



"If more of us valued food and cheer and song above hoarded gold, it would be a merrier world." JRR Tolkien

Unless a chef is hired, canapés are delivered on platters ready to serve. Make your own selection from the column on the left or choose one of our set menus on the right.

There is a minimum order of 25 of any item.

vegetarian

Moroccan Houmous on Pitta	£1.60
houmous with Moroccan spices, tahini & chickpeas (vegan)	
Slow Roast Tomato, Basil & parmesan	£1.60
slow roasted tomato with basil, mascarpone and lemon zest (v, g)	
Galloping Horses	£1.60
pineapple with a peanut & soy topping (vegan, g, n)	
Broccoli Picante (h)	£1.50
and peppers crisp broccoli florets with chilli & garlic (vegan, g)	
Goats Cheese & Cashew	£1.80
lemon marinated goats cheese with toasted cashews (v, n)	
Tomato Bruschetta	£1.70
slow roasted tomato and lemon grass Bruschetta (v)	
Caesar Basket	£1.70
parmesan tuile with iceberg, crouton and dressing (v)	
Aubergine with Pomegranate	£1.80
seared aubergine with yoghurt, mint and pomegranate (v, g)	
Crisp Cheese Risotto Arancini (h)	£1.70
feta, tomato and tarragon fried risotto cake (v)	
Brie, Pear & Cinnamon Confiture	£1.80
crostini with English brie and pear confiture (v)	

meat

Bacon & Prune (h)	£1.70
soft prune baked in English bacon with rosemary (g, d)	
Pink lamb fillet	£1.80
on a rice cake topped with lime pickle (d)	
Teriyaki Beef (h)	£1.80
fillet of beef flash fried in teriyaki with spring onion (d)	
Candied Bacon, Apple & Blue	£1.90
blue cheese with candied bacon and apple on puff pastry	
Grilled Pineapple & Lime	£1.70
with coconut & chicken strips (n)	
Cured Ham Crostini	£1.80
Gloucestershire ham with mascarpone	
Prosciutto & Pear	£1.80
fresh pear & rocket rolled in prosciutto (g, d)	
Szechuan Pepper Chicken	£1.70
pan fried and served with chilli jam (g, d)	
English Fillet (h)	£1.80
Essex beef flash fried with Coleman's (g, d)	
Duck Pancake with Hoisin (h) (requires a chef on site)	£1.90

fish

Mango Tiger Prawn (seasonal)	£2.00
seared Tiger Prawn with mango & lime salsa (g)	
Sesame Tiger Prawn	£2.00
seared tiger prawn with a Thai sesame salsa (g)	
Salmon Tartlet	£1.80
salmon and spinach with sambal oelek chilli & lemon zest	
Salmon Teriyaki (h)	£1.80
organic salmon fillet flash fried in teriyaki on skewers (d)	
Smoked Mackerel on Oatcake	£1.70
with lemon and horseradish on oatcakes	
Hot Roast Salmon Sour Bread	£1.90
Hebridean salmon with ricotta and lime on sour bread	
Trout Crostini	£1.70
English Trout with goat's cheese and chervil	

dietary legend: v= vegetarian, g= gluten free, d= dairy free, n=contains nuts
h – Can be served hot
Items marked gluten free have no gluten containing ingredients (ngci)

t: 020 7803 1212
e: orders@eden-caters.co.uk
f: 020 7803 1213
w: www.eden-caters.co.uk



canapé set menus

one of each canapé per person

saffron

Slow Roast Tomato Basil & Parmesan (v, g)
Szechuan Pepper Chicken (g, d)
Mango Tiger Prawn (g)
Candied Bacon, Apple & Blue
Crisp Cheese Risotto Arancini (v)
Galloping Horses (vegan, g, n)
English Fillet & Coleman's (g, d)
Trout Crostini
£13.85 p/p

honeysuckle

Tomato Bruschetta (v)
Trout Crostini
Caesar Basket (v)
Salmon Teriyaki (d)
Goats Cheese & Cashew (v, n)
English Fillet & Coleman's (g, d)
Hot Roast Salmon Sour Bread
Aubergine with Pomegranate (v, g)
£14.00 p/p

lavender

Szechuan Chicken (g, d)
Broccoli Picante (vegan, g)
Salmon Tartlet
Slow Roast Tomato, Basil & parmesan (v, g)
Brie, Pear & Cinnamon Confiture (v)
Teriyaki Beef (d)
Crisp Cheese Risotto Arancini (v)
Moroccan Houmous on Pitta (vegan)
£13.25 p/p

sweet

Queen of Sheba Chocolate bites (v)	£1.70
Fruit Kebab (vegan, g)	£1.30
Fresh Fruit Tartlet (v)	£1.40
Lemon Meringue tartlet (v)	£1.50
Chocolate Strawberry (seasonal) (v, g)	£1.20
Candied Blackberries (seasonal) (v, g)	£1.80
Mini mince pies (seasonal) (v, n)	£1.70

everything on this menu is homemade by our chefs



Order deadline:

12:00 three working days prior to the delivery day
Canapés are only delivered after 14:00

To order: Call us to discuss

This menu is served from 1st Oct to 31st Jan 2015
Allergen information is on our website and is supplied with your order

All prices are subject to VAT
Please see our full terms and conditions on our website