



Eden Caterers

Summer Brochure 2025

To be served from 1st June to 31st October

www.edencaterers.london

020 7803 1212

About us..

Variety & Homemade

We change our menus every four months and rotate popular menus over a three-day cycle to ensure variety. We make virtually everything ourselves including jams, chutneys, dressings, pickles, cakes and cordials. This insistence on homemade ensures our food is full of flavour, nutritional value, colour and interest.

Now We Plant Trees

Our passion is making and delivering to you great food that is sustainably sourced whilst minimising our impact on the planet. Amongst our many initiatives, we serve most food on naturally-fallen palm leaf platters which are wrapped in PLA food film made from plants. We now also plant trees for you in the home counties. More information on this can be seen on our website and socials.

We're Old Hands at This

We have been creating seasonal, stylish and sustainable food in central London since 1993. We provide delivered food for most occasions you can imagine, be it an internal breakfast meeting for four, a team picnic in the park or a conference lunch for four hundred.



2025



2025



**SUSTAINABILITY AWARD
FOR CATERERS**

2024



Dietary & Allergens

Special Dietary Requirements

The allergen and dietary requirements for your guests are sometimes 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.

Where to Find Dietary Info

Detailed allergen, nutritional, calorific and ingredient information can be found on our website for each menu item when “see more info” is selected. This information will also be provided with the emailed delivery note for your order.

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.

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

A stunning selection of hot & cold savouries, breakfast pots and more for a great way to start the day

SET BREAKFASTS

Power Breakfast (v)

one of each item per person:

Granola with Sour Cherry Compote (v)
Homemade American Cookies (v)
Freshly squeezed orange juice

min 3

£9.16

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

min 3

£11.61

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

min 3

£17.60

PASTRIES

All Butter Croissant - large (v) **£3.16**
served with butter portion and a knife (253kcal)

All Butter Croissant - mini (v) **£2.45**
served with butter portions and a knife (118kcal)

Pain au Chocolat - large (v) **£3.71**
filled with real chocolate and baked with french butter (252kcal)

Pain au Chocolat - mini (v) **£2.94**
filled with real chocolate and baked with french butter (104kcal)

Almond Butter Croissant - mini (v, n) **£2.94**
filled with almond paste & topped with flaked almonds (237kcal)

Pain aux Raisins - large (v) **£3.71**
the classic breakfast viennoise spiral (228kcal)

Pain aux Raisins - mini (v) **£2.94**
the classic breakfast viennoise spiral (127kcal)

Danish Pastry - large (v, n) **£3.54**
a selection of danish pastries, one portion is one pastry, some pastries may contain nuts

Danish Pastry - mini (v, n) **£2.51**
a selection of mini danish pastries, one portion is one pastry, some pastries may contain nuts

Biscuits **£1.64**
walkers assorted. two portions in a bag

Homemade American Cookies (v) **£2.40**
a selection of white chocolate cookie & double chocolate cookie. two per portion

Healthy Seed Bar - Free From (vegan, g, d) **£2.67**
sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries (293kcal)

Chocolate Chip Mini Muffin (v) **£2.45**
homemade with dark chocolate chips. two per portion (219kcal)

Conserves (vegan, g, d) **£1.09**
tiptree strawberry mini jar

**“Amazing service with excellent
tasty options to enjoy for breakfast.
Delivery presentation was great and
I would recommend with no doubt!”**

5 Star Google Review



BREAKFAST POTS

Granola with Sour Cherry Compote (v) <i>homemade granola and sour cherry compote in a pot with a rich greek yoghurt (475kcal)</i>	£4.20
Granola with Honey (v) <i>homemade granola with creamy natural yoghurt, honey and dried fruits (444kcal)</i>	£4.25
Trail Mix with Soya Yoghurt & Raspberry Coulis (vegan, g, d, n) <i>our own seeds, nuts and dried fruit mix makes a yummy vegan, gluten and dairy free light breakfast (290kcal)</i>	£5.72
Birchermuesli - Free From (vegan, g, d) <i>gluten free rolled oats with apple, soya yoghurt, soya milk, sultanas, seeds and berries. min 4 (133kcal)</i>	£4.47
Yoghurt pot with Honey (v, g) <i>greek yoghurt with honey for a sweet start (286kcal)</i>	£4.20
Yoghurt Pot with Sour Cherry Compote (v, g) <i>greek yoghurt and our homemade fruit compote, for a fresh start (271kcal)</i>	£4.20
Soya Yoghurt Pot with Honey (v, g, d) <i>a free from treat. gluten, dairy and nut free light breakfast (194kcal)</i>	£4.80
Soya Yoghurt Pot with Sour Cherry Compote (vegan, g, d) <i>a vegan & free from treat. Gluten, dairy and nut free light breakfast (180kcal)</i>	£4.80
Soya Yoghurt Pot with Raspberry Coulis (vegan, g, d) <i>a vegan & free from treat. gluten, dairy and nut free light breakfast (133kcal)</i>	£5.29
Homemade Granola & Honey - Mini Shots - 6 (v) NEW! <i>a shot of our own granola with natural yoghurt, honey and dried fruits (775kcal)</i>	£13.41
Homemade Granola & Honey - Mini Shots - 12 (v) NEW! <i>a shot of our own granola with natural yoghurt, honey and dried fruits (1549kcal)</i>	£26.81



COLD SAVOURIES

Brie & Cranberry Pugliese Roll (v) <i>english brie & our own cranberry sauce (163 kcal)</i>	£3.92
Cheese & Tomato All Butter Croissant - mini (v) <i>mature cheddar with sliced salad tomato in a croissant (268kcal)</i>	£4.31
Ham & Emmenthal All Butter Croissant - mini <i>sliced emmenthal and honey mustard gammon ham in a mini croissant (270kcal)</i>	£4.63
Salami & Emmenthal Cereale Roll <i>milano salami with sliced emmenthal (176kcal)</i>	£3.82
Open Mini Bagel with Smoked Salmon & Cream Cheese <i>two open halves per portion (191kcal)</i>	£6.49
Open Mini Bagel with Egg Mayonnaise & Tomato Chutney (v) <i>with our homemade tomato chutney. two open halves per portion (240kcal)</i>	£4.52
Open Mini Bagel with Sundried Tomato & Cream Cheese (v) <i>intense dried tomato flavour with smooth cream cheese. two open halves per portion (154kcal)</i>	£4.58
Breakfast Savoury Platter <i>a selection of mini filled breakfast rolls & croissant to include smoked salmon & cream cheese mini bagels, emmenthal & ham mini croissant, emmenthal & salami cereal roll, brie & cranberry mini flutes</i>	£57.23

HOT SAVOURIES

Roast Tomato & Mushroom in a Cereale Bap (vegan, d) <i>sliced roast tomato with fresh field mushroom & vegan mozzarella in a cereale roll. delivered warm for immediate service. min 6 (314kcal)</i>	£5.94
Vegetarian Sausage in a Glazed Brioche Roll (v) <i>delivered warm for immediate service. min 6 (371kcal)</i>	£6.38
Mushroom & Tomato on Gluten Free Bread (v, g, d) <i>with fried flat mushrooms, tomatoes & vegan mozzarella. delivered warm for immediate service. min 2 (285kcal)</i>	£7.19
Bacon in a Glazed Brioche Roll <i>delivered warm for immediate service. min 6 (429kcal)</i>	£6.16
Sausage in a Glazed Brioche Roll <i>delivered warm for immediate service. min 6 (574kcal)</i>	£6.16
Bacon Sandwich on Gluten Free Bread (g, d) <i>unsmoked, english back bacon in gluten free bread. delivered warm for immediate service. min 2 (467kcal)</i>	£7.19
Mini Sausage Roll Breakfast Platter <i>15 mini glazed brioche rolls with mini cumberland sausages. delivered warm to you for immediate service</i>	£46.87
Mini Bacon Roll Breakfast Platter <i>15 mini glazed brioche rolls with streaky bacon. delivered warm to you for immediate service</i>	£48.56
Mini Mushroom Roll Breakfast Platter (v) <i>15 mini glazed brioche rolls with butter fried button mushrooms. delivered warm to you for immediate service</i>	£48.94
Sachets - Brown or Tomato Sauce	£0.44



Sandwich Lunch

A combination of sandwiches, finger buffet, cakes, fruit & cheese - ideal for groups working through lunch

SET MENUS

these menus enable you to order quickly, a quality working lunch (sandwiches, finger buffet, cakes, fruit, cheese) at a price and mix of content to suit your budget. all the sandwiches and buffet items are chosen by us and rotate daily from this season's selection. you simply decide which menu matches your requirements or budget and order for the number of people you are catering for.

the food is served on platters made from palm leaves with a serviette for each guest. unwrapping is the only requirement. minimum order 3

WILLOW

£27.96 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

£21.64 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

£18.26 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

£18.20 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

£17.55 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

£17.17 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

£14.66 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

£14.72 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

MULBERRY

£14.01 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

MAPLE

£14.12 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

LILAC

£13.03 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

£12.26 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

£11.94 p/p

Sandwiches

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

Cake

1.5 per person from homemade selection

HAWTHORN

£11.28 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

Classic Sandwich Platter (6 sandwiches) <i>one each of six different classic sandwiches from this season's selection</i>	£32.54
Contemporary Sandwich Platter (6 sandwiches) <i>one each of six different contemporary sandwiches from this season's selection</i>	£34.17
Mixed Sandwich Platter (6 sandwiches) <i>one each of six different mixed style of sandwiches from this season's selection</i>	£32.54
Vegetarian Sandwich Platter (6 sandwiches) <i>one each of six different vegetarian sandwiches from this season's selection</i>	£31.66
Vegan Sandwich Platter (6 sandwiches) <i>six vegan sandwiches in two varieties from this season's selection</i>	£32.32
Meat Sandwich Platter (6 sandwiches) <i>six meat sandwiches in six varieties from this season's selection</i>	£33.68
Fish Sandwich Platter (6 sandwiches) <i>six fish sandwiches in three varieties from this season's selection</i>	£37.61
Wrap Platter (6 wraps) <i>six wraps in three varieties from this season's selection</i>	£33.79
Sandwich Platter on Gluten Free Bread (6 sandwiches) <i>six sandwiches with no gluten containing ingredients in two varieties from this season's selection</i>	£37.77
Halal Sandwich Platter (6 sandwiches) <i>six halal sandwiches from this season's selection</i>	£33.52
Small Classic Sandwich Platter (3 sandwiches) <i>one each of three different classic sandwiches from this season's selection</i>	£16.24
Small Contemporary Sandwich Platter (3 sandwiches) <i>one each of three different contemporary sandwiches from this season's selection</i>	£17.39
Small Mixed Sandwich Platter (3 sandwiches) <i>one each of three different mixed style of sandwiches from this season's selection</i>	£16.30
Small Vegetarian Sandwich Platter (3 sandwiches) <i>one each of three different vegetarian sandwiches from this season's selection</i>	£15.64
Small Vegan Sandwich Platter (3 sandwiches) <i>three vegan sandwiches in two varieties from this season's selection</i>	£16.19
Small Meat Sandwich Platter (3 sandwiches) <i>three meat sandwiches in three varieties from this season's selection</i>	£16.84
Small Fish Sandwich Platter (3 sandwiches) <i>three fish sandwiches in three varieties from this season's selection</i>	£18.86
Small Wrap Platter (3 sandwiches) <i>three wraps in three varieties from this season's selection</i>	£16.95
Small Sandwich Platter on Gluten Free Bread (3 sandwiches) <i>three sandwiches with no gluten containing ingredients in two varieties from this season's selection</i>	£19.08
Small Halal Sandwich Platter (3 sandwiches) <i>three halal sandwiches from this season's selection</i>	£16.73

SET FINGER BUFFET PLATTERS

Finger Buffet Platter <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£32.16
Meat Finger Buffet Platter <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£31.61
Vegetarian Finger Buffet Platter <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£29.76
Vegan Finger Buffet Platter <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£28.61
Finger Buffet Platter - No Gluten Ingredients <i>twelve items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£32.54
Small Finger Buffet Platter <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£16.08
Small Meat Finger Buffet Platter <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£15.81
Small Vegetarian Finger Buffet Platter <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£14.93
Small Vegan Finger Buffet Platter <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£14.28
Small Finger Buffet Platter - No Gluten Ingredients <i>six items of finger buffet from the current season's selection, served on one palm leaf platter</i>	£16.30

CRISPS

Kettle Crisps with Dip - Small Platter (vegan, g, d) <i>for 3-5 guests with homemade salsa dip (621 kcal)</i>	£7.96
Kettle Crisps with Dip - Large Platter (vegan, g, d) <i>for 6-8 guests with homemade salsa dip (1239 kcal)</i>	£15.21
Tortilla Chips with Dip - Small Platter (vegan, g, d) <i>for 3-5 people with homemade salsa dip (583 kcal)</i>	£7.85
Tortilla Chips with Dip - Large Platter (vegan, g, d) <i>for 6-8 people with homemade salsa dip (1164 kcal)</i>	£14.66
Handcooked Crisps in the Bag (vegan, g, d) <i>one bag of peppery kettle crisps (202 kcal)</i>	£1.85

CHEESE

A British Cheeseboard - for 6 (v) <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	£47.09
A British Cheeseboard - for 3 (v) <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	£23.54

SANDWICHES

VEGAN

Houmous & Vegan Cumin Mince Wrap (vegan, d) NEW!	£5.29
<i>simplicity's vegan cumin mince, our own houmous and pickled red cabbage make this middle eastern wrap (499kcal)</i>	
Coronation Cauliflower on Malted Grain (vegan, d)	£3.98
<i>lightly curried cauliflower with fresh orange, mango chutney coriander (352kcal)</i>	
Houmous & Green Olive Tapenade on Gluten Free Bread (vegan, g, d)	£5.40
<i>our own houmous & olive tapenade with sliced cucumber and grated carrot (413kcal)</i>	

VEGETARIAN

Mozzarella, Tomato, Olive & Basil in Ciabatta (v)	£6.38
<i>mozzarella with sliced tomato, basil, olive tapenade & balsamic dressing (578 kcal)</i>	
Cheddar & Pear Chutney on Malted Grain (v)	£4.41
<i>farmhouse cheddar with our own pear chutney (454 kcal)</i>	
Egg Mayonnaise & Cress on Malted Grain (v, d)	£4.41
<i>free range eggs and cress (446 kcal)</i>	
Veggie New Yorker on Multi Seed Bloomer (v)	£5.01
<i>emmental cheese, sauerkraut, rocket & dijon mayo (522 kcal)</i>	

MEAT

Cajun Chicken & Tomatade Wrap (d)	£5.07
<i>cajun marinated chicken with lettuce, tomatade & mayonnaise in a tortilla wrap (362 kcal)</i>	
Roast Chicken & Cucumber on Malted Grain (d)	£5.07
<i>with baby leaf & lemon mayonnaise (412 kcal)</i>	
Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)	£5.56
<i>honey & mustard baked free range gammon with english mustard (434 kcal)</i>	
Pesto Chicken in a Cereale Seeded Bagel	£5.40
<i>chicken with green pesto and mixed leaf (481 kcal)</i>	
Cajun Chicken & Tomatade on Gluten Free Bread (g, d)	£6.32
<i>cajun marinated chicken with lettuce, tomatade & mayonnaise (292 kcal)</i>	

FISH

Smoked Mackerel in a Spinach Wrap	£5.56
<i>smoked mackerel with rocket in a yoghurt, horseradish and lemon dressing (350 kcal)</i>	
Hot Smoked Salmon & Chickpea with Chilli Mustard on Malted Grain (d)	£5.40
<i>hot smoked salmon with chickpeas a chilli mustard mayonnaise and crisp rocket (378 kcal)</i>	
Prawn Cocktail on Malted Grain (d)	£5.72
<i>prawns, lettuce and a cocktail mayonnaise (323 kcal)</i>	

FINGER BUFFET

VEGAN

Free From Tapenade Bruschetta (vegan, g, d)	£2.13
<i>bruschetta with our caper, black olive and garlic tapenade on gluten free and vegan crostini (74kcal)</i>	
Spinach & Lentil Samosa (vegan, d) NEW!	£2.67
<i>a south asian pastry, packed with spinach & lentils (53 kcal)</i>	
Chestnut Mushroom Vegan Sausage Roll (vegan, d)	£2.18
<i>mushroom, leek and chestnut "sausages" with sage and mustard in puff pastry (24 kcal)</i>	
Queen Olives (vegan, g, d)	£2.62
<i>aromatised large queen olives on sticks. 4 per portion (33 kcal)</i>	

VEGETARIAN

Chilli Cheese Corn Muffins (v, g)	£2.29
<i>made with polenta flour, corn kernels, free range eggs, butter, mature cheddar and chillis (217 kcal)</i>	
Mozzarella, Slow Roasted Tomatoes & Nduja Pizza (v) NEW!	£2.56
<i>thin & crispy with fresh basil, mozzarella, sunblush tomatoes and vegan 'nduja (102 kcal)</i>	
Feta, Cherry Tomato & Basil Tart (v)	£2.78
<i>a classic summer tart of feta, sweet tomato & fresh basil baked till golden (227 kcal)</i>	

MEAT

Chicken Brochette with Chilli & Oregano (g, d)	£2.78
<i>chicken marinated with lemon, chilli, oregano & garlic (43 kcal)</i>	
Chorizo & Red Onion Sausage Rolls	£2.67
<i>red onion marmalade, chorizo & sausage cooked in puff pastry with fresh thyme (100 kcal)</i>	
Bella Lodi Chicken Strip	£2.40
<i>chicken breast in gran moravia breadcrumbs with lemon & parsley mayonnaise dip (160 kcal)</i>	

FISH

Chilli & Maple Marinated Salmon Skewer (g, d) NEW!	£3.27
<i>coriander, chilli and a maple syrup flavoured marinade (65 kcal)</i>	
Smoked Mackerel Crostini	£2.40
<i>smoked mackerel fillets with ricotta, lemon juice, capers and nutmeg served on a crostini (41 kcal)</i>	

We ordered sandwiches for a lunch meeting. It was a really good selection, freshly made, attractively presented, delicious and nourishing. We will definitely get more.



BOXED SANDWICHES

Coronation Cauliflower on Malted Grain - Boxed (vegan, d) <i>lightly curried cauliflower with fresh orange, mango chutney coriander (352kcal)</i>	£4.25
Houmous & Green Olive Tapenade on Gluten Free Bread - Boxed (vegan, g, d) <i>our own houmous & olive tapenade with sliced cucumber & grated carrot (366kcal)</i>	£5.67
Veggie New Yorker on Multi Seed Bloomer - Boxed (v) <i>emmental cheese, sauerkraut, rocket & dijon mayo (522kcal)</i>	£5.29
Egg Mayonnaise & Cress on Malted Grain - Boxed (v, d) <i>free range eggs and cress (446kcal)</i>	£4.69
Roast Chicken & Cucumber on Malted Grain - Boxed (d) <i>with baby leaf & lemon mayonnaise (412kcal)</i>	£5.34
Blythburgh Farm Gammon Ham & Mustard on Malted Grain - Boxed (d) <i>honey & mustard baked free range gammon with english mustard (423kcal)</i>	£5.83
Pesto Chicken in a Cereale Seeded Bagel - Boxed <i>chicken with green pesto and mixed leaf (481kcal)</i>	£5.67
Hot Smoked Salmon & Chickpea with Chilli Mustard on Malted Grain - Boxed (d) <i>hot smoked salmon with chickpeas a chilli mustard mayonnaise and crisp rocket (378kcal)</i>	£5.67
Prawn Cocktail on Malted Grain - Boxed (d) <i>prawns, lettuce and a cocktail mayonnaise (323kcal)</i>	£6.00

FRUIT

Cut Fruit - Mini Pot (vegan, g, d) <i>fresh seasonal cut fruit in a mini pot, complete with a skewer (21kcal)</i>	£2.34
Cut Fruit - Pot (vegan, g, d) <i>fresh seasonal cut fruit in a mini pot, complete with a fork (35kcal)</i>	£3.98
Cut Fruit - 6 Mini Pots (vegan, g, d) <i>fresh seasonal cut fruit in 6 mini pots, complete with a skewer for each (126kcal)</i>	£13.90
Cut Fruit - 12 Mini Pots (vegan, g, d) <i>fresh seasonal cut fruit in 12 mini pots, complete with skewers for each (252kcal)</i>	£27.80
Whole Fruit Small Platter - for 5-10 people (vegan, g, d) <i>a selection of seasonal whole fruit</i>	£19.51
Whole Fruit Large Platter - for 10 -15 people (vegan, g, d) <i>a selection of seasonal whole fruit</i>	£27.80

CAKES & POTS

Strawberry Crumble Slice (vegan, d) <i>oats, ginger, fresh strawberries with a crunchy crumble topping (394 kcal)</i>	£2.18
Healthy Seed Bar - Free From (vegan, g, d) <i>sunflower, chia and pumpkin seeds, oats, dates, maple syrup & cranberries (293kcal)</i>	£2.67
Cherry Flapjack (v) <i>golden syrup, butter and condensed milk coat the jumbo oats, all topped off with glace cherries (276 kcal)</i>	£2.18
Courgette Cake with Cream Cheese Frosting (v, n) NEW! <i>delicious moist cake that is sure to surprise (303 kcal)</i>	£2.67
Coconut & Passion Fruit Drizzle Cake (v, d) <i>moist coconut loaf cake generously drizzled with zingy passion fruit syrup (412 kcal)</i>	£2.45
Orange Polenta Loaf (v, g, d, n) <i>fresh juice and zest of navel oranges with free range eggs, almond, butter and polenta (344 kcal)</i>	£2.45
Blondie Brownie (v) <i>blond, rich belgian (341 kcal)</i>	£2.51
Chocolate Chip Mini Muffin (v) <i>homemade with dark chocolate chips. two per portion (219kcal)</i>	£2.45
Mango Cheesecake - Mini Pot (v) <i>mango puree with cream cheese, double cream and a digestive crust (200 kcal)</i>	£2.67
Orange Posset - Mini Pot (v, g) <i>orange juice, double cream and a little sugar (191 kcal)</i>	£2.23
Mango Cheesecake - Pot (v) <i>mango with cream cheese, double cream and a digestive crust (422 kcal)</i>	£4.85
Orange Posset - Pot (v, g) <i>orange juice, double cream and a little sugar (535 kcal)</i>	£3.98
Fresh Strawberries - Pot (vegan, g, d) <i>on their own, as they should be (40 kcal)</i>	£6.16

CAKE PLATTER

Cake Platter <i>eight cakes from this season's selection on one platter</i>	£22.62
Small Cake Platter <i>four cakes from this season's selection on one platter</i>	£11.34



Forks & Salads

Healthy and delicious salads with our own dressings

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 & FISH

Chargrilled Chicken Rainbow Salad (g, d) **£14.28** **£28.34**
chicken marinated in chilli & coriander tossed with mint, chick peas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing (750/1500kcal)

Hot Smoked Honey Salmon Nicoise Salad (g, d) **£15.42** **£30.36**
hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a dijon mustard dressing (634/1130 kcal)

VEGAN

Rainbow Salad (vegan, g, d) **£11.99** **£23.44**
mint, chick peas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing (769/1601kcal)

Vegan Cumin Mince, Courgette & Butterbean Salad (vegan, d) **NEW!** **£14.44** **£27.80**
peppers, courgette, butterbeans and sunblush tomatoes gently mixed with orzo (916/1179kcal)

Mediterranean Vegetable & Black Rice (vegan, g, d) **£10.68** **£21.20**
with rocket & chilli & maple dressing (443/884kcal)

New Potato & Chive Salad (vegan, g, d) **£9.81** **£19.18**
with lemon & mint dressing (434/869kcal)

Mixed Leaves Summer Salad (vegan, g, d) **£8.45** **£16.90**
four seasonal leaves with a lemon vinaigrette dressing (168/270kcal)

VEGETARIAN

Iranian Fattoush Salad (v, g) **£12.86** **£25.78**
tomato, radish, cucumber, spring onions with fresh lemon, garlic & mint topped with yoghurt & pomegranate seeds (269/539kcal)

Italian Summer Salad (v, g) **£14.44** **£28.12**
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (524/1048kcal)

BREAD

Roll & Butter - Cold Fork (v) **£2.67**
morning baked dinner roll with butter (143kcal)

DISPOSABLES

Paper Plate **£0.13**
Compostable Spoon, Fork or Knife **£0.16**

MEZE SALAD

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

Meze Sharing Vegetarian - 5-7 people (v) **£72.10**
a selection of seasonal salads all in one large bowl served with dressings and artisan rolls

Meze Sharing Vegan - 5-7 people (vegan, d) **£69.22**
a selection of seasonal vegan salads all in one large bowl, served with dressings and artisan rolls

Meze Sharing Traditional - 5-7 people (d) **£83.93**
a selection of seasonal salads all in one large bowl, served with dressings and artisan rolls

SALAD BOXES

generous individual boxes complete with a fork and dressing

Mediterranean Vegetable & Black Rice Salad (vegan, g, d) **£7.47**
with rocket & maple balsamic dressing (248kcal)

Italian Summer Salad (v, g) **£8.67**
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (291kcal)

Vegan Cumin Mince, Courgette & Butterbean Salad (vegan, d) **NEW!** **£8.67**
peppers, courgette, butterbeans and sunblush tomatoes gently mixed with orzo (490kcal)

Chargrilled Chicken Rainbow Salad (g, d) **£8.12**
chicken fillets marinated in chilli & coriander tossed with mint, chick peas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing (518kcal)

Hot Smoked Honey Salmon Nicoise Salad (g, d) **£8.88**
hot roast smoked salmon with hard boiled egg, new potatoes, olives, cherry tomato, mixed leaves and a dijon mustard dressing (337kcal)

This is simply a very good company to work with if you want efficient service and tasty, healthy, food to serve to your guests. We only gave them a couple of days notice and Eden was able to cater for 150 people with delicious salads and sandwiches, including gluten free bread. I generally don't do sandwiches at my events, but these were legit. Really happy with how the event catering for lunch on day two turned out.

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

Chargrilled Chilli Marinated Chicken (g, d)

marinated in fresh chilli, coriander & garlic (271kcal)

Feta, Cherry Tomato & Basil Tart (v)

a classic summer tart of feta, sweet tomato & fresh basil baked till golden (393kcal)

Mixed Leaves Summer Salad (vegan, g, d)

four seasonal leaves with a lemon vinaigrette dressing (65kcal)

Iranian Fattoush Salad (v, g)

tomato, radish, cucumber, spring onions with fresh lemon, garlic & mint topped with yoghurt & pomegranate seeds (87kcal)

Italian Summer Salad (v, g)

mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (125kcal)

Mango Cheesecake - Pot (v)

mango with cream cheese, double cream and a digestive crust (422kcal)

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter (143kcal)

£32.32 per person

BIRCH

Teriyaki BBQ Chalkstream Trout Fillet (d)

from the world famous river test, a trout fillet marinated and grilled with a teriyaki sauce garnished with sesame seeds and fresh chives (92kcal)

Feta, Cherry Tomato & Basil Tart (v)

a classic summer tart of feta, sweet tomato & fresh basil baked till golden (393kcal)

Vegan Cumin Mince, Courgette & Butterbean Salad (vegan, d)

peppers, courgette, butterbeans and sunblush tomatoes gently mixed with orzo (225kcal)

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

with rocket & maple balsamic dressing (110kcal)

Mixed Leaves Summer Salad (vegan, g, d)

four seasonal leaves with a lemon vinaigrette dressing (65kcal)

Orange Posset - Pot (v, g)

orange juice, double cream and a little sugar (535kcal)

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter (143kcal)

£32.32 per person

SYCAMORE (vegetarian)

Tomato & Pesto Tart (vegan, d)

plum tomato with salsa verde on puff pastry (177kcal)

Feta, Cherry Tomato & Basil Tart (v)

a classic summer tart of feta, sweet tomato & fresh basil baked till golden (393kcal)

Rainbow Salad (vegan, g, d)

mint, chickpeas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing (215kcal)

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

with lemon & mint dressing (116kcal)

Mixed Leaves Summer Salad (vegan, g, d)

four seasonal leaves with a lemon vinaigrette dressing (65kcal)

Fresh Strawberries - Pot (vegan, g, d)

on their own, as they should be (40kcal)

Roll & Butter - Cold Fork (v)

morning baked dinner roll with butter (143kcal)

£26.16 per person

Forks & Salads - Cutlery & Crockery Hire (Packs of 10) - £59.41

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



Dietary & Individual

A meal for one person with different versions, designed to meet most dietary and budget requirements

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

£9.43

£10.68

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

£9.43

£9.16

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

£12.48

£12.04

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

£16.51

£16.30

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

SALAD PLATE

Salad Plate - Vegan & Free From

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

£14.88

“Great service, super easy to order online and timely communication from the team.”

5 Star Google Review





Boxed Meals

Our Boxed Meals are the simplest, most cost effective and very delicious, option for many hot meal requirements – lunch, supper or overnight working

BOXED MEALS

COLD
DELIVERY

HOT
DELIVERY

choose either delivered cold, to be kept in a refrigerator till needed, then to be reheated in a microwave (3 minutes) or delivered hot, ready to serve. minimum order 6

VEGETARIAN

Glazed & Honeyed Mushrooms with Orzo - Boxed Meal (v)

pan fried mushrooms with balsamic, rosemary, honey and garlic served with orzo pasta (508 kcal)

£7.58 £8.67

Penne Arrabiata - Boxed Meal (v)

a classic, spicy tomato sauce with penne pasta (584 kcal)

£8.01 £9.10

VEGAN

Vegan Rogan Josh with Rice - Boxed Meal (vegan, g, d)

an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry (544 kcal)

£7.58 £8.67

Moroccan Vegetable Tagine & CousCous - Boxed Meal (vegan, d)

squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous (454 kcal)

£8.18 £9.27

Rigatoni with Slow Cooked Fable Mushroom Brisket - Boxed Meal (vegan, d) **NEW!**

tender shiitake mushroom brisket with a tomato sauce, chilli & red wine with rigatoni (428 kcal)

£9.32 £10.41

Symplicity Vegan Chilli Con Carne & Rice - Boxed Meal (vegan, d) **NEW!**

chilli, oregano and thyme flavour the sympathy vegan cumin mince for this twist on a classic mexican, served with rice (744 kcal)

£8.72 £9.81

Vegan Paella - Boxed Meal (vegan, g, d)

arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon (487 kcal)

£8.23 £9.32

MEAT

Spaghetti Carbonara with Chicken - Boxed Meal

mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese (656 kcal)

£8.72 £9.81

Caribbean Lamb with Rice - Boxed Meal (g, d)

tender chunks of lamb gently braised in our own caribbean sauce with sweet potato and fresh herbs. served with rice (848 kcal)

£11.45 £12.54

Chicken Jalfrezi with Rice - Boxed Meal (g, d) **NEW!**

in a deliciously thick, spicy sauce served with rice (797 kcal)

£9.65 £10.74

Tarragon Chicken & Rice - Boxed Meal (g)

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

£10.63 £11.72

Coconut & Coriander Chicken & Rice - Boxed Meal (g, d, n)

succulent chicken in coconut, peanuts, lemon & cumin, served with rice (807 kcal)

£9.97 £11.06

FISH

Harissa Salmon with Mint Jewelled Couscous - Boxed Meal

harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing (548 kcal)

£13.63 £14.72

Chalkstream Trout with Creamy Orzo - Boxed Meal

chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi (542 kcal)

£12.48 £13.57





Hot Bowl Meals

Delicious, wholesome and warming bowl meals - great for events & more

BOWL MEALS

great for parties, meeting or conferences. can be eaten standing or sitting. bowls come with a fork and are delivered warm in stainless steel dishes within an insulated box. service should be within 45 minutes of delivery. we provide utensils, and for large groups, staff can be hired. equipment will be collected later the same day or the next. minimum order 6

VEGETARIAN

Glazed & Honeyed Mushrooms with Orzo (v) £9.59

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

Penne Arrabiata (v) £10.30

a classic, spicy tomato sauce with penne pasta

VEGAN

Vegan Rogan Josh with Rice (vegan, g, d) £10.30

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

Moroccan Vegetable Tagine & CousCous (vegan, d) £9.81

squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous (454 kcal)

Rigatoni with Slow Cooked Fable Mushroom Brisket (vegan, d) NEW! £12.04

tender shiitake mushroom brisket with a tomato sauce, chilli & red wine with rigatoni

Symplicity Vegan Chilli Con Carne & Rice (vegan, d) NEW! £11.45

chilli, oregano and thyme flavour the sympathy vegan cumin mince for this twist on a classic mexican, served with rice

Vegan Paella (vegan, g, d) £9.59

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

MEAT

Spaghetti Carbonara with Chicken £11.45

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

Caribbean Lamb with Rice (g, d) £13.63

tender chunks of lamb gently braised in our own caribbean sauce with sweet potato and fresh herbs. served with rice

Chicken Jalfrezi with Rice (g, d) NEW! £12.37

in a deliciously thick, spicy sauce served with rice

Tarragon Chicken & Rice (g) £13.08

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

Coconut & Coriander Chicken & Rice (g, d, n) £11.39

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

FISH

Harissa Salmon with Mint Jewelled Couscous £16.35

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

Chalkstream Trout with Creamy Orzo £14.66

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





Canapés

Classic combinations meet innovative ingredients for the perfect bite-sized canapés

SET MENU

one of each canapé per person. minimum order 25

Lavender

(8 canapés per person)

Crisp Cheese Risotto Arancini (v)

Curried Cauliflower & Chutney (v)

Pea & Mint Crostini (vegan, d)

Tomato Bruschetta (vegan, d)

Broccoli Picante (vegan, g, d)

Duck Pancake & Hoisin (d)

Szechuan Pepper Chicken (d)

Honey & Ginger Glazed Trout Bites (d)

£21.53 per person

Honeysuckle

(8 canapés per person)

Feta & Honey Crostini (v)

Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)

Tomato Bruschetta (vegan, d)

Broccoli Picante (vegan, g, d)

Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)

Bacon & Prune (g, d)

Smoked Salmon & Horseradish Blinis

Honey & Ginger Glazed Trout Bites (d)

£21.64 per person

Saffron - Vegetarian

(8 canapés per person)

Feta & Honey Crostini (v)

Crisp Cheese Risotto Arancini (v)

Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)

Curried Cauliflower & Chutney (v)

Pea & Mint Crostini (vegan, d)

Tomato Bruschetta (vegan, d)

Broccoli Picante (vegan, g, d)

Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)

£21.53 per person

CANAPÉS

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

Feta & Honey Crostini (v) £2.40

with fresh thyme and a light garlic oil (56kcal)

Crisp Cheese Risotto Arancini (v) £2.40

feta, tomato and tarragon fried risotto cake (56kcal)

Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v) £2.40

fresh mozzarella pearl with tomatade and a chiffonade of basil on a crisp sourdough crostini (54kcal)

Curried Cauliflower & Chutney (v) £2.40

curried cauliflower bites with a sweet mango chutney (40kcal)

VEGAN

Pea & Mint Crostini (vegan, d) £2.34

poached pea and mint on crisp sourdough crostini (31kcal)

Tomato Bruschetta (vegan, d) £2.40

slow roasted tomato with basil and balsamic on bruschetta (35kcal)

Broccoli Picante (vegan, g, d) £2.02

crisp broccoli florets with chilli & garlic (37kcal)

Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d) £2.40

on a polenta base (35kcal)

MEAT

Duck Pancake & Hoisin (d) £2.56

with courgette, red pepper, carrot & coriander (46kcal)

Mini Chicken Skewer with Chilli & Oregano (g, d) £2.56

chicken fillet marinaded with fresh red chillies and coriander (41kcal)

Bacon & Prune (g, d) £2.51

soft prune baked in english bacon with rosemary (52kcal)

Szechuan Pepper Chicken (d) £2.67

pan fried and served with chilli jam (51kcal)

FISH

Smoked Salmon & Horseradish Blinis £2.67

horseradish, dill and lemon juice give these their zing (67kcal)

Honey & Ginger Glazed Trout Bites (d) £2.78

chalkstream trout with our own honey & ginger marinade finished with sesame seeds (32kcal)

SWEET CANAPÉS

Raspberry & Basil Blini (v) £2.45

a fresh raspberry, whipped sour balsamic cream and thai basil on a blini (53kcal)

Fresh Fruit Tartlet (v) £2.67

seasonal fruits with crème patissiere in sweet pastry (64kcal)

Rhubarb Tartlet (v) **NEW! £2.45**

poached english of course with crème patissiere (59kcal)

Chocolate Strawberry (v, g) £2.34

english strawberries dipped in dark chocolate (39 kcal)

Fruit Kebab (vegan, g, d) £2.34

a dainty colourful fruits skewer (9kcal)





Mini Bowls for Events

Deliciously warm mini hot bowl meals, ideal for your event. Convenient and satisfying, enjoy one as a light bite or pair two or more for a hearty meal

NIBBLES

Crudités Platter (vegan, g, d) one platter with enough for 4-7 people. cucumber, celery, cherry tomato, peppers & carrot served with homemade salsa & houmous dips (155kcal)	£11.06
Cheese Straws (v) with coleman's & bella lodi. two per portion. min 25 (185kcal)	£3.54
Mini Bowl - Mixed Nuts 170g (vegan, g, d, n) walnut, cashew, hazlenut and peanut. min 3 (1083kcal)	£9.70
Mini Bowl - Olive Mix 170g (vegan, g, d) green, black, capers and sun dried tomato in olive oil. min 3 (940kcal)	£5.23
Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d) our homemade salsa brings the tortilla chips to life. min 3 (197kcal)	£2.51
Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d) with salsa dip. min 3 (210kcal)	£2.51

“The food was absolutely delicious, deliveries were made absolutely on time and on one day I was late to receive the delivery and the delivery man was so flexible and kind. Our film crew were delighted and I took some home for my husband to enjoy!! Food on film sets is so important and can make or break the general vibe on set and everyone was happy throughout! Will def use again!”

5 Star Google Review

MINI BOWL MEALS

perfect for parties, events, and conferences. these mini bowls can be eaten while standing. each dish ordered comes with a mini bowl and fork. purchase one for each person as a light bite, or two or more for a meal. the food is delivered to you warm in stainless steel dishes within an insulated hot box, which we leave with you. it is advised that service be provided no later than 45 minutes following delivery. we give serving utensils. for bigger groups of guests, we recommend hiring our waiting staff to assist with service. the equipment will be collected later in the afternoon on the delivery day or the next day. please make sure it is ready for collection. minimum order 12

VEGETARIAN

Mini Bowl - Glazed & Honeyed Mushrooms with Orzo (v) pan fried mushrooms with balsamic, rosemary, honey and garlic served with orzo pasta	£5.12
Mini Bowl - Penne Arrabiata (v) a classic, spicy tomato sauce with penne pasta	£5.12

VEGAN

Mini Bowl - Vegan Rogan Josh with Rice (vegan, g, d) an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry	£5.12
Mini Bowl - Moroccan Vegetable Tagine & CousCous (vegan, d) squash, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin with a spiced couscous	£5.12
Mini Bowl - Rigatoni with Slow Cooked Fable Mushroom Brisket (vegan, d) NEW! tender shiitake mushroom brisket with a tomato sauce, chilli & red wine with rigatoni	£6.32
Mini Bowl - Symplicity Vegan Chilli Con Carne & Rice (vegan, d) NEW! chilli, oregano and thyme flavour the sympathy vegan cumin mince for this twist on a classic mexican, served with rice	£5.56
Mini Bowl - Vegan Paella (vegan, g, d) arborio rice with peppers, mushrooms, peas, artichoke hearts, sunblush tomatoes and onion pan fried with paprika, parsley and lemon	£5.34

MEAT

Mini Bowl - Spaghetti Carbonara with Chicken mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese	£5.67
Mini Bowl - Caribbean Lamb with Rice (g, d) tender chunks of Lamb gently braised in our own caribbean sauce with Sweet potato and fresh herbs. served with rice	£7.25
Mini Bowl - Chicken Jalfrezi with Rice (g, d) NEW! in a deliciously thick, spicy sauce served with rice	£6.65
Mini Bowl - Tarragon Chicken & Rice (g) chicken with fresh tarragon, cream and lemon, served with long grain rice	£7.03
Mini Bowl - Coconut & Coriander Chicken & Rice (g, d, n) succulent chicken in coconut, peanuts, lemon & cumin, served with rice	£6.70

FISH

Mini Bowl - Harissa Salmon with Mint Jewelled Couscous harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing	£7.74
Mini Bowl - Chalkstream Trout with Creamy Orzo chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi	£8.28



Boxed Canapés

Make serving delicious canapés effortless. Just open the box and arrange on your own plates to impress your guests!

BOXED CANAPÉS

boxes of 36 canapes

Feta & Honey Crostini (v) **£69.75**

with fresh thyme and a light garlic oil (56kcal)

Crisp Cheese Risotto Arancini (v) **£69.75**

feta, tomato and tarragon fried risotto cake (56kcal)

Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v) **£69.75**

fresh mozzarella pearl with tomatade and a chiffonade of basil on a crisp sourdough crostini (54kcal)

Curried Cauliflower & Chutney (v) **£69.75**

curried cauliflower bites with a sweet mango chutney (40kcal)

VEGAN

Pea & Mint Crostini (vegan, d) **£68.18**

poached pea and mint on crisp sourdough crostini (31kcal)

Tomato Bruschetta (vegan, d) **£69.75**

slow roasted tomato with basil and balsamic on bruschetta (35kcal)

Broccoli Picante (vegan, g, d) **£58.76**

crisp broccoli florets with chilli & garlic (37kcal)

Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d) **£69.75**

on a polenta base (35kcal)

MEAT

Duck Pancake & Hoisin (d) **£74.46**

with courgette, red pepper, carrot & coriander (46kcal)

Mini Chicken Skewer with Chilli & Oregano (g, d) **£74.46**

chicken fillet marinaded with fresh red chillies and coriander (41kcal)

Bacon & Prune (g, d) **£72.89**

soft prune baked in english bacon with rosemary (52kcal)

Szechuan Pepper Chicken (d) **£72.89**

pan fried and served with chilli jam (51kcal)

FISH

Smoked Salmon & Horseradish Blinis **£82.40**

horseradish, dill and lemon juice give these their zing (67kcal)

Honey & Ginger Glazed Trout Bites (d) **£85.74**

chalkstream trout with our own honey & ginger marinade finished with sesame seeds (32kcal)

BOXED CANAPÉS SET MENUS

boxes of 36 canapes

Mixed Canape Selection **£76.09**

Feta & Honey Crostini (v); Pea & Mint Crostini (vegan, d); Duck Pancake & Hoisin (d); Mini Chicken Skewer with Chilli & Oregano (g, d); Smoked Salmon & Horseradish Blinis; Honey & Ginger Glazed Trout Bites (d)

Vegetarian Canape Selection **£67.66**

Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d); Broccoli Picante (vegan, g, d); Tomato Bruschetta (vegan, d); Pea & Mint Crostini (vegan, d); Feta & Honey Crostini (v); Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)

Vegan Canape Selection **£66.61**

Pea & Mint Crostini (vegan, d); Tomato Bruschetta (vegan, d); Broccoli Picante (vegan, g, d); Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)

Meat Canape Selection **£73.67**

Duck Pancake & Hoisin (d); Mini Chicken Skewer with Chilli & Oregano (g, d); Bacon & Prune (g, d); Szechuan Pepper Chicken (d)

Fish Canape Selection **£84.07**

Smoked Salmon & Horseradish Blinis; Honey & Ginger Glazed Trout Bites (d)

Dessert Canape Selection **£72.10**

Raspberry & Basil Blini (v); Fresh Fruit Tartlet (v); Rhubarb Tartlet (v); Chocolate Strawberry (v, g); Fruit Kebab (vegan, g, d)

SWEET BOXED CANAPÉS

Raspberry & Basil Blini (v) **£71.32**

a fresh raspberry, whipped sour balsamic cream and thai basil on a blini (53kcal)

Fresh Fruit Tartlet (v) **£77.60**

seasonal fruits with crème patissiere in sweet pastry (64kcal)

Rhubarb Tartlet (v) **NEW!** **£71.32**

poached english of course with crème patissiere (59kcal)

Chocolate Strawberry (v, g) **£68.18**

english strawberries dipped in dark chocolate (39 kcal)

Fruit Kebab (vegan, g, d) **£68.18**

a dainty colourful fruits skewer (9kcal)

“I ordered the boxed canapes from Eden for a work event and was very impressed with the service. Quick responses via email, delivery was on time, the food was packaged well and tasted great! Thank you”



Picnic Boxes

Introducing our versatile picnic boxes, ideal for any occasion, be it a family get-together or corporate day out

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

£103.55

Vegetarian Picnic Box For 4

includes food for four hungry people

£101.37

Vegan Picnic Box For 4

includes food for four hungry people

£96.47

Free from Gluten Picnic Box For 4

includes food for four hungry people

£101.37





Afternoon Tea

A delightful and delicious selection of sandwiches, treats and tea for special occasions

SET MENUS

we provide a full afternoon tea set menu which includes all that's required for a classic, english afternoon tea including home baked scones, cakes and fine teas. there are two service crockery & cutlery options. we can supply the food and tea with all disposable crockery & cutlery, or we supply with no crockery & cutlery. if you wish to hire china crockery & steel cutlery, that option is available too, see below. all you need to provide is the hot water for the tea and of course the table for service! if you don't have tables, a kettle or urn we can hire them to you. we strongly recommend a waiter/waitress for guest numbers greater than 12. none of the afternoon tea options shown below provide the hot water for making the tea. minimum order 6

Afternoon Tea - Disposable Service Equipment

£21.53

a full afternoon tea which includes all your guests will desire for a classic, english afternoon tea, including cocktail sandwiches, home baked scones, cake, fine teas and the disposable cups, plates and cutlery required. all you need to provide is the hot water for the tea.

Afternoon Tea - No service equipment

£20.44

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

Afternoon Tea - Cutlery & Crockery (Pack of 10)

£57.77

if you would like crockery & cutlery but don't have your own, you can hire from us. hire all the necessary china cups, saucers, plates, cutlery, flasks etc for each guest from us in packs of ten. this price does not include the afternoon tea items

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:

coconut & passion fruit drizzle cake (v, d); orange polenta loaf (v, g, n); healthy seed bar - free from (vegan, g, d); cherry flapjack (v); courgette cake (v, d); blondie brownie (v)





Drinks

Introducing the new juices from Daily Dose

COLD DRINKS

Belu - Sparkling Mineral Water 750ml	£3.82
Belu - Still Mineral Water 750ml	£3.82
Belu Still 330ml	£2.07
Belu Sparkling 330ml	£2.07
Daily Dose - Cold Pressed Rouge NEW! cold pressed earthy beets meet naturally sweet apples and spicy ginger. 750ml	£5.72
Daily Dose - Freshly Pressed British Orange Juice NEW! freshly squeezed 100% mediterranean oranges...nothing else. 1 litre	£5.72
Daily Dose - Freshly Pressed British Apple Juice NEW! 100% british apples, an apple a day keeps the doctor away. 1 litre	£5.72
Daily Dose - Freshly Squeezed Orange Juice NEW! freshly squeezed 100% mediterranean oranges...nothing else. 300ml	£3.32
Sprite 330ml can	£1.96
Coke 330ml can	£2.07
Coke Diet 330ml can	£1.96
Tango 330ml can	£1.96
San Pellegrino - Blood Orange 330ml can	£2.34
San Pellegrino - Lemon 330ml can	£2.34
Elderflower Presse - Still (vegan, g, d) homemade cordial from locally picked elderflowers. 1 litre (355kcal)	£3.76
Elderflower Presse - Sparkling (vegan, g, d) homemade cordial from locally picked elderflowers. 1 litre (355kcal)	£3.98
Beetroot & Raspberry Smoothie (vegan, g, d) with banana & soya milk. 1 litre (488kcal)	£14.72
Green Dream Smoothie (v, g, d, n) pineapple, kiwi, curly kale, almond milk, honey and chia seeds blitzed in the nutribullet. 1 litre (358kcal)	£13.08
Orange, Carrot & Mango Smoothie (vegan, g, d) the full orange spectrum packs a vitamin and flavour punch. 1 litre (442kcal)	£14.17

HOT DRINKS

hot drinks do not come with cups but disposables are available to buy separately if needed

Flask of Organic Decaffeinated Coffee (vegan, g, d) 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	£19.08
Flask of Organic Coffee (vegan, g, d) 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	£19.08
Flask of Hot Water and Selection of Teas (vegan, g, d) 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	£13.30

DISPOSABLES

Clear Disposable Cup	£0.22
Cup & Stirrer (hot drink)	£0.22



BEERS

Toast Rise Up Lager a seriously refreshing, helles-style lager with all english ingredients. clean, light and crisp. crafted with surplus bread, malted barley and hops. 12x330ml can	£37.61
Toast Grassroots Pale Ale a mouth-wateringly juicy, hazy pale ale. Packed with passionfruit, peaches and pineapple. crafted wuth surplus bread, malted barley and hops. 12x330ml can	£37.61
Toast New Dawn IPA 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	£37.61
Toast Changing Tides 0.5% Lager 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	£37.61

CANS

Moth Aperitivo Spritz NEW! bitter orange, gin, fizz, soda. sparkly, bright, bold. 200ml	£5.67
Moth Mojito NEW! rum, mint, lime, soda. soulful, juicy, bittersweet. 200ml	£5.67
Moth Margarita NEW! tequila, triple sec, lime. fresh, sharp and confident. 125ml	£5.67
Moth Espresso Martini NEW! vodka, cold brew, coffee liqueur. smooth, bitter, balanced. 125ml	£5.67
When in Rome - Pecorino NEW! crisp, refreshing white wine with aromas of ripe yellow pear, crunchy apples, and sage. 187ml can. min 12	£4.69
When in Rome - Rosato NEW! delicately crafted from negroamaro grapes. bursting with summer fruits and a playful sherbet tickle. 187ml can. min 12	£4.69
When in Rome - Primitivo NEW! a robust red wine brimming with aromas of cherries and prunes, complemented by notes of wild fruit. 187ml can. min 12	£4.69



SPARKLING WINE

Prosecco - Artigianale Eco flavour of green apple and honeysuckle, with plentiful, delicate bubbles. italy. 750ml bottle. min 6	£23.98
Langlois Cremant de Loire Brut Reserve NV langlois-chateau 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	£27.80
Langlois Cremant de Loire Rosé Reserve NV 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	£28.34
Ayala Brut Majeur 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	£52.32
Ayala Brut Majeur NV Magnum 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	£104.64

HOUSE WINE

When in Rome - Pecorino NEW! crisp, refreshing white wine with aromas of ripe yellow pear, crunchy apples, and sage.. 750ml paper bottle. min 6	£16.90
When in Rome - Rosato NEW! delicately crafted from negroamaro grapes. bursting with summer fruits and a playful sherbet tickle. 750ml paper bottle. min 6	£16.90
When in Rome - Primitivo NEW! a robust red wine brimming with aromas of cherries and prunes, complemented by notes of wild fruit. 750ml paper bottle. min 6	£17.44
Laurent Miquel - Heritage Vineyards Rouge 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	£20.17
Laurent Miquel - Heritage Vineyards Blanc aromas of citrus fruits & lemon peel with a delicate floral tone. well-balanced & lively with superb freshness. 2020. launguedoc-roussillon, france. 750ml bottle. min 6	£20.17
Laurent Miquel - Heritage Vineyards Rose fragrant, crisp & refreshing, this delightful rosé is bursting with fresh summer berries 2020. launguedoc-roussillon, france. 750ml bottle. min 6	£20.17



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