



Landmark Menu Proposal Summer 2024

125 Old Broad Street
To be served from 1st June to 30th September

A bit about Eden...

Eden have been delivering seasonal, stylish, and sustainable food to companies across Central London since 1993. This has placed us in good stead to know what our customers want, and we do it in a uniquely sustainable way, with a team of passionate foodies behind every decision.

We offer a range of menus featuring a fantastic mixture of vegetarian, vegan, meat and fish items. Our food is suitable for a wide variety of events – from business breakfasts for 6 to awards ceremonies for 2000.

Each weekday day we feed over 2000 people. In fact, last year we fed over 330,000 people altogether. This included over 1100 organisations, one of which who placed 3000 orders alone.

We are proud to have a 3-star rating, the highest possible, from the Sustainable Restaurant Association, positioning us as London's most sustainable caterer.



Breakfast

Bespoke Bronze Breakfast

£5.95 per person

Minimum order of 3

Mini Pastries

a selection of current seasonal pastries x 2 mini per person:

Mini Danish Pastries (v, n)

Mini Almond Croissant (v, n)

Mini Pain au Chocolat (v)

Mini Pain aux Raisins (v)

Bespoke Silver Breakfast

£9.80 per person

Minimum 3 people

Danish Pastry — mini (v, n)

Granola Pot

Cut Fruit - Mini Pot (vegan, g, d)

Bespoke Gold Breakfast

£11.40 per person

Minimum order of 3

Mini Cheese & Tomato All Butter Croissant (v)

or

Mini Ham & Emmenthal All Butter Croissant

Yoghurt Pot

Cut Fruit - Mini Pot (vegan, g, d)

Bespoke Platinum Breakfast

£15.75 per person

Minimum order of 3

Open Mini Bagel with Smoked Salmon & Cream Cheese

or

Open Mini Bagel with Sundried Tomato & Cream Cheese (v)

Danish Pastry — mini (v, n)

Granola Pot

Cut Fruit - Mini Pot (vegan, g, d)

Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.



Hot Breakfast

Bespoke Hot Breakfast

Minimum order of 6

Bacon in a Glazed Brioche Roll - £6.60
delivered warm for immediate service (489kcal)

Sausage in a Glazed Brioche Roll - £6.80
delivered warm for immediate service (616kcal)

Roast Tomato & Mushroom in a Cereale Bap (vegan, d) -
£6.55
*sliced roast tomato with fresh field mushroom & vegan mozzarella
in a cereale roll. delivered warm for immediate service (297kcal)*

*Delivered in a hot bag
Includes ketchup & brown sauce sachets*

Sandwich Lunch

Bespoke Sandwich Bronze Lunch

£8.95 per person

Minimum order of 3

Sandwiches

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

Whole Fruit

x 1 per person

Bespoke Sandwich Silver Lunch

£10.95 per person

Minimum order of 3

Sandwiches

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

Crisps

Kettle Crisps with Salsa Dip – 25g portion (vegan, g, d) x 0.5 portion

Cut Fruit

1 mini pot per person

Bespoke Sandwich Gold Lunch

£17.25 per person

Minimum order of 3

Sandwiches

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

Finger Buffet

2 per person varying daily from this season's selection

Tortilla Chips

25g portion with salsa dip

Cake

1 per person from homemade selection

Cut Fruit

1 mini pot per person

Bespoke Sandwich Platinum Lunch

£27.30 per person

Minimum order of 3

Sandwiches

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

Finger Buffet

2 per person varying daily from this season's selection

Kettle Crisps

25g portion with salsa dip

Cheese Board

1 portion per person

Cake

1 per person from homemade selection

Cut Fruit

1 mini pot per person

*Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.
This season's selection can be seen at the end of the document*



Finger Buffet



Bespoke Finger Buffet Bronze

£14.65 per person

Minimum order of 3

Finger Buffet

5 per person varying daily from this season's selection

Cut Fruit

1 mini pot per person

Bespoke Finger Buffet Silver

£14.85 per person

Minimum order of 3

Finger Buffet

4 per person varying daily from this season's selection

Cake

1 portion per person

Cut Fruit

1 mini pot per person

Bespoke Finger Buffet Gold

£18.90 per person

Minimum order of 3

Sandwiches

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

Finger Buffet

4 per person varying daily from this season's selection

Cake

0.5 portion per person

Cut Fruit

1 mini pot per person

Bespoke Finger Buffet Platinum

£22.70 per person

Minimum order of 3

Sandwiches

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

Finger Buffet

4 per person varying daily from this season's selection

Cheese

Selection of seasonal cheeses x 0.5 portion per person

Cake

0.5 portion per person

Cut Fruit

1 mini pot per person

Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.

This season's selection can be seen at the end of the document



Salads

Bespoke Boxed Salad Lunch

£12.50 per person

Minimum order of 3

Salads

1 salad box per person from this season's selection

Cake

0.5 portion per person

Cut Fruit

1 mini pot per person

Complete with a fork and dressing

Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients.

This season's selection can be seen at the end of the document



Meze Lunch

Bespoke Meze Lunch

£15.55 per person

Minimum order of 6

A selection of eight different, seasonal salads all in one large bowl. Served with dressings and artisan rolls.

Whole Fruit

x 1 per person

Bespoke Vegan Meze Lunch

£13.20 per person

Minimum order of 6

A selection of eight different vegan, seasonal salads all in one large bowl. Served with dressings and artisan rolls.

Whole Fruit

x 1 per person

Bespoke Vegetarian Meze Lunch

£13.80 per person

Minimum order of 6

A selection of eight different vegetarian, seasonal salads all in one large bowl. Served with dressings and artisan rolls.

Whole Fruit

x 1 per person



Bowl Meal



Bespoke Bowl Meal Bronze Lunch

£17.10 per person

Minimum order of 6

Bowl Meal

1 x selection of current seasonal boxed meals

Salads

1 x portion of current seasonal salads

Bespoke Bowl Meal Silver Lunch

£19.40 per person

Minimum order of 6

Bowl Meal

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

Salads

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

Cake

1 portion per person

Cut Fruit

1 mini pot per person

Includes equipment to serve

Available in vegetarian, vegan, halal, no dairy ingredients or no gluten ingredients

This season's selection can be seen at the end of the document

Drinks



Bespoke Soft Drinks

£2.00 per person

Minimum order of 6

Orange Juice (1 litre)

Apple Juice (1 litre)

Ginger & Lemongrass Presse - Still - 1 Litre (vegan, g, d)
Ginger & Lemongrass Presse - Sparkling - 1 litre (vegan, g, d)

Bespoke Beer

£7.05 per person

Minimum order of 25

2 cans per person

one of the following wine selections:

Fourpure Lager

Fourpure Session IPA

Bespoke Wine

£10.80 per person

Minimum order of 25

3 glasses of wine per person

one of the following wine selections:

Laurent Miquel - Heritage Vineyards Rouge (min 6)

Laurent Miquel - Heritage Vineyards Blanc (min 6)

Laurent Miquel - Heritage Vineyards Rose (min 6)

Bespoke Prosecco & Wine

£12.25 per person

Minimum order of 25

1 glass of Prosecco per person

2 glasses of wine per person

one of the following wine selections:

Laurent Miquel - Heritage Vineyards Rouge (min 6)

Laurent Miquel - Heritage Vineyards Blanc (min 6)

Laurent Miquel - Heritage Vineyards Rose (min 6)

Artiglianale Prosecco Eco (min 6)

A,B,C + W

A

Monday + Friday

Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Prawn Cocktail on Malted Grain (d)
 Falafel & Baba Ganoush Wrap (vegan, d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
 Veggie New Yorker on Multi Seed Bloomer (v)
 Cajun Chicken & Tomatade Wrap (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)

Finger Buffet

Bella Lodi Chicken Strip
 Chicken Brochette with Chilli & Oregano (g, d)
 Free From Tapenade Bruschetta (vegan, g, d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Samosa (vegan, d)
 Pizza with Mozzarella & Sunblush Tomatoes (v)
 Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Mini Muffins - 2 per portion (v)
 Orange Polenta Loaf (v, g, n)

B

Tuesday + Thursday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Falafel & Baba Ganoush Wrap (vegan, d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
 Cajun Chicken & Tomatade Wrap (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Prawn Cocktail on Malted Grain (d)
 Veggie New Yorker on Multi Seed Bloomer (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
 Chicken Brochette with Chilli & Oregano (g, d)
 Chorizo & Red Onion Sausage Rolls (d)
 Queen Olives - 4 per portion (vegan, g, d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Pizza with Mozzarella & Sunblush Tomatoes (v)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)

Cakes

Coconut & Passion Fruit Drizzle Cake (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Raspberry Tartlet - 2 per portion (v)
 Blondie Brownie (v)

C

Wednesday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Cajun Chicken & Tomatade Wrap (d)
 Prawn Cocktail on Malted Grain (d)
 Falafel & Baba Ganoush Wrap (vegan, d)
 Veggie New Yorker on Multi Seed Bloomer (v)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Roast Chicken & Cucumber on Malted Grain (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
 Bella Lodi Chicken Strip
 Chorizo & Red Onion Sausage Rolls (d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Samosa (vegan, d)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)
 Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Orange Polenta Loaf (v, g, n)
 Blondie Brownie (v)

W

Weekend

Sandwiches

Falafel & Baba Ganoush Wrap (vegan, d)
 Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Cajun Chicken & Tomatade Wrap (d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap Prawn Cocktail on Malted Grain (d)
 Prawn Cocktail on Malted Grain (d)

Finger Buffet

Samosa (vegan, d)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)
 Queen Olives - 4 per portion (vegan, g, d)
 Chilli Cheese Corn Muffins (v, g)
 Feta, Cherry Tomato & Basil Tart (v)
 Chicken Brochette with Chilli & Oregano (g, d)
 Chorizo & Red Onion Sausage Rolls (d)
 Salmon Brochette with Chilli & Ginger (g, d)

Cakes

Strawberry Crumble Slice (vegan, d)
 Healthy Seed Bar - Free From (vegan, g, d)
 Cherry Flapjack (v)
 Coconut & Passion Fruit Drizzle Cake (v)
 Orange Polenta Loaf (v, g, n)
 Blondie Brownie (v)
 Mini Muffins (v)

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

Salads

Individual Salads Boxes

Mediterranean Vegetable & Black Rice Salad (vegan, g, d)

with rocket & maple balsamic dressing

Watermelon & Tomato Salad (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts with a mint & lemon dressing

Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

Chargrilled Chicken Rainbow Salad (g, d)

chicken fillets marinated in chilli & coriander tossed with mint, chickpeas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing

Hot Smoked Honey Salmon Nicoise Salad (g, d)

hot roast smoked salmon with hard boiled egg, new potatoes, olives, cherry tomato, mixed leaves and a dijon mustard dressing

Assorted boxes will be selected from our system.

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SUMMER 2024

Bowl & Boxed Meals

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Day 1

Hot Food

Caribbean Lamb with Rice (g, d)

tender lamb gently braised with sweet potato, thyme, coriander and parsley. served with rice

Vegan Rogan Josh with Rice (vegan, g, d)

an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry

Salad

Rainbow Salad (vegan, g, d)

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

Iranian Fattoush Salad (v, g)

tomato, radish, cucumber, spring onions with fresh, lemon, garlic & mint topped with yoghurt & pomegranate seeds

Cake

Cherry Flapjack (v)

golden syrup, butter and condensed milk coat the jumbo oats, all topped off with glace cherries

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

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

Whole Fruit

from this season's selection

Day 2

Hot Food

Coconut & Coriander Chicken & Rice (g, d, n)

succulent chicken in coconut, peanuts, lemon & cumin, served with rice

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

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

Salad

New Potato & Chive Salad (vegan, g, d)

with lemon & mint dressing

Watermelon & Tomato Salad (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts and lemon vinaigrette

Cake

Blondie Brownie (v)

blond, rich belgian

Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

Whole Fruit

from this season's selection

Day 3

Hot Food

Harissa Salmon with Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing

Glazed & Honeyed Mushrooms with Orzo (v)

pan fried mushrooms with balsamic, rosemary, honey and garlic served with orzo pasta

Salad

Rainbow Salad (vegan, g, d)

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

Cake

Coconut & Passion Fruit Drizzle Cake (v)

moist coconut loaf cake generously drizzled with zingy passion fruit syrup

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

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

Whole Fruit

from this season's selection

Day 4

Hot Food

Spaghetti Carbonara with Chicken

mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese

Vegan Paella (vegan, g, d)

arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon

Salad

Mediterranean Vegetable & Black Rice (vegan, g, d)

with rocket & maple balsamic dressing

Iranian Fattoush Salad (v, g)

tomato, radish, cucumber, spring onions with fresh, lemon, garlic & mint topped with yoghurt & pomegranate seeds

Cake

Orange Polenta Loaf (v, g, n)

fresh juice and zest of navel oranges with free range eggs, almond, butter and polenta

Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

Whole Fruit

from this season's selection

Day 5

Hot Food

Tarragon Chicken & Rice (g)

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

Penne Arrabiata (v)

a classic, spicy tomato sauce with penne pasta

Salad

Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing

Watermelon & Tomato Salad (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts and lemon vinaigrette

Cake

Blondie Brownie (v)

blond, rich belgian

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

sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries

Whole Fruit

from this season's selection

Day 6

Hot Food

Chalkstream Trout with Creamy Orzo

chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi

Moroccan Vegetable Tagine & Couscous (vegan, d)

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

Salad

Hot Smoked Honey Salmon Nicoise Salad (g, d)

hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a dijon mustard dressing

Mixed Leaves Summer Salad (vegan, g, d)

four seasonal leaves with a lemon vinaigrette dressing

Cake

Raspberry Tartlet (v)

fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case. two per portion

Strawberry Crumble Slice (vegan, d)

oats, ginger, fresh kent strawberries with a crunchy crumble topping

Whole Fruit

from this season's selection

Sustainability

For us, sustainability is key. It informs everything we do, from where we source our ingredients, how we cook our food through to the lights we use in our head office.

Our knowledge and passion on the subject puts us in a good position to offer a free sustainability advice service to our clients.

Please see some of the fantastic things we do that contribute towards us receiving a 3-star rating, the highest possible, from the Sustainable Restaurant Association.

Nick

Nick Mead,
Managing Director





60%

of our fleet is **electric** & **eliminating** greenhouse gas

by **2025**

5 years ahead of plan



Tracking & Routing Systems

This technology helps maximise fuel and power consumption in our vans

100%



LED Lights

Used throughout our premises, many with timers or sensors to reduce the consumption



Reusable Bottles

We provide all of our employees with stainless steel water bottles



Water

We have reduction floats in toilet systems, a no running tap policy and use pressure tap sensors in our wash hand basins

3000



LETTING GROW

planted so far since 2021 with our partners Letting Grow, and by 2032 our goal is to have planted 20000



Our food boxes are made of 100% recycled cardboard and are recyclable



We use FSC certified paper and ink, and make the purchase of only plastic

Homemade food by our highly skilled chefs in our Waterloo Kitchens



3 seasonal menus

Palm leaf Platters

Made from naturally fallen leaves from India, it's an eco-friendly production with a simple making process with water and modified heat mold

Food Purchasing
We only order fresh food which we know will be used immediately.



Zero waste to landfill

Recycling

We recycle cardboard, glass, tin, plastic, and paper. Our on-site compactor, helps reduce waste volume, minimising transportation needs

70%

is **vegetarian** or **vegan** selections across our menus

LOCAL SUPPLIERS

Our meat where possible is **Free Range** and always from **UK farms**, our fish **sustainably sourced** & fruit and veggies from the **local market** we buy daily and beef has been removed from all menus



Minimum Wage
we are proud to pay all of our staff the London Living Wage



2024

The star rating we have from the Sustainable Restaurant Association



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