



Spring Brochure 2026

# Eden Caterers

Served from 1st February to 31st May



# About us

Since 1993, Eden has been serving seasonal, stylish, and sustainable food to companies across Central London. With a team of passionate foodies behind every menu, we know how to deliver dishes our customers love – and do it in a way that's better for the planet.

Our menus are designed for every occasion, from business breakfasts for six to corporate conferences for 2,000, with a vibrant mix of vegetarian, vegan, fish and meat dishes to suit every taste.

Each month, we feed over 40,000 people, with sustainability at the heart of everything we do. That commitment is reflected in our SALSA accreditation and our continued recognition in sustainable catering awards over the past three years.



## Variety

Our menus change every four months and we rotate popular menus over a three-day cycle to ensure variety.



## Homemade

We make virtually everything ourselves including jams, chutneys, dressings, pickles, cakes and cordials.



## Tree Planting

We're proud to partner with Letting Grow, a charity transforming urban spaces into thriving green habitats.



## Sustainability

Everything we do is with sustainability in mind - from the food we cook, staff satisfaction, to how we power our vans.



The proof is in the pudding...



THE SUSTAINABILITY AWARD  
FOR CATERERS



# Dietary & Allergens

## Special Dietary Requirements

The allergen and dietary requirements for your guests can be 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

Start your day the right way with our selection of hot & cold savouries, breakfast pots, pastries, & more



## SET BREAKFASTS

min of 3

### Power Breakfast (v)

one of each item per person:

Granola with Plum Compote (v)  
American Cookies (v)  
Freshly squeezed orange juice

£8.40

### 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

£10.65

### 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

£16.15

## EXTRAS

### Conserves (vegan, g, d)

tiptree strawberry mini jar

£1.00

## PASTRIES

### All Butter Croissant - large (v)

served with butter portion and a knife (252 kcal)

£2.95

### All Butter Croissant - mini (v)

served with butter portions and a knife (118 kcal)

£2.35

### Pain au Chocolat - large (v)

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

£3.40

### Pain au Chocolat - mini (v)

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

£2.70

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

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

£2.75

### Pain aux Raisins - large (v)

the classic breakfast viennoise spiral (228 kcal)

£3.50

### Pain aux Raisins - mini (v)

the classic breakfast viennoise spiral (127 kcal)

£2.75

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

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

£3.50

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

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

£2.45

### Mixed Mini Croissant Platter (v, n) **NEW!**

4 mini croissants, 4 mini almond croissants, 4 mini pain aux chocolat

£30.30

### Small Mixed Mini Croissant Platter (v, n) **NEW!**

2 mini croissants, 2 mini almond croissants, 2 mini pain aux chocolat

£15.15

### Mixed Mini Danish Pastry Platter (v, n) **NEW!**

12 of our mini danish pastries

£29.00

### Small Mixed Mini Danish Pastry Platter (v, n) **NEW!**

6 of our mini danish pastries

£14.60

### 6 Mini Croissants with Butter & Jam (v) **NEW!**

6 of our mini croissants with 3 jam pots and 3 butters for spreading

£19.20

### Biscuits

two biscuits per packet

£1.50

### Homemade American Cookies (v)

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

£2.20

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

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

£2.45

### Apple & Cinnamon Mini Muffin - 2 Per Portion (v) **NEW!**

with fresh apple and a dusting of cinnamon (262 kcal)

£2.30

## BREAKFAST POTS

### Granola with Plum Compote (v)

greek yoghurt with plum compote and our spring granola (423 kcal)

£3.85

### Granola with Honey (v)

homemade granola with creamy natural yoghurt, honey and dried fruits (425 kcal)

£3.90

### Trail Mix with Soya Yoghurt & Mango Coulis (vegan, g, d, n)

our own seeds, nuts and dried fruit mix makes a yummy vegan, gluten and dairy free light breakfast (286 kcal)

£4.90

### Birchermuesli - Free From (vegan, g, d)

gluten free rolled oats with apple, soya yoghurt, soya milk, sultanas, seeds and berries. min 4 (133kcal)

£4.10

### Yoghurt pot with Honey (v, g)

greek yoghurt with honey for a sweet start (292kcal)

£3.85

### Yoghurt Pot with Mango Coulis (v, g)

greek yoghurt and sharp fruit coulis for a fresh start (224 kcal)

£3.85

### Soya Yoghurt Pot with Honey (v, g, d)

a free from treat. gluten, dairy and nut free light breakfast (200kcal)

£4.40

### Soya Yoghurt Pot with Plum Compote (vegan, g, d)

a vegan & free from treat, gluten, dairy and nut free light breakfast (165 kcal)

£4.30

### Soya Yoghurt Pot with Mango Coulis (vegan, g, d)

a vegan & free from treat, gluten, dairy and nut free light breakfast (133 kcal)

£4.60

### Granola & Honey - Mini Shots - 6 (v)

a shot of our own granola with natural yoghurt, honey and dried fruits (710 kcal)

£12.30

### Granola & Honey - Mini Shots - 12 (v)

a shot of our own granola with natural yoghurt, honey and dried fruits (1420 kcal)

£24.60





## COLD SAVOURIES

<b>Brie &amp; Cranberry Pugliese Roll (v)</b> english brie & our own cranberry sauce (161 kcal)	£3.60
<b>Cheese &amp; Tomato All Butter Croissant - mini (v)</b> mature cheddar with sliced salad tomato in a croissant (268 kcal)	£3.95
<b>Ham &amp; Emmenthal All Butter Croissant - mini</b> sliced emmenthal and honey mustard gammon ham in a mini croissant (320 kcal)	£4.25
<b>Salami &amp; Emmenthal Cereale Roll</b> milano salami with sliced emmenthal (176 kcal)	£3.50
<b>Open Mini Bagel with Smoked Salmon &amp; Cream Cheese</b> two open halves per portion (178 kcal)	£5.95
<b>Open Mini Bagel with Egg Mayonnaise &amp; Tomato Chutney (v)</b> with our homemade tomato chutney. two open halves per portion (249 kcal)	£4.15
<b>Open Mini Bagel with Sundried Tomato &amp; Cream Cheese (v)</b> intense dried tomato flavour with smooth cream cheese. two open halves per portion (141 kcal)	£4.20
<b>Mini Open Bagel Platter <b>NEW!</b></b> 12 pieces from our mini open bagel selection on one platter	£28.40
<b>Small Mini Open Bagel Platter <b>NEW!</b></b> 6 pieces from our mini open bagel selection on one platter	£14.15
<b>Savoury Mini Croissant Platter <b>NEW!</b></b> 12 pieces from our mini savoury croissant selection on one platter	£24.50
<b>Breakfast Savoury Platter</b> a selection of mini filled breakfast rolls & croissant: 3 smoked salmon & cream cheese mini bagels, 3 emmenthal & ham mini croissant, 3 emmenthal & salami cereal roll, and 3 brie & cranberry mini pugliese rolls all cut in half to give you 24 pieces	£52.50
<b>Small Breakfast Savoury Platter</b> a selection of mini filled breakfast rolls & croissant: 2 smoked salmon & cream cheese mini bagels, 2 emmenthal & ham mini croissant, 1 emmenthal & salami cereal roll, and 1 brie & cranberry mini pugliese roll all cut in half to give you 12 pieces	£27.00

**Great fresh food, it is not only tasty, but caters for every dietary requirement. Very reliable professional caterers! I would recommend them.**

5-Star Google Review

## HOT SAVOURIES

<b>Roast Tomato &amp; Mushroom in a Cereale Bap (vegan, d)</b> sliced roast tomato with fresh field mushroom & vegan mozzarella in a cereale roll. delivered warm for immediate service. min 6 (312 kcal)	£5.45
<b>Vegetarian Sausage in a Glazed Brioche Roll (v)</b> delivered warm for immediate service. min 6 (359 kcal)	£5.85
<b>Mushroom &amp; Tomato on Gluten Free Bread (v, g, d)</b> with butter fried button mushrooms, tomatoes & vegan mozzarella, delivered warm for immediate service. min 2 (282 kcal)	£6.60
<b>Bacon in a Glazed Brioche Roll</b> delivered warm for immediate service. min 6 (417 kcal)	£5.65
<b>Sausage in a Glazed Brioche Roll</b> delivered warm for immediate service. min 6 (537 kcal)	£5.65
<b>Bacon Sandwich on Gluten Free Bread (g, d)</b> unsmoked, english back bacon in gluten free bread. delivered warm for immediate service. min 2 (467 kcal)	£6.60
<b>Mini Sausage Roll Breakfast Platter</b> 15 mini glazed brioche rolls with mini cumberland sausages. delivered warm to you for immediate service	£39.95
<b>Mini Bacon Roll Breakfast Platter</b> 15 mini glazed brioche rolls with streaky bacon. delivered warm to you for immediate service	£39.95
<b>Mini Mushroom Roll Breakfast Platter (v)</b> 15 mini glazed brioche rolls with butter fried button mushrooms. delivered warm to you for immediate service	£39.70
<b>Sachets - Brown or Tomato Sauce</b>	£0.40







# Sandwich Lunch

A combination of sandwiches, finger buffet, cakes, fruit, and cheese -  
fresh and homemade for fuelling your meetings & events



## SET MENUS

quick, quality working lunches - sandwiches, finger buffet items, homemade cakes, fruit, and cheese - with price and contents selections to suit your budget and needs.

we choose the items from our seasonal range (rotating daily), you choose the menu and number of guests. served on eco-friendly palm leaf platters with a serviette for each guest. just unwrap and enjoy!

min order: 3

### WILLOW

£25.75 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

£19.85 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

£16.85 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

£16.70 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

£16.15 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

£15.75 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

£13.95 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

£13.60 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

### MAPLE

£12.95 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

### MULBERRY

£12.85 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

### LILAC

£11.95 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

£11.35 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

£10.95 p/p

#### Sandwiches

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

#### Cake

1.5 per person from homemade selection

### HAWTHORN

£10.35 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>£29.85</b>
<b>Contemporary Sandwich Platter (6 sandwiches)</b> <i>one each of six different contemporary sandwiches from this season's selection</i>	<b>£31.65</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>£29.95</b>
<b>Vegetarian Sandwich Platter (6 sandwiches)</b> <i>one each of six different vegetarian sandwiches from this season's selection</i>	<b>£29.05</b>
<b>Vegan Sandwich Platter (6 sandwiches)</b> <i>six vegan sandwiches in two varieties from this season's selection</i>	<b>£29.65</b>
<b>Meat Sandwich Platter (6 sandwiches)</b> <i>six meat sandwiches in six varieties from this season's selection</i>	<b>£31.25</b>
<b>Fish Sandwich Platter (6 sandwiches)</b> <i>six fish sandwiches in three varieties from this season's selection</i>	<b>£35.40</b>
<b>Wrap Platter (6 wraps)</b> <i>six wraps in three varieties from this season's selection</i>	<b>£32.25</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>£34.85</b>
<b>Halal Sandwich Platter (6 sandwiches)</b> <i>six halal sandwiches from this season's selection</i>	<b>£30.95</b>
<b>Small Classic Sandwich Platter (3 sandwiches)</b> <i>one each of three different classic sandwiches from this season's selection</i>	<b>£15.35</b>
<b>Small Contemporary Sandwich Platter (3 sandwiches)</b> <i>one each of three different contemporary sandwiches from this season's selection</i>	<b>£15.95</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>£15.00</b>
<b>Small Vegetarian Sandwich Platter (3 sandwiches)</b> <i>one each of three different vegetarian sandwiches from this season's selection</i>	<b>£14.50</b>
<b>Small Vegan Sandwich Platter (3 sandwiches)</b> <i>three vegan sandwiches in two varieties from this season's selection</i>	<b>£14.85</b>
<b>Small Meat Sandwich Platter (3 sandwiches)</b> <i>three meat sandwiches in three varieties from this season's selection</i>	<b>£15.65</b>
<b>Small Fish Sandwich Platter (3 sandwiches)</b> <i>three fish sandwiches in three varieties from this season's selection</i>	<b>£17.70</b>
<b>Small Wrap Platter (3 sandwiches)</b> <i>three wraps in three varieties from this season's selection</i>	<b>£16.10</b>
<b>Small Halal Sandwich Platter (3 sandwiches)</b> <i>three halal sandwiches from this season's selection</i>	<b>£15.50</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>£17.50</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>£29.50</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>£29.45</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>£27.30</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>£27.00</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>£29.85</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>£14.75</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>£14.70</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>£13.85</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>£13.60</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>£14.95</b>





## SANDWICHES

### VEGAN

<b>Sweet Potato &amp; Grilled Courgette Thai Spiced Cereale Baguette (vegan, d) <b>NEW!</b></b>	£4.95	£5.20
<i>thai spiced sweet potato with lightly charred courgette (411 kcal)</i>		
<b>Hoisin No Duck Wrap (vegan, d)</b>	£4.95	
<i>shitake mushroom with courgette, red pepper, carrot, fresh coriander and rocket (333 kcal)</i>		
<b>Beetroot Houmous &amp; Rocket in Ciabatta (vegan, d)</b>	£4.65	£4.90
<i>english beetroot with chickpeas, lemon, tahini and garlic with pepperonata and rocket (415 kcal)</i>		
<b>Beetroot Houmous &amp; Rocket on Gluten Free Bread (vegan, g, d)</b>	£5.55	£5.80
<i>english beetroot with chickpeas, lemon, tahini and garlic with rocket (319 kcal)</i>		

### VEGETARIAN

<b>Cheddar &amp; Pickle in a Piedmont Baguette (v)</b>	£4.75	
<i>farmhouse cheddar with homemade root vegetable pickle on a piedmont baguette (607 kcal)</i>		
<b>Cheddar, Tomato, Baby Leaf &amp; Cucumber on Malted Grain (v)</b>	£4.35	£4.60
<i>farmhouse cheddar with sliced tomato and cucumber (465 kcal)</i>		
<b>Egg &amp; Tomato on Malted Grain (v, d)</b>	£3.95	£4.20
<i>free range egg mayonnaise &amp; tomato (453 kcal)</i>		
<b>Beetroot, Spinach &amp; Goats Cheese on Multi Seed Bloomer (v)</b>	£5.75	£5.95
<i>steamed beetroot with baby leaf spinach, goat's cheese and raisin dressing (450 kcal)</i>		

### MEAT

<b>Jerk Chicken &amp; Red Cabbage Pickled Slaw in a Wrap (d)</b>	£5.25	
<i>sensational jerk marinated chicken with pickled red cabbage in a tomato wrap (370 kcal)</i>		
<b>Roast Rosemary Chicken on Malted Grain (d)</b>	£5.15	£5.40
<i>roast chicken with rosemary mayonnaise and baby leaf (446 kcal)</i>		
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain (d)</b>	£5.15	£5.40
<i>honey &amp; mustard baked free range gammon with english mustard (477 kcal)</i>		
<b>Egg &amp; Bacon in a Piedmont Baguette (d)</b>	£5.85	£6.10
<i>egg mayonnaise with crispy bacon in a freshly baked baguette (605 kcal)</i>		
<b>Roast Rosemary Chicken on Gluten Free Bread (g, d)</b>	£5.85	
<i>roast chicken with rosemary mayonnaise and baby leaf (354 kcal)</i>		

### FISH

<b>Teriyaki Salmon with Miso &amp; Ginger Carrot Slaw in a Wrap (d)</b>	£5.85	
<i>teriyaki marinated salmon with an asian miso &amp; ginger slaw (369 kcal)</i>		
<b>Smoked Mackerel &amp; Ricotta in a Piedmont Baguette</b>	£5.85	£6.10
<i>with nutmeg, capers and tomato (509 kcal)</i>		
<b>Prawn &amp; Rocket on Malted Grain (d)</b>	£5.85	£6.10
<i>in a mustard and lemon mayonnaise (345 kcal)</i>		

## FINGER BUFFET

### VEGAN

<b>Falafel with Beetroot Houmous (vegan, g, d)</b>	£2.00
<i>sweet potato falafel with turmeric and cumin topped with beetroot houmous (58 kcal)</i>	
<b>Samosa (vegan, d)</b>	£2.40
<i>a fried south asian pastry, packed full of fresh vegetables and potatoes (132 kcal)</i>	
<b>Squashage Roll (vegan, d)</b>	£2.20
<i>packed with butternut, puy lentils and butterbeans (237 kcal)</i>	
<b>Queen Olives - 4 per portion (vegan, g, d)</b>	£2.40
<i>marinated by us, large queen olives with garlic, capers &amp; smoked paprika on sticks (33 kcal)</i>	
<b>Tomatade Bruschetta (vegan, d)</b>	£2.10
<i>our homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp bruschetta (29 kcal)</i>	

### VEGETARIAN

<b>Spinach &amp; Feta Pinwheels (v)</b>	£2.10
<i>a delicious greek savory with spinach and feta (115 kcal)</i>	
<b>Leek &amp; Emmenthal Cheese Tart (v) <b>NEW!</b></b>	£2.40
<i>golden baked tart layered with sauteed leeks &amp; smooth, nutty emmenthal (205 kcal)</i>	

### MEAT

<b>Chicken Brochette with Garlic, Coriander &amp; Chilli (g, d)</b>	£2.35
<i>chicken goujon marinated with our own garlic puree, fresh red chillies and coriander (55 kcal)</i>	
<b>Cocktail Sausages with Honey (d)</b>	£2.55
<i>honey and mustard coated pork cumberlands. 3 per portion (161 kcal)</i>	
<b>Cheddar Scone with Chorizo</b>	£2.25
<i>homebaked cheddar scone with a mascarpone and chorizo filling (197 kcal)</i>	

### FISH

<b>Salmon Brochette with Orange &amp; Ginger (g, d) <b>NEW!</b></b>	£2.85
<i>salmon skewer with orange, ginger, garlic and fresh coriander (59 kcal)</i>	
<b>Hot Smoked Salmon Crostini</b>	£2.20
<i>hot smoked salmon with ricotta and lime on a crostini (31 kcal)</i>	

## CHEESE

<b>A British Cheeseboard - for 6 (v)</b>	£51.00
<i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	
<b>A British Cheeseboard - for 3 (v)</b>	£25.50
<i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	

## CAKES & POTS

<b>Lemon &amp; Chia Drizzle Cake (vegan, d)</b> <i>light sponge cake with fresh lemon and chia seeds (285 kcal)</i>	£2.45
<b>Healthy Seed Bar - Free From (vegan, g, d)</b> <i>sunflower, chia and pumpkin seeds, oats, dates, maple syrup &amp; cranberries (293kcal)</i>	£2.45
<b>Blueberry Panna Cotta - Mini Pot (vegan, g, d) <b>NEW!</b></b> <i>classic Italian dessert with delicate vanilla and blueberries (163 kcal)</i>	£2.25
<b>Apricot Flapjack (v)</b> <i>deliciously oaty, chewy, tart and sweet (289 kcal)</i>	£2.20
<b>Red Velvet Cake (v)</b> <i>naturally flavoured with beetroot and cocoa topped with a creamy frosting (284 kcal)</i>	£2.20
<b>Banana &amp; Sticky Toffee Cake (v, n)</b> <i>topped with sliced banana and a sticky toffee glaze (332 kcal)</i>	£2.25
<b>Seville Orange Marmalade Polenta Cake (v, g, d, n)</b> <i>gluten free polenta cake with our homemade marmalade glaze (327 kcal)</i>	£2.20
<b>Chocolate Brownie (v)</b> <i>dark, rich belgian (355 kcal)</i>	£2.40
<b>Apple &amp; Cinnamon Mini Muffin - 2 per portion (v) <b>NEW!</b></b> <i>with fresh apple and a dusting of cinnamon (262 kcal)</i>	£2.30
<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>	£2.45
<b>Tiramisu - Mini Pot (v) <b>NEW!</b></b> <i>layers of espresso-soaked sponge, marscapone cream, with a cocoa dusting (163 kcal)</i>	£2.35
<b>Sour Cherry Cheesecake - Pot (v)</b> <i>sour cherries with cream cheese, cream and a digestive crust (465 kcal)</i>	£4.25
<b>Tiramisu - Pot (v) <b>NEW!</b></b> <i>layers of espresso-soaked sponge, marscapone cream, with a cocoa dusting (322 kcal)</i>	£3.90
<b>Lemon Cheesecake - Pot (v)</b> <i>cream cheese and cream with fresh lemon on a buttery digestive base (406 kcal)</i>	£4.25
<b>Sour Cherry Cheesecake - 6 Mini Pots (v)</b> <i>a tray of 6 mini pots - light cheesecake cream with a tangy sour cherry topping (1308 kcal)</i>	£14.50
<b>Tiramisu - 6 Mini Pots (v) <b>NEW!</b></b> <i>a tray of 6 mini pots - layers of espresso-soaked sponge, marscapone cream, with a cocoa dusting (975 kcal)</i>	£13.80
<b>Blueberry Panna Cotta - 6 Mini Pots (vegan, g, d) <b>NEW!</b></b> <i>classic Italian dessert with delicate vanilla and blueberries (978 kcal)</i>	£13.50

## CAKE PLATTER

<b>Cake Platter</b> <i>eight cakes from this season's selection on one platter</i>	£20.75
<b>Small Cake Platter</b> <i>four cakes from this season's selection on one platter</i>	£10.40

## FRUIT

<b>Cut Fruit - Mini Pot (vegan, g, d)</b> <i>fresh seasonal cut fruit in a mini pot, complete with a skewer (21 kcal)</i>	£2.15
<b>Cut Fruit - Pot (vegan, g, d)</b> <i>fresh seasonal cut fruit in a mini pot, complete with a skewer (35 kcal)</i>	£3.65
<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 (126 kcal)</i>	£12.75
<b>Cut Fruit - 12 Mini Pots (vegan, g, d)</b> <i>fresh seasonal cut fruit in 12 mini pots, complete with skewers for each (252 kcal)</i>	£25.50
<b>Whole Fruit Small Platter - for 5-10 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit (538 kcal)</i>	£17.90
<b>Whole Fruit Large Platter - for 10 -15 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit (946 kcal)</i>	£25.50

## CRISPS

<b>Kettle Crisps with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 guests with homemade salsa dip (621 kcal)</i>	£7.30
<b>Kettle Crisps with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 guests with homemade salsa dip (1239 kcal)</i>	£13.95
<b>Tortilla Chips with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 people with homemade salsa dip (583 kcal)</i>	£7.20
<b>Tortilla Chips with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 people with homemade salsa dip (1164 kcal)</i>	£13.45
<b>Handcooked Crisps in the Bag (vegan, g, d)</b> <i>from fairfields farm (202 kcal)</i>	£1.70







# Forks & Salads

Homemade, seasonal, healthy salads and flavour-packed fork buffets that balance comfort and freshness



## 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

**Chargrilled Chicken with Beans & Broccoli Salad (g)** **£12.60** **£25.20**  
chicken with barlotti, haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt (641/1192 kcal)

**Hot Smoked Salmon, Beetroot & Puy Lentil Salad (g, d)** **£13.60** **£27.20**  
with mixed leaves & lemon dressing (1024/2049 kcal)

### VEGAN

**Oriental Raw Vegetable Salad (vegan, g, d)** **£11.35** **£22.65**  
with peppers, baby corn, mange tout, sesame seeds, spring onion & ginger dressing (615/1230 kcal)

**Freekeh, Chickpea & Chargrilled Aubergine Salad (vegan, d)** **£12.15** **£23.95**  
with baby spinach, red quinoa, cherry tomato & maple balsamic dressing (1253/2507 kcal)

**Wild Rice Salad (vegan, g, d)** **£11.10** **£22.05**  
with mint, apricot, rocket, spring onion with a lemon and herb dressing (565/1131 kcal)

**New Potato Salad (vegan, g, d)** **£9.45** **£18.90**  
with spring onion and lemon & herb dressing (436/873 kcal)

**Mixed Leaf Salad with Lemon & Herb Dressing (vegan, g, d)** **£7.50** **£14.50**  
four seasonal leaves with a lemon and herb dressing (182/363 kcal)

### VEGETARIAN

**Broccoli & Cauliflower Salad with Feta (v, g)** **£11.50** **£22.85**  
cauliflower and broccoli tiny florets with feta, tomato, black olives and a maple balsamic dressing (741/1490 kcal)

**Tuscan Tortellini Salad (v)** **£11.25** **£22.50**  
cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (839/1557 kcal)

## SALAD BOXES

generous individual boxes complete with a fork and dressing

**Wild Rice Salad with Roasted Roots (vegan, g, d, n)** **£7.30**  
with mint, apricot, rocket, spring onion, lemon & garlic, beetroot houmous & almonds with lemon dressing (305 kcal)

**Oriental Raw Vegetable Salad (vegan, g, d)** **£7.50**  
with peppers, baby corn, mange tout, sesame seeds, spring onion & ginger dressing (271 kcal)

**Tuscan Tortellini Salad (v)** **£7.50**  
cheese tortellini, fresh baby spinach and sunblushed tomatoes with a sweet balsamic dressing (479 kcal)

**Chargrilled Chicken with Beans & Broccoli Salad (g)** **£7.95**  
chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt (382 kcal)

**Hot Smoked Salmon, Beetroot & Puy Lentil Salad (g, d)** **£8.50**  
with mixed leaves & lemon dressing (610 kcal)

## MEZE SALAD

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

**Meze Sharing Vegetarian - 5-7 people (v, n)** **£68.00**  
a selection of seasonal salads all in one large bowl served with dressings and artisan rolls

**Meze Sharing Vegan - 5-7 people (vegan, d)** **£66.00**  
a selection of seasonal vegan salads all in one large bowl, served with dressings and artisan rolls

**Meze Sharing Traditional - 5-7 people** **£80.00**  
a selection of seasonal salads all in one large bowl, served with dressings and artisan rolls

## BREAD

**Roll & Butter - Cold Fork (v)** **£2.45**  
morning baked dinner roll with butter (143kcal)

## DISPOSABLES

**Paper Plate** **£0.25**

**Compostable Spoon, Fork or Knife** **£0.15**

**Everything was fresh, beautifully presented, and delivered right on time. The food was absolutely delicious, and everyone thoroughly enjoyed it. The team's attention to detail truly made our event extra special. Highly recommended!**



## 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)

£29.65 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)

#### Tiramisu - Pot (v) **NEW!**

layers of espresso-soaked sponge, marscapone cream, with a cocoa dusting (322 kcal)

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

morning baked dinner roll with butter (143kcal)

£29.65 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)

£26.50 per person

**Forks and Salads - Cutlery & Crockery Hire (Packs of 10) - £54.50**

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





# Dietary & Individual

A meal for one person with different variations, 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**

**£8.90**

a free from bircher muesli, 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**

**£9.00**

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**

**£11.80**

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**

**£15.90**

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**

**£13.65**

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**

**£9.80**

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**

**£8.75**

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**

**£11.35**

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**

**£15.50**

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 option for many hot meal requirements, from easy lunchtime eating to dinners



## BOXED MEALS

choose either delivered cold, to be kept in a refrigerator 'til 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)*

#### Macaroni Cauliflower Cheese Bake (v)

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

### VEGAN

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

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

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

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

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

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

#### 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)*

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

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

### MEAT

#### Penne Arrabiata with Chicken

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

#### Mediterranean Chicken with Fruity Cous Cous (d, n) **NEW!**

*slow cooked chicken with olives, tomato & paprika, served with a fruity almond cous cous (665 kcal)*

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

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

#### Tarragon Chicken & Rice (g)

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

#### 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)*

### FISH

#### Harissa Salmon with Mint Jewelled Couscous

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

#### Fresh Salmon Risotto (g)

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

COLD  
DELIVERY

HOT  
DELIVERY

£6.65

£7.65

£6.95

£7.95

£7.50

£8.50

£7.50

£8.50

£9.50

£10.50

£7.35

£8.35

£6.50

£7.50

£7.50

£8.50

£9.45

£10.45

£9.75

£10.75

£9.75

£10.75

£8.75

£9.75

£12.50

£13.50

£10.05

£11.05







# Hot Bowl Meals

Delicious, wholesome, and warming bowl meals - perfect for  
impressing at events and more



## BOWL MEALS

perfect for parties, meetings, or conferences, our hot bowl meals are served warm in stainless steel dishes within insulated boxes and enjoyed with a fork - whether seated or standing. we provide utensils, and for larger groups, staff can be arranged. equipment is collected the same or next day. best served within 45 minutes of delivery. minimum order: 6.

### VEGETARIAN

**Fusilli with Mushroom (v)** £9.00  
oyster, chestnut & button mushrooms pan fried and tossed with fresh tarragon, bella lodi and cream, served with fusilli pasta

**Macaroni Cauliflower Cheese Bake (v)** £9.45  
the wonderful classic with cauliflower, mature cheddar, coleman's english mustard and cayenne pepper

### VEGAN

**Fragrant Squash & Chickpea Curry with Rice (vegan, g, d)** £10.00  
with pineapple, ginger and coriander. served with rice

**Moroccan Vegetable Tagine & Cous Cous (vegan, d)** £9.00  
squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous

**Symplicity N'duja Risotto (vegan, g, d)** £12.00  
a silky risotto with sympathy's vegan n'duja

**Dhal with Sweet Potato, Coconut Crust & Rice (vegan, g, d)** £9.85  
red lentil, spinach, sweet potato, coriander & chilli dhal with a coconut & ginger crust

**Aubergine, Tomato & Basil Penne (vegan, d)** £9.00  
roasted aubergine in a rich tomato and basil sauce through penne pasta

### MEAT

**Penne Arrabiata with Chicken** £10.00  
the classic spicy tomato sauce and chicken fillets with penne pasta

**Mediterranean Chicken with Fruity Cous Cous (d, n) **NEW!**** £11.95  
slow cooked chicken with olives, tomato & paprika served with a fruity almond cous cous (665 kcal)

**Hot & Sour Pork with Rice (g, d)** £12.25  
slow cooked belly of pork with ginger, chilli, shallots, pak choi and baby corn

**Tarragon Chicken & Rice (g)** £12.00  
chicken with fresh tarragon, cream and lemon, served with long grain rice

**Vietnamese Chicken Curry & Rice (g, d)** £11.25  
classic vietnamese with lemon grass, ginger, potatoes, spring onion, carrot, chilli, fish sauce, bayleaf, coriander and coconut milk

### FISH

**Harissa Salmon with Mint Jewelled Couscous** £15.00  
harissa crusted salmon with mint jewelled couscous, served with an harissa yoghurt dressing

**Fresh Salmon Risotto (g)** £12.55  
flaked salmon fillets with broccoli, peas and bella lodi







# Mini Bowls

Perfect for events, our convenient and satisfying bowls in mini versions - enjoy one as a light bite or pair two or more for a hearty meal



## MINI BOWL MEALS

perfect for parties, events, and conferences. these mini bowls are designed to be eaten standing. each dish includes a mini bowl and fork. order one per person for a light bite, or two or more for a meal. Food arrives warm in stainless steel dishes inside an insulated hot box, which we leave with you. please serve within 45 minutes of delivery. serving utensils are provided. for larger groups, we recommend hiring our waiting staff.

equipment will be collected later the same day or the following day—please have it ready.  
minimum order: 12.

### VEGETARIAN

#### Mini Bowl - Fusilli with Mushroom (v)

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

#### Mini Bowl - Macaroni Cauliflower Cheese Bake (v)

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

### VEGAN

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

with pineapple, ginger and coriander. served with rice

#### Mini Bowl - Moroccan Vegetable Tagine & Cous Cous (vegan, d)

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

#### Mini Bowl - Symplicity N'duja Risotto (vegan, g, d) NEW!

a silky risotto with sympathy's vegan n'duja

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

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

#### Mini Bowl - Aubergine, Tomato & Basil Penne (vegan, d)

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

### MEAT

#### Mini Bowl - Penne Arrabiata with Chicken

the classic spicy tomato sauce and chicken fillets with penne pasta

#### Mini Bowl - Mediterranean Chicken with Fruity Cous Cous (d, n) NEW!

slow cooked chicken with olives, tomato & paprika served with a fruity almond cous cous

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

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

#### Mini Bowl - Tarragon Chicken & Rice (g)

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

#### Mini Bowl - Vietnamese Chicken Curry & Rice (g, d)

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

### FISH

#### Mini Bowl - Harissa Salmon with Mint Jewelled Couscous

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

#### Mini Bowl - Fresh Salmon Risotto (g)

flaked salmon fillets with broccoli, peas and bella lodi

## NIBBLES

#### Crudités Platter (vegan, g, d)

£10.15

one platter with enough for 4-7 people. cucumber, celery, cherry tomato, peppers & carrot served with homemade salsa & houmous dips (155 kcal)

#### Cheese Straws (v)

£3.25

with coleman's & bella lodi. two per portion. min 25 (185 kcal)

#### Mini Bowl - Mixed Nuts 170g (vegan, g, d, n)

£8.90

walnut, cashew, hazlenut and peanut. min 3 (1083 kcal)

£4.55

#### Mini Bowl - Olive Mix 170g (vegan, g, d)

£4.80

green, black, capers and sun dried tomato in olive oil. min 3 (924 kcal)

£5.25

#### Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d)

£2.30

our homemade salsa brings the tortilla chips to life. min 3 (197 kcal)

#### Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d)

£2.30

with salsa dip. min 3 (210 kcal)

£6.15

£4.70

£4.55

£5.15

£4.80

£5.40

£6.30

£7.75

£6.45

£6.00

£7.10

£6.90







# Canapés

Small, flavour-packed bites that leave a big impression -  
perfect for sharing and socialising



## 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)  
Fable Duckless Pancake & Hoisin (vegan, d)  
Duck Confit Arancini  
Spiced Tandoori Chicken Naan  
Orange & Ginger Salmon (g,d)

**£19.75 per person**

### Honeysuckle

(8 canapés per person)

Stilton & Red Onion Marmalade Tartlet (v)  
Bella Lodi Shortbread with Basil Pesto (v)  
Sweet Potato Croquette (vegan, d)  
Fable Duckless Pancake & Hoisin (vegan, d)  
Simplicity Nduja with Broad Bean & Mint Puree (vegan, d)  
Prosciutto & Pear (g, d)  
Smoked Mackerel Sourdough Crostini  
Orange & Ginger Salmon (g,d)

**£19.85 per person**

### Saffron - Vegetarian

(8 canapés per person)

Stilton & Red Onion Marmalade Tartlet (v)  
Sweet Potato Croquette (vegan, d)  
Fable Duckless Pancake & Hoisin (vegan, d)  
Simplicity Nduja with Broad Bean & Mint Puree (vegan, d)  
Pistachio Cake & Peppers (v, n)  
Bella Lodi Shortbread with Basil Pesto (v)  
Goats Cheese & Cashew (v, n)  
Tomatade Sourdough Crostini (vegan, d)

**£19.75 per person**

## CANAPÉS

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

### VEGETARIAN

**Stilton & Red Onion Marmalade Tartlet (v)** **£2.30**  
stilton with homemade red onion marmalade (68 kcal)

**Pistachio Cake & Peppers (v, n)** **£2.30**  
olive and pistachio cake topped with roasted peppers and cream cheese (184 kcal)

**Bella Lodi Shortbread with Basil Pesto (v)** **£2.10**  
homemade cheese shortbreads with pesto & oven dried cherry tomato (63 kcal)

**Goats Cheese & Cashew (v, n)** **£2.20**  
lemon marinated goats cheese with toasted cashews (47 kcal)

### VEGAN

**Tomatade Sourdough Crostini (vegan, d)** **£2.10**  
homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp sourdough crostini (50 kcal)

**Sweet Potato Croquette (vegan, d)** **£2.10**  
sweet potato with a hint of chilli, in a crisp breadcrumb coating (57 kcal)

**Fable Duckless Pancake & Hoisin (vegan, d)** **£2.20**  
shitake mushroom with courgette, red pepper, carrot & coriander (58 kcal)

**Simplicity Nduja with Broad Bean & Mint Puree (vegan, d)** **£2.00**  
spicy vegan salami spread with a shallot and white wine broad bean puree on a sourdough crostini (40 kcal)

### MEAT

**Duck Confit Arancini** **£2.15**  
duck with sunblush tomato fried risotto cake (39 kcal)

**Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d)** **£2.20**  
chicken fillet marinated with our own garlic puree, fresh red chillies and coriander (54 kcal)

**Prosciutto & Pear (g, d)** **£2.20**  
fresh pear & rocket rolled in prosciutto (10 kcal)

**Spiced Tandoori Chicken Naan NEW!** **£2.20**  
spiced tandoori chicken on mini naan with a sweet mango chutney & fresh coriander (16 kcal)

### FISH

**Smoked Mackerel Sourdough Crostini** **£2.20**  
smoked mackerel with lemon, ricotta cheese & capers on crostini (54 kcal)

**Orange & Ginger Salmon (g, d)** **£2.35**  
salmon skewer with orange, ginger, garlic and fresh coriander (40 kcal)

## SWEET CANAPÉS

**Tiramisu Chocolate Cup (v) NEW!** **£2.50**  
silky tiramisu cream layered in a rich chocolate cup with espresso notes & a dusting of cocoa (19 kcal)

**Burnt Lemon Tartlet (v) NEW!** **£2.30**  
sharp fresh lemon with a charred sugar crust in shortcrust pastry (81 kcal)

**Raspberry Tartlet (v)** **£2.25**  
fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case (78 kcal)

**Sheba Chocolate Tartlet (v)** **£2.20**  
the queen's silky rich dark sauce in a crisp case (81kcal)

**Fruit Kebab (vegan, g, d)** **£2.15**  
a dainty colourful fruits skewer (9 kcal)



**Great catering company. The quality of the food and drinks was great; the waiting and delivery staff were exceptional. I'd definitely recommend Eden Caterers.**

5 Star Google Review





# Boxed Canapés

Make serving delicious canapés simple. Just open the box or arrange how you like on your own plates to impress guests!



## BOXED CANAPÉS

boxes of 36 canapés

### VEGETARIAN

**Stilton & Red Onion Marmalade Tartlet (v)** £66.87  
stilton with homemade red onion marmalade (68 kcal)

**Pistachio Cake & Peppers (v, n)** £66.87  
olive and pistachio cake topped with roasted peppers and cream cheese (184 kcal)

**Bella Lodi Shortbread with Basil Pesto (v)** £61.11  
homemade cheese shortbreads with pesto & oven dried cherry tomato (63 kcal)

**Goats Cheese & Cashew (v, n)** £63.99  
lemon marinated goats cheese with toasted cashews (47 kcal)

### VEGAN

**Tomatade Sourdough Crostini (vegan, d)** £61.11  
homemade tomatade made from semi dried tomatoes, oil, tarragon and thyme on a crisp sourdough crostini (50 kcal)

**Sweet Potato Croquette (vegan, d)** £61.11  
sweet potato with a hint of chilli, in a crisp breadcrumb coating (57 kcal)

**Fable Duckless Pancake & Hoisin (vegan, d)** £63.99  
shitake mushroom with courgette, red pepper, carrot & coriander (58 kcal)

**Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)** £58.23  
spicy vegan salami spread with a shallot and white wine broad bean puree on a sourdough crostini (40 kcal)

### MEAT

**Duck Confit Arancini** £62.55  
duck with sunblush tomato fried risotto cake (39 kcal)

**Mini Chicken Skewers with Garlic, Coriander & Chilli (g, d)** £63.99  
chicken fillet marinated with our own garlic puree, fresh red chillies and coriander (54 kcal)

**Prosciutto & Pear (g, d)** £63.99  
fresh pear & rocket rolled in prosciutto (10 kcal)

**Spiced Tandoori Chicken Naan **NEW!**** £63.99  
spiced tandoori chicken on mini naan with a sweet mango chutney & fresh coriander (16 kcal)

## BOXED CANAPÉS SET MENU

boxes of 36 canapés

### Mixed Canape Selection

box of 36 - 6 of each selection:

Orange & Ginger Salmon (g, d) **NEW!**  
Smoked Mackerel Sourdough Crostini  
Mini Chicken Skewer with Garlic, Coriander & Chilli (g, d)  
Duck Confit Arancini  
Tomatade Sourdough Crostini (vegan, d)  
Stilton & Red Onion Marmalade Tartlet (v)

£69.81 per box

### Meat Canape Selection

box of 36 - 9 of each selection:

Duck Confit Arancini  
Mini Chicken Skewer with Garlic, Coriander & Chilli (g, d)  
Prosciutto & Pear (g, d)  
Spiced Tandoori Chicken Naan **NEW!**

£67.59 per box

### Vegetarian Canape Selection

box of 36 - 6 of each selection:

Fable Duckless Pancake & Hoisin (vegan, d)  
Sweet Potato Croquette (vegan, d)  
Tomatade Sourdough Crostini (vegan, d)  
Bella Lodi Shortbread with Basil Pesto (v)  
Goats Cheese & Cashew (v, n)  
Stilton & Red Onion Marmalade Tartlet (v)

£62.07 per box

### Vegan Canape Selection

box of 36 - 12 of each selection:

Symplicity Nduja with Broad Bean & Mint Puree (vegan, d)  
Sweet Potato Croquette (vegan, d)  
Tomatade Sourdough Crostini (vegan, d)

£61.11 per box

### Fish Canape Selection

box of 36 - 18 of each selection:

Smoked Mackerel Sourdough Crostini  
Orange & Ginger Salmon (g, d) **NEW!**

£77.13 per box

### Dessert Canape Selection

box of 36 - 12 of each selection:

Sheba Chocolate Tartlet (v)  
Raspberry Tartlet (v)  
Tiramisu Chocolate Cup (v) **NEW!**

£66.15 per box

### FISH

**Smoked Mackerel Sourdough Crostini** £67.95  
smoked mackerel with lemon, ricotta cheese & capers on crostini (54 kcal)

**Orange & Ginger Salmon (g, d) **NEW!**** £72.54  
salmon skewer with orange, ginger, garlic and fresh coriander (40 kcal)

### SWEET

**Tiramisu Chocolate Cup (v) **NEW!**** £72.63  
silky tiramisu cream layered in a rich chocolate cup with espresso notes & a dusting of cocoa (19 kcal)

**Burnt Lemon Tartlet (v) **NEW!**** £66.87  
sharp fresh lemon with a charred sugar crust in shortcrust pastry (81 kcal)

**Raspberry Tartlet (v)** £65.43  
fresh raspberries, white chocolate and cream with free range eggs in a dainty pastry case (78 kcal)

**Sheba Chocolate Tartlet (v)** £63.99  
the queen's silky rich dark sauce in a crisp case (81kcal)

**Fruit Kebab (vegan, g, d)** £62.55  
a dainty colourful fruits skewer (9 kcal)







# Afternoon Tea

A dainty and delicious selection of sandwiches, treats and tea for those slightly more special occasions



Our set menu includes everything you need for a traditional English afternoon tea — with home-baked scones, cakes, and fine teas. We offer flexible service options: food and tea with disposable crockery and cutlery, food and tea only, or the option to hire china crockery and steel cutlery for a classic touch (see below).

All you need to provide is hot water for the tea and a table for service — if you don't have these, we can supply tables, kettles, or urns on request. For groups of more than 12 guests, we recommend hiring a waiter or waitress to ensure smooth service.

Please note: hot water for tea is not included. Minimum order: 6.



## 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 with blueberries - free from (vegan, g, d);  
orange, ginger & miso cake (v);  
cranberry fruit fool tart (v);  
chocolate & orange brownie (v)

## AFTERNOON TEA - DISPOSABLE PLATTERS

### Afternoon Tea - Disposable Platters

£19.95

a full afternoon tea which includes all your guests will desire for a classic, english afternoon tea, including cocktail sandwiches, home baked scones, cake, and fine teas - delivered on our disposable bamboo platters. you will need to provide (or hire from us) serving equipment, as well as cups and hot water for the tea.

### Afternoon Tea - Vegetarian - Disposable Platters

£18.75

as above, but with a selection of our vegetarian sandwiches

## AFTERNOON TEA - RETURNABLE PLATTERS

### Afternoon Tea - Returnable Platters

£18.75

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. food is served on smart "aqua", returnable platters. no service equipment or hot water is provided by us; you need to provide it.

### Afternoon Tea - Vegetarian - Returnable Platters

£17.75

as above, but with a selection of our vegetarian sandwiches

## AFTERNOON TEA - SERVING EQUIPMENT

### Afternoon Tea - Disposable Plate & Cutlery Pack (min of 6)

£1.00

includes a paper plate, cup & stirrer for your hot drinks, a compostable knife, and a compostable teaspoon - everything you'll need to serve your afternoon tea.

\*Crockery and cutlery is available to hire on request, please enquire with our team when ordering for more info.



A top-down view of a picnic spread on a red and white checkered blanket. The spread includes a large white box at the top, a bag of Fairfields farm crisps, a box of pastries, a box of small potatoes, a box of granola bars, a box of sandwiches, a box of skewers, and several small containers of fruit, salad, and dips. Two white plates with skewers and bread are in the foreground. The background shows a wooden fence and green grass.

# Picnic Boxes

Step into Spring with our freshly made Picnic Boxes, great for family get-togethers, corporate days out, and everything in between



## 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

**£95.00**

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

includes food for four hungry people

**£93.00**

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

includes food for four hungry people

**£88.50**

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

includes food for four hungry people

**£93.00**





# Drinks

Opt for our homemade smoothies, or treat yourself to sustainable wine from our trusted suppliers



## COLD DRINKS

<b>Belu - Sparkling Mineral Water</b> 750 ml	£3.50
<b>Belu - Still Mineral Water</b> 750 ml	£3.50
<b>Belu Still</b> 330ml	£1.90
<b>Belu Sparkling</b> 330ml	£1.90
<b>Daily Dose - Cold Pressed Rouge</b> cold pressed earthy beets meet naturally sweet apples and spicy ginger. 750ml	£5.25
<b>Daily Dose - Freshly Pressed British Orange Juice</b> freshly squeezed 100% mediterranean oranges...nothing else. 1 litre	£5.25
<b>Daily Dose - Freshly Pressed British Apple Juice</b> 100% british apples, an apple a day keeps the doctor away. 1 litre	£5.25
<b>Daily Dose - Freshly Squeezed Orange Juice</b> freshly squeezed 100% mediterranean oranges...nothing else. 300ml	£3.05
<b>Sprite</b> 330ml can	£1.80
<b>Coke</b> 330ml can	£1.90
<b>Coke Diet</b> 330ml can	£1.80
<b>Tango</b> 330ml can	£1.80
<b>San Pellegrino - Blood Orange</b> 330ml can	£2.15
<b>San Pellegrino - Lemon</b> 330ml can	£2.15
<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)	£4.55
<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)	£4.55
<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 (364 kcal)	£12.00
<b>Orange, Carrot &amp; Mango Smoothie - 1 litre (vegan, g, d)</b> the full orange spectrum packs a vitamin and flavour punch (442 kcal)	£13.00

## 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	£17.75
<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	£17.50
<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	£12.20

## DISPOSABLES

<b>Clear Disposable Cup</b>	£0.20
<b>Cup &amp; Stirrer (hot drink)</b>	£0.20





## BEERS

<b>Toast Rise Up Lager</b> <i>a seriously refreshing, helles-style lager with all english ingredients. clean, light and crisp. crafted with surplus bread, malted barley and hops. 12x330ml can</i>	<b>£35.50</b>
<b>Toast Grassroots Pale Ale</b> <i>a mouth-wateringly juicy, hazy pale ale. Packed with passionfruit, peaches and pineapple. crafted wuth surplus bread, malted barley and hops. 12x330ml can</i>	<b>£35.50</b>
<b>Toast New Dawn IPA</b> <i>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. 12x330ml can</i>	<b>£35.50</b>
<b>Toast Changing Tides 0.5% Lager</b> <i>a great-tasting, low-alcohol lager with a refreshing mix of citrus and spice. crafted with surplus bread, malted barley and english hops. 12x330ml can</i>	<b>£35.50</b>

## CANS

<b>Moth Mojito</b> <i>rum, mint, lime, soda. soulful, juicy, bittersweet. 200ml</i>	<b>£5.20</b>
<b>Moth Margarita</b> <i>tequila, triple sec, lime. fresh, sharp and confident. 125ml</i>	<b>£5.20</b>
<b>Moth Espresso Martini</b> <i>vodka, cold brew, coffee liqueur. smooth, bitter, balanced. 125ml</i>	<b>£5.20</b>

## HOUSE WINE

<b>Laurent Miquel - Heritage Vineyards Rouge</b> <i>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</i>	<b>£19.50</b>
<b>Laurent Miquel - Heritage Vineyards Blanc</b> <i>aromas of citrus fruits &amp; lemon peel with a delicate floral tone. well-balanced &amp; lively with superb freshness. 2020. launguedoc-roussillon, france. 750ml bottle. min 6</i>	<b>£19.50</b>
<b>Laurent Miquel - Heritage Vineyards Rose</b> <i>fragrant, crisp &amp; refreshing, this delightful rosé is bursting with fresh summer berries 2020. launguedoc-roussillon, france. 750ml bottle. min 6</i>	<b>£19.50</b>

## SPARKLING WINE

<b>Prosecco - Artigianale Eco</b> <i>flavour of green apple and honeysuckle, with plentiful, delicate bubbles. italy. 750ml bottle. min 6</i>	<b>£22.00</b>
<b>Langlois Cremant de Loire Brut Reserve NV</b> <i>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</i>	<b>£26.50</b>
<b>Langlois Cremant de Loire Rosé Reserve NV</b> <i>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</i>	<b>£27.00</b>
<b>Ayala Brut Majeur</b> <i>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</i>	<b>£49.00</b>
<b>Ayala Brut Majeur NV Magnum</b> <i>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</i>	<b>£97.00</b>







**GET IN TOUCH**

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

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