

Breakfast Options

Selection	Cost
Mini Croissant (2 per person) <ul style="list-style-type: none">• Plain• Almond• Chocolate• A selection of all three	£4 for 2 pieces per person
Mini Danishes (2 per person)	£4.40 for 2 pieces per person
Mini Filled Croissant (recommend 2 per person) A selection of filled savoury croissants served cold. Fillings include: <ul style="list-style-type: none">• Gammon ham & tomato• Smoked salmon & cream cheese• Emmental & fresh tomato (V)• Ham & emmental cheese	£3.90 per piece
Breakfast Pots Delicious and healthy, individual breakfast pots. Fillings include: <ul style="list-style-type: none">• Banana chia & peanut butter breakfast pot• Cacao chia berry breakfast pot• Greek yogurt with honey & nutty granola• Overnight porridge oats with banana -Berries & honey pot• Creamy coconut yogurt with banana & gluten free granola pot (VG / GF)	£5.25
Warm Breakfast Rolls Fillings include: <ul style="list-style-type: none">• Bacon• Sausage• Egg (V)• Bacon & egg• Sausage & egg• Bacon, egg & cheddar cheese• Sausage egg & cheddar cheese	£4.60 per person
Full English Breakfast for 1 Always a classic - 2 x rashers of bacon, 1 x Cumberland sausage, 1 x fried egg, 1 x hash brown, mushrooms and baked beans	£12.50 per person
Veg'Me Breakfast Box for 1 Grilled halloumi, fresh spinach, poached egg, baked beans, hash browns and mushrooms (V)	
Vegan Full English for 1 Smoked paprika and black pepper roasted tofu, mushrooms, hash browns, baked beans & a grilled tomato with wilted spinach (VG)	

All prices exclude VAT. To be ordered by 4pm the day before your research project
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(V) Vegetarian
(VG) Vegan
(GF) Gluten Free

Lunch Options

SPECIALTY SANDWICH PLATTER

£7.70 per person

A selection of freshly baked rolls, wraps, speciality breads cut into slices, with a range of tasty fillings randomly selected, if you require specific fillings please select:

Meat

- Chicken, bacon & spinach
- Coronation chicken
- Chicken, bacon & avocado

Fish

- Smoked salmon and cream cheese
- Prawn mayonnaise
- Tuna mayonnaise & sweetcorn

Veg

- Avocado & tomato (V)
- Egg mayo & cress (V)
- Cheese, mushroom & spinach (V)
- Mozzarella, sundried tomato & basil (V)

Vegan

- Non-dairy 'cheddar' cheese, smoky mayo & salad on bocata (VG)
- Hummus avocado fresh tomato & rocket leaves on brown baguette (VG)
- No fish! Chickpea 'tuna', sweetcorn, mayo, cucumber slices & baby leaf on wholemeal wrap (VG)
- Beetroot, hummus & crispy chickpea on rustic ciabatta (VG)

SALADS

£12.50 per person

Individually wrapped

Charred Ginger Sesame Roast Salmon & Greens

Delicious fragrant Asian salmon served with silky sesame egg noodles & green Asian vegetables

Crispy Chicken, Egg & Avocado Caesar Box

Crispy chicken breast, free range poached egg, creamy avocado, croutons, classic Caesar dressing & shaved parmesan

Houmous Falafel Avocado Greek Salad with Feta Served on a Flat Bread

Marvellous and Mediterranean

Jerk Chicken Sunshine Bowl

Spiced roasted jerk chicken served with wholesome brown rice & beans and a refreshing Caribbean inspired salad

Miso Baked Aubergines & Peanut Roasted Tofu Bowl

Plant based favourites served with steamed wholesome brown rice & Asian greens (VG)

Roasted Roots Vegan Bliss Bowl

Roasted root vegetables & cauliflower, lemon quinoa, fresh mint green salad with a creamy lemon dressing (VG)

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Lunch Options

SALADS - FOR SHARING

Serves up to 6 people

Chef's Chargrilled Chicken Bowl	£26
Crisp lettuce, baby leaf spinach & peppery rocket leaves, tomatoes, cucumber, red onion, chickpeas & grated carrot. Topped with a lean simply grilled chicken breast. Served with olive oil & lemon juice dressing	
Mediterranean Mezze Salad Bowl (VG)	£26
Sweet potato falafels, houmous, lemony quinoa, crisp mixed leaves, refreshing raw vegetable Greek salad, chickpeas & rustic bread	
Italian Mozzarella Tricolore (V)	£26
Fresh mozzarella, fresh tomatoes, Italian herb grilled peppers, marinated olives, rocket leaves, served with a sun-dried tomato vinaigrette	
Chef's Salad	£26
Crispy leaves, cherry tomatoes, cucumber, chopped free range egg, charred sweetcorn, grated English, cheddar cheese. served with a creamy Caesar mayo dressing olive oil ciabatta croutons	
Brilliant Biryani Rice Salad Bowl	£26
Fragrant basmati rice, roasted turmeric spiced cauliflower, garam masala baked aubergines, crispy chickpeas, shredded baby leaf spinach, fresh mint & coriander leaves, fresh lime juice, juicy sultanas. Served with a coconut yogurt dressing.	
Classic Italian Pasta Salad	£26
Rich Italian sun-dried tomato pasta, topped with creamy fresh torn mozzarella, roasted Mediterranean vegetables, marinated olives, dried oregano, rocket leaves, parmesan sprinkles & a creamy Italian mayo dressing	
Tuna Niçoise Plus	£30
Flaky tuna, boiled free range egg, tomatoes, cucumber, green beans, marinated olives, roasted lemon scented potatoes, mixed leaves, wholemeal olive oil & herb crostini, creamy grain mustard mayo dressing	
Chicken Caesar Salad Plus	£30
Crisp lettuce leaves, creamy Caesar mayo dressing, olive oil ciabatta croutons, freshly grated parmesan topped with golden breaded chicken breast	
Asian Roasted Sweet Chilli Salmon & Sesame Egg Noodle Bowl	£32.50
This salad contains miso sweet chilli roasted salmon, sesame egg noodles & crunchy raw Asian vegetables, served with a soy sesame dressing	
The Classic English Cheeseboard	£60 per board
Serves 6-8 people Stilton, English farmhouse cheddar & Somerset brie, served with a selection of crackers and cucumber, celery, grapes & cherry tomato	

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Lunch / Dinner Options

HOT FOOD

Individually wrapped

Pho Noodle Soup

£14.50 per person

Choose from:

- Fragrant king prawn & vegetable (GF)
- Ginger chilli chicken & vegetables (GF)
- Sesame sweet chilli baked tofu (VG / GF)

Hot, filling, healthy, delicious, with no gluten or dairy. Silky sesame rice noodles topped with Asian vegetables & herbs. Delivered with thermos flasks of hot steamy Asian broth. Just pour over the broth, eat and enjoy!

Chicken Escalope with Penne Pasta & Mozzarella & Spinach

£12 per person

Thai Green Chicken Curry with Basmati Rice (GF)

£12 per person

Chicken Katsu Curry and Rice

£12 per person

Beef Bolognese Lasagne

£12 per person

Veggie Shepherd's Pie (V)

£12 per person

Mediterranean Ratatouille, Steamed Basmati & Crumbled Feta (V / GF)

£12 per person

Chickpea, Coconut & Spinach Daal with Basmati Rice (VG / GF)

£12 per person

Thai Veg Curry & Rice (VG / GF)

£12 per person

Lentil & Mushroom Lasagne (VG)

£12 per person

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Lunch / Dinner Options

SWEET TREATS

Small Cake Box

12 mini cakes

- 3 x Mini chocolate eclairs
- 3 x Mini millefeuille
- 3 x Mini lemon meringue tarts
- 3 x Mini fruit topped Italian tarts

£26 per box

The Made Without Gluten & Vegan Cake Box

6 pieces (VG / GF)

- 2 x Rich dark chocolate brownie
- 2 x Vanilla & choc chip mini cupcake
- 2 x Oat & choc chip cookies

£22 per box

Afternoon Tea Time Box

Serves 6-8 people

- 6 x English scone with jam & cream
- 4 x Reception fruit tarts
- 4 x Cream filled choux buns

£52 per box

Italian Patisserie Box

6 pieces

- 2 x Fruit topped patisserie tarts
 - 2 x Double chocolate choux buns
 - 2 x Millefeuille
-

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Lunch / Dinner Options

FINGER MENU

No minimum order

Middle East

£24.50 per person

Sesame za'atar roast chicken
Tear & share spinach, goat's cheese, pine nut & rosemary filo pastry spiral
Fattoush salad
Basmati & quinoa tabbouleh with fresh mint & pomegranate
Pita flat breads
Hummus with smoky roasted chickpeas
Tahini sesame brownies
Fresh fruit skewers
(Menu garnished with lime & chilli)

Far East

£24.50 per person

Sticky savoury miso & sweet chilli roasted chicken
Hoi sin mushroom, tofu & water chestnut lettuce wrap bites
Ginger egg noodle & greens salad
Asian vegetables with toasted peanuts & cashews
Crispy veggie spring rolls
Prawn crackers
Banana & cream salted caramel muffin
Fresh fruit skewers
(Menu garnished with lime & chilli)

East End

£24.50 per person

Pea potato & cauliflower pakora patties
Baked masala aubergines
Coconut yogurt & mango chutney, fresh lime & coriander leaves
Cooling crunchy raw rainbow vegetable salad
Brilliant biryani rice
Vegetable samosas
Toasted naan bread
Coconut & chocolate jammy truffle balls
Fresh fruit skewers
(Menu garnished with lime & chilli)

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Lunch / Dinner Options

HOT FORK BUFFET

Minimum order of 10 people

MENU 1 Meatballs & Mash

£25 per person

British meatballs in a rich tomato, mushroom & red wine sauce
Creamy mash (V)
Delicious meat-free meatballs (VG / GF)
Italian rocket salad with cherry tomatoes, parmesan & balsamic dressing (VG / GF)
Individual tiramisu pots

MENU 2 Thai Green Curry

£25 per person

Thai green chicken curry
Red Thai vegetable curry (V)
Coconut rice (V)
Sharing Asian salad with Chinese cabbage, beanshoots, spinach & peppers with soy & sesame dressing (V)
Jam & almond Bakewell tarts

MENU 3 BBQ Chicken & Dirty Rice

£25 per person

BBQ chicken served with dirty rice (GF)
5 Bean chilli topped with dirty rice (V / GF)
Caribbean dirty rice with smoked paprika and lime juice
Southern slaw with grain mustard (VG / GF)
Chocolate brownie slices

MENU 6 Italian Style

£25 per person

Chicken cacciatore (GF)
Baked ratatouille (VG / GF)
Sautéed potatoes
Mediterranean vegetable salad (VG / GF)
Choux buns (2 in a pot with chocolate sauce)

MENU 7 It's a Chilly Day!

£25 per person

Chunky beef chilli (GF)
Veggie chilli (VG / GF)
Caribbean dirty rice with smoked paprika & lime juice
House slaw salad (VG / GF)
Mini lemon tarts

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