendly packaging.

each picnic box includes plates, forks, serviettes, and a recyclable bin bag.

### A PICNIC BOX INCLUDES PER PERSON

#### **Sandwiches**

1 sandwich per person varying from this season's selection

#### **Finger Buffet**

4 pieces per person varying from this season's selection

#### **Salads**

1 portion per person varying from this season's selection

#### **Kettle Crisps**

37.5g portion per person

#### **Cake**

1 portion per person from homemade selection

#### **Cut Fruit**

1 mini pot per person

### **Classic Picnic Box For 4**

includes food for four hungry people

£113.70

### **Vegetarian Picnic Box For 4**

includes food for four hungry people

£103.70

### **Vegan Picnic Box For 4**

includes food for four hungry people

£103.70

### **Free from Gluten Picnic Box For 4**

includes food for four hungry people

£112.24







# 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.

£24.10

### 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.

£22.88

### 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

£64.66

### 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:

banana & sticky toffee cake (v, n); seville orange marmalade polenta cake (v, g, d, n); healthy seed bar - free from (vegan, g, d); apricot flapjack (v); red velvet cake (v); chocolate brownie (v)







# Drinks

Introducing the new beer on board - TOAST BREWING!



## COLD DRINKS

<b>Belu - Sparkling Mineral Water</b> 750ml	<b>£4.03</b>
<b>Belu - Still Mineral Water</b> 750ml	<b>£4.03</b>
<b>Belu Still</b> 330ml	<b>£2.07</b>
<b>Belu Sparkling</b> 330ml	<b>£2.07</b>
<b>Cranberry Juice</b> eager - 100% cranberries, a delicious juice with no artificial sweetner. 1 litre	<b>£5.19</b>
<b>Orange Juice</b> eager - 100% orange juice is made from oranges that are 100% delicious, sweet and juicy. 1 litre	<b>£6.41</b>
<b>Apple Juice</b> eager - thousands of apples come together to create a super-charged regular apple flavour juice. 1 litre	<b>£5.19</b>
<b>Sprite</b> 330ml can	<b>£2.20</b>
<b>Coke</b> 330ml can	<b>£2.32</b>
<b>Coke Diet</b> 330ml can	<b>£2.20</b>
<b>Tango</b> 330ml can	<b>£2.20</b>
<b>San Pellegrino - Blood Orange</b> 330ml can	<b>£2.62</b>
<b>San Pellegrino - Lemon</b> 330ml can	<b>£2.62</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>£3.11</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 (254kcal)	<b>£5.55</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 (254kcal)	<b>£5.55</b>
<b>Green Dream Smoothie - 1 litre (v, g, d, n)</b> pineapple, kiwi, curly kale, almond milk, honey and chia seeds blitzed in the nutribullet. 1 litre (358 kcal)	<b>£18.30</b>
<b>Orange, Carrot &amp; Mango Smoothie - 1 litre (vegan, g, d)</b> the full orange spectrum packs a vitamin and flavour punch. 1 litre (290 kcal)	<b>£17.69</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>£20.74</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>£20.74</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>£14.40</b>

## DISPOSABLES

<b>Clear Disposable Cup</b>	<b>£0.24</b>
<b>Cup &amp; Stirrer (hot drink)</b>	<b>£0.24</b>





## BEERS

- Toast Rise Up Lager (12x330ml Can)** **£42.09**  
a seriously refreshing, helles-style lager with all english ingredients. clean, light and crisp. crafted with surplus bread, malted barley and hops.
- Toast Grassroots Pale Ale (12x330ml Can)** **£42.09**  
a mouth-wateringly juicy, hazy pale ale. Packed with passionfruit, peaches and pineapple. crafted with surplus bread, malted barley and hops.
- Toast New Dawn IPA (12x330ml Can)** **£42.09**  
a hop-forward session ipa with punchy citrus notes. bold, yet subtly floral and uplifting. crafted with surplus bread, malted barley, oats and modern american hops.
- Toast Changing Tides 0.5% Lager (12x330ml Can)** **£32.94**  
a great-tasting, low-alcohol lager with a refreshing mix of citrus and spice. crafted with surplus bread, malted barley and english hops.



## HOUSE WINE

- Laurent Miquel - Heritage Vineyards Rouge** **£21.96**  
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** **£21.96**  
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** **£21.96**  
fragrant, crisp & refreshing, this delightful rosé is bursting with fresh summer berries  
2020. launguedoc-roussillon, france. 750ml bottle. min 6

## SPARKLING WINE

- Prosecco - Artigianale Eco** **£26.84**  
flavour of green apple and honeysuckle, with plentiful, delicate bubbles  
italy. 750ml bottle. min 6
- Langlois Cremant de Loire Brut Reserve NV** **£31.11**  
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
- Langlois Cremant de Loire Rosé Reserve NV** **£31.72**  
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
- Ayala Brut Majeur** **£58.56**  
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
- Ayala Brut Majeur NV Magnum** **£117.12**  
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

**Perfect choice! Made hosting a party so much easier. The food was delicious, the dates simply divine. The team were super organised and gave great advice on portions and quantities. Would totally use them again!**

5 Star Google Review



