

Breakfast Options

Selection

Mini Croissant (2 per person)

- Plain
 - Almond
 - Chocolate
 - A selection of all three
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Mini Danishes (2 per person)

Mini Filled Croissant (recommend 2 per person)

A selection of filled savoury croissants served cold. Fillings include:

- Gammon ham & tomato
 - Smoked salmon & cream cheese
 - Emmental & fresh tomato (V)
 - Ham & emmental cheese
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Breakfast Pots

Delicious and healthy, individual breakfast pots. Fillings include:

- 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)
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Warm Breakfast Rolls

Fillings include:

- Bacon
 - Sausage
 - Egg (V)
 - Bacon & egg
 - Sausage & egg
 - Bacon, egg & cheddar cheese
 - Sausage egg & cheddar cheese
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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

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)

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

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

- Beef, lettuce, tomato, cucumber
- Coronation chicken
- Chicken, bacon, avocado

Fish

- Smoked salmon, cream cheese
- Prawn cocktail
- Tuna sweetcorn
- Mexican tuna

Veg

- Mozzarella, peppers, sundried tomato (V)
- Mozzarella, aubergine, fresh tomato (V)
- Mozzarella, fresh tomato, basil (V)
- Egg mayonnaise, watercress (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)
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We source our sandwiches from an independent local provider to reduce our carbon footprint and support a local business. For all other items on our menu, our catering provider charges a £10 delivery fee which will be cross charged across projects on the day. If only one project is ordering then the fee will be charged in full.

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Lunch Options

SALADS

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

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)

Sweet potato falafels, houmous, lemony quinoa, crisp mixed leaves, refreshing raw vegetable Greek salad, chickpeas & rustic bread

Italian Mozzarella Tricolore (V)

Fresh mozzarella, fresh tomatoes, Italian herb grilled peppers, marinated olives, rocket leaves, served with a sun-dried tomato vinaigrette

Chef's Salad

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

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

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

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

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

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

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

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

Thai Green Chicken Curry with Basmati Rice (GF)

Chicken Katsu Curry and Rice

Beef Bolognese Lasagne

Veggie Shepherd's Pie (V)

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

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

Thai Veg Curry & Rice (VG / GF)

Lentil & Mushroom Lasagne (VG)

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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
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The Made Without Gluten & Vegan Cake Box

15 pieces (VG / GF)

- 5 x Rich dark chocolate brownie
 - 5 x Vanilla & choc chip mini cupcake
 - 5 x Oat & choc chip cookies
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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
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Italian Patisserie Box

15 pieces

Mini tarts with lemon filling, meringue topping, cream and topped with fruit

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FINGER MENU

No minimum order

Middle East

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

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

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
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Lunch / Dinner Options

HOT FORK BUFFET

Minimum order of 10 people

MENU 1 Meatballs & Mash

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

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

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

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!

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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