



Summer Brochure 2026

# Eden Caterers

Served from 1st June to 30th September

# 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 SUSTAINABILITY AWARD FOR CATERERS**

The proof is in the pudding...



# 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 Sour Cherry 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)

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

£30.30

### Small Mixed Mini Croissant Platter (v, n)

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

£15.15

### Mixed Mini Danish Pastry Platter (v, n)

12 of our mini danish pastries

£29.00

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

6 of our mini danish pastries

£14.60

### 6 Mini Croissants with Butter & Jam (v)

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 - 2 per portion (v)

a selection of white chocolate & double chocolate cookies

£2.20

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

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

£2.55

### Blueberry Mini Muffin - 2 Per Portion (v)

homemade with blueberries (245 kcal)

£2.35

## BREAKFAST POTS

### Granola with Sour Cherry Compote (v)

homemade granola and sour cherry compote in a pot with a rich greek yoghurt (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 & Raspberry 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)

£5.25

### 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 Sour Cherry Compote (v, g, d)

greek yoghurt and our homemade fruit compote (227 kcal)

£3.85

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

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

£4.50

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

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

£4.50

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

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

£4.95

### 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)

£23.95



## COLD SAVOURIES

<b>Brie &amp; Cranberry Pugliese Roll (v)</b> <i>english brie &amp; our own cranberry sauce (161 kcal)</i>	£3.60
<b>Cheese &amp; Tomato All Butter Croissant - mini (v)</b> <i>mature cheddar with sliced salad tomato in a croissant (268 kcal)</i>	£4.05
<b>Cheese &amp; Tomato All Butter Croissant - large (v)</b> <i>mature cheddar with sliced salad tomato in a croissant (511 kcal)</i>	£6.00
<b>Ham &amp; Emmenthal All Butter Croissant - mini</b> <i>sliced emmenthal and honey mustard gammon ham in a mini croissant (320 kcal)</i>	£4.35
<b>Ham &amp; Cheese All Butter Croissant - large</b> <i>butter croissant with cheese and English ham (581 kcal)</i>	£6.75
<b>Egg Mayonnaise &amp; Crispy Bacon All Butter Croissant - large</b> <i>butter croissant with egg mayonnaise &amp; crispy bacon, the breakfast classics (546 kcal)</i>	£6.90
<b>Salami &amp; Emmenthal Cereale Roll</b> <i>milano salami with sliced emmenthal (176 kcal)</i>	£3.60
<b>Open Mini Bagel with Smoked Salmon &amp; Cream Cheese</b> <i>two open halves per portion (178 kcal)</i>	£6.00
<b>Open Mini Bagel with Egg Mayonnaise &amp; Tomato Chutney (v)</b> <i>with our homemade tomato chutney. two open halves per portion (249 kcal)</i>	£4.25
<b>Open Mini Bagel with Sundried Tomato &amp; Cream Cheese (v)</b> <i>intense dried tomato flavour with smooth cream cheese. two open halves per portion (141 kcal)</i>	£4.30
<b>Mini Open Bagel Platter</b> <i>12 pieces from our mini open bagel selection on one platter</i>	£28.40
<b>Small Mini Open Bagel Platter</b> <i>6 pieces from our mini open bagel selection on one platter</i>	£14.15
<b>Savoury Mini Croissant Platter</b> <i>12 pieces from our mini savoury croissant selection on one platter</i>	£24.50
<b>Breakfast Savoury Platter</b> <i>a selection of mini filled breakfast rolls &amp; croissant: 3 smoked salmon &amp; cream cheese mini bagels, 3 emmenthal &amp; ham mini croissant, 3 emmenthal &amp; salami cereal roll, and 3 brie &amp; cranberry mini pugliese rolls all cut in half to give you 24 pieces</i>	£52.50
<b>Small Breakfast Savoury Platter</b> <i>a selection of mini filled breakfast rolls &amp; croissant: 2 smoked salmon &amp; cream cheese mini bagels, 2 emmenthal &amp; ham mini croissant, 1 emmenthal &amp; salami cereal roll, and 1 brie &amp; cranberry mini pugliese roll all cut in half to give you 12 pieces</i>	£27.00

## HOT SAVOURIES

<b>Roast Tomato &amp; Mushroom in a Cereale Bap (vegan, d)</b> <i>sliced roast tomato with fresh field mushroom &amp; vegan mozzarella in a cereale roll. delivered warm for immediate service. min 6 (312 kcal)</i>	£5.55
<b>Vegetarian Sausage in a Glazed Brioche Roll (v)</b> <i>delivered warm for immediate service. min 6 (359 kcal)</i>	£5.95
<b>Mushroom &amp; Tomato on Gluten Free Bread (v, g, d)</b> <i>with butter fried button mushrooms, tomatoes &amp; vegan mozzarella, delivered warm for immediate service. min 2 (282 kcal)</i>	£6.75
<b>Bacon in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (417 kcal)</i>	£5.80
<b>Sausage in a Glazed Brioche Roll</b> <i>delivered warm for immediate service. min 6 (537 kcal)</i>	£5.80
<b>Bacon Sandwich on Gluten Free Bread (g, d)</b> <i>unsmoked, english back bacon in gluten free bread. delivered warm for immediate service. min 2 (467 kcal)</i>	£6.85
<b>Mini Sausage Roll Breakfast Platter</b> <i>15 mini glazed brioche rolls with mini cumberland sausages. delivered warm to you for immediate service</i>	£39.95
<b>Mini Bacon Roll Breakfast Platter</b> <i>15 mini glazed brioche rolls with streaky bacon. delivered warm to you for immediate service</i>	£39.95
<b>Mini Mushroom Roll Breakfast Platter (v)</b> <i>15 mini glazed brioche rolls with butter fried button mushrooms. delivered warm to you for immediate service</i>	£39.70
<b>Sachets - Brown or Tomato Sauce</b>	£0.40



**I'm so glad I've discovered Eden Caterers.  
The food has always been delicious and  
beautifully presented.**

5-Star Google Review



# Sandwich Lunch

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

## SET MENUS

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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

£26.40 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

£20.30 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

£17.30 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

£17.10 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

£16.55 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

£16.15 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

£14.30 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

£13.90 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

£13.30 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

£12.25 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

£11.60 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

£11.20 p/p

#### Sandwiches

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

#### Cake

1.5 per person from homemade selection

### HAWTHORN

£10.55 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)**  
*one each of six different classic sandwiches from this season's selection*
- Contemporary Sandwich Platter (6 sandwiches)**  
*one each of six different contemporary sandwiches from this season's selection*
- Mixed Sandwich Platter (6 sandwiches)**  
*one each of six different mixed style of sandwiches from this season's selection*
- Vegetarian Sandwich Platter (6 sandwiches)**  
*one each of six different vegetarian sandwiches from this season's selection*
- Vegan Sandwich Platter (6 sandwiches)**  
*six vegan sandwiches in two varieties from this season's selection*
- Meat Sandwich Platter (6 sandwiches)**  
*six meat sandwiches in six varieties from this season's selection*
- Fish Sandwich Platter (6 sandwiches)**  
*six fish sandwiches in three varieties from this season's selection*
- Wrap Platter (6 wraps)**  
*six wraps in three varieties from this season's selection*
- Sandwich Platter on Gluten Free Bread (6 sandwiches)**  
*six sandwiches with no gluten containing ingredients in two varieties from this season's selection*
- Halal Sandwich Platter (6 sandwiches)**  
*six halal sandwiches from this season's selection*
- Small Classic Sandwich Platter (3 sandwiches)**  
*one each of three different classic sandwiches from this season's selection*
- Small Contemporary Sandwich Platter (3 sandwiches)**  
*one each of three different contemporary sandwiches from this season's selection*
- Small Mixed Sandwich Platter (3 sandwiches)**  
*one each of three different mixed style of sandwiches from this season's selection*
- Small Vegetarian Sandwich Platter (3 sandwiches)**  
*one each of three different vegetarian sandwiches from this season's selection*
- Small Vegan Sandwich Platter (3 sandwiches)**  
*three vegan sandwiches in two varieties from this season's selection*
- Small Meat Sandwich Platter (3 sandwiches)**  
*three meat sandwiches in three varieties from this season's selection*
- Small Fish Sandwich Platter (3 sandwiches)**  
*three fish sandwiches in three varieties from this season's selection*
- Small Wrap Platter (3 sandwiches)**  
*three wraps in three varieties from this season's selection*
- Small Halal Sandwich Platter (3 sandwiches)**  
*three halal sandwiches from this season's selection*
- Small Sandwich Platter on Gluten Free Bread (3 sandwiches)**  
*three sandwiches with no gluten containing ingredients in two varieties from this season's selection*

## SET FINGER BUFFET PLATTERS

- Finger Buffet Platter** £30.60  
*twelve items of finger buffet from the current season's selection, served on one palm leaf platter*
- Meat Finger Buffet Platter** £32.40  
*twelve items of finger buffet from the current season's selection, served on one palm leaf platter*
- Vegetarian Finger Buffet Platter** £30.70  
*twelve items of finger buffet from the current season's selection, served on one palm leaf platter*
- Vegan Finger Buffet Platter** £29.80  
*twelve items of finger buffet from the current season's selection, served on one palm leaf platter*
- Finger Buffet Platter - No Gluten Ingredients** £30.40  
*twelve items of finger buffet from the current season's selection, served on one palm leaf platter*
- Small Finger Buffet Platter** £32.00  
*six items of finger buffet from the current season's selection, served on one palm leaf platter*
- Small Meat Finger Buffet Platter** £36.25  
*six items of finger buffet from the current season's selection, served on one palm leaf platter*
- Small Vegetarian Finger Buffet Platter** £33.00  
*six items of finger buffet from the current season's selection, served on one palm leaf platter*
- Small Vegan Finger Buffet Platter** £35.50  
*six items of finger buffet from the current season's selection, served on one palm leaf platter*
- Small Finger Buffet Platter - No Gluten Ingredients** £31.65  
*six items of finger buffet from the current season's selection, served on one palm leaf platter*

- £15.70
- £16.35
- £15.35
- £14.85
- £15.10
- £16.00
- £18.10
- £16.50
- £15.85
- £17.90



## SANDWICHES

### VEGAN

<b>Roast Mushroom &amp; Tomato Cereale Baguette (vegan, d)</b> <i>with tomato tapenade and mixed leaf (357 kcal)</i>	£5.65	£5.90	<b>BOXED</b>
<b>Houmous &amp; Vegan Cumin Mince Wrap (vegan, d)</b> <i>simplicity's vegan cumin mince, our own houmous and pickled red cabbage make this middle eastern wrap (499 kcal)</i>	£4.95		
<b>Falafel &amp; Baba Ganoush Wrap (vegan, d) <b>NEW!</b></b> <i>homemade falafel with aubergine puree, mixed leaves and a mint &amp; lemon dressing in a tomato wrap (318 kcal)</i>	£4.45		
<b>Houmous &amp; Green Olive Tapenade on Gluten Free Bread (vegan, g, d)</b> <i>our own houmous &amp; olive tapenade with sliced cucumber and grated carrot (413kcal)</i>	£5.25	£5.20	

### VEGETARIAN

<b>Mozzarella, Tomato, Olive &amp; Basil in Ciabatta (v)</b> <i>mozzarella with sliced tomato, basil, olive tapenade &amp; balsamic dressing (578 kcal)</i>	£6.00		
<b>Cheddar &amp; Pear Chutney on Malted Grain (v)</b> <i>farmhouse cheddar with our own pear chutney (454 kcal)</i>	£4.15	£4.40	
<b>Egg Mayonnaise &amp; Cress on Malted Grain (v, d)</b> <i>free range eggs and cress (446 kcal)</i>	£4.15	£4.40	
<b>Veggie New Yorker on Multi Seed Bloomer (v)</b> <i>emmental cheese, sauerkraut, rocket &amp; dijon mayo (522 kcal)</i>	£4.70	£4.85	

### MEAT

<b>Cajun Chicken &amp; Guacamole Wrap (d) <b>NEW!</b></b> <i>cajun marinated chicken with our own guacamole &amp; rocket in a tortilla wrap (344 kcal)</i>	£5.20		
<b>Roast Chicken &amp; Cucumber on Malted Grain (d)</b> <i>with baby leaf &amp; lemon mayonnaise (412 kcal)</i>	£5.05	£5.30	
<b>Blythburgh Farm Gammon Ham &amp; Mustard on Malted Grain (d)</b> <i>honey &amp; mustard baked free range gammon with english mustard (477 kcal)</i>	£5.25	£5.50	
<b>Pesto Chicken in a Cereale Seeded Bagel</b> <i>chicken with green pesto and mixed leaf (481 kcal)</i>	£5.05	£5.30	
<b>Cajun Chicken &amp; Tomatade on Gluten Free Bread (g, d)</b> <i>cajun marinated chicken with lettuce, tomatade &amp; mayonnaise (292 kcal)</i>	£5.95		

### FISH

<b>Smoked Mackerel in a Spinach Wrap</b> <i>smoked mackerel with rocket in a yoghurt, horseradish and lemon dressing (350 kcal)</i>	£5.45		
<b>Hot Smoked Salmon &amp; Chickpea with Chilli Mustard on Malted Grain (d)</b> <i>hot smoked salmon with chickpeas a chilli mustard mayonnaise and crisp rocket (378 kcal)</i>	£5.30	£5.55	
<b>Prawn Cocktail on Malted Grain (d)</b> <i>prawns, lettuce and a cocktail mayonnaise (323 kcal)</i>	£5.40	£5.65	

## FINGER BUFFET

### VEGAN

<b>Free From Tapenade Bruschetta (vegan, g, d)</b> <i>bruschetta with our caper, black olive and garlic tapenade on gluten free and vegan crostini (68 kcal)</i>	£2.00
<b>Spinach &amp; Lentil Samosa (vegan, d)</b> <i>a fried south asian pastry, packed full of fresh vegetables and potatoes (103 kcal)</i>	£2.50
<b>Chestnut Mushroom Vegan Sausage Roll (vegan, d)</b> <i>mushroom, leek and chestnut "sausages" with sage and mustard in puff pastry (24 kcal)</i>	£2.05
<b>Queen Olives (vegan, g, d)</b> <i>four per poriton. aromatised large queen olives on sticks (33 kcal)</i>	£2.45

### VEGETARIAN

<b>Chilli Cheese Corn Muffins (v, g)</b> <i>made with polenta flour, corn kernels, free range eggs, butter, mature cheddar and chillis (140 kcal)</i>	£2.15
<b>Mozzarella, Slow Roasted Tomatoes &amp; Nduja Pizza (v)</b> <i>thin &amp; crispy with fresh basil, mozzarella, sunblush tomatoes and vegan n'duja (106 kcal)</i>	£2.40
<b>Baked Spinach &amp; Feta Frittata (v, g) <b>NEW!</b></b> <i>oven-baked free range eggs with creamy feta &amp; fresh spinach (86 kcal)</i>	£2.25

### MEAT

<b>Chicken Brochette with Chilli &amp; Oregano (g, d)</b> <i>chicken marinated with lemon, chilli, oregano &amp; garlic (54 kcal)</i>	£2.60
<b>Chorizo &amp; Red Onion Sausage Rolls (d)</b> <i>red onion marmalade, chorizo &amp; sausage cooked in puff pastry with fresh thyme (94 kcal)</i>	£2.50
<b>Bella Lodi Chicken Strip</b> <i>chicken breast in bella lodi breadcrumbs with lemon &amp; parsley mayonnaise dip (104 kcal)</i>	£2.25

### FISH

<b>Chilli &amp; Maple Marinated Salmon Skewer (g, d)</b> <i>coriander, chilli, and a maple syrup flavoured marinade (66 kcal)</i>	£3.00
<b>Smoked Mackerel Crostini</b> <i>smoked mackerel fillets with ricotta, lemon juice, capers and nutmeg served on a crostini (26 kcal)</i>	£2.25

## CHEESE

<b>A British Cheeseboard - for 6 (v)</b> <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	£52.75
<b>A British Cheeseboard - for 3 (v)</b> <i>a selection of three british cheeses served with crackers, grapes and celery. compostable knives included</i>	£26.35

## CAKES & POTS

<b>Strawberry Crumble Slice (vegan, d)</b> <i>oats, ginger, fresh kent strawberries with a crunchy crumble topping (390 kcal)</i>	£2.10
<b>Healthy Seed Bar - Free From (vegan, g, d)</b> <i>sunflower, chia and pumpkin seeds, oats, dates, maple syrup &amp; cranberries (293 kcal)</i>	£2.55
<b>Strawberry Panna Cotta - Mini Pot (vegan, g, d) <b>NEW!</b></b> <i>classic Italian dessert with delicate vanilla and strawberries (147 kcal)</i>	£2.35
<b>Cherry Flapjack (v)</b> <i>golden syrup, butter and condensed milk coat the jumbo oats, all topped off with glace cherries (305 kcal)</i>	£2.10
<b>Courgette Cake with Cream Cheese Frosting (v, n)</b> <i>english courgette, sultanas, with a cream cheese topping, sprinkled with chopped pistachio (247 kcal)</i>	£2.55
<b>Coconut &amp; Passion Fruit Drizzle Cake (v)</b> <i>moist coconut loaf cake generously drizzled with zingy passion fruit syrup (452 kcal)</i>	£2.35
<b>Orange Polenta Loaf (v, g, n)</b> <i>fresh juice and zest of navel oranges with free range eggs, almond, butter and polenta (379 kcal)</i>	£2.35
<b>Blondie Brownie (v)</b> <i>blond, rich belgian (370 kcal)</i>	£2.40
<b>Blueberry Mini Muffin - 2 Per Portion (v)</b> <i>homemade with blueberries (245 kcal)</i>	£2.35
<b>Mango Cheesecake - Mini Pot (v)</b> <i>mango puree with cream cheese, double cream and a digestive crust. comes with a mini spoon (207 kcal)</i>	£2.55
<b>Banoffee - Mini Pot (v) <b>NEW!</b></b> <i>sweet toffee sauce, ripe banana and lightly whipped marscapone over a crunchy biscuit base (197 kcal)</i>	£2.30
<b>Mango Cheesecake - Pot (v)</b> <i>mango with cream cheese, double cream and a digestive crust (376 kcal)</i>	£4.55
<b>Banoffee - Pot (v, g) <b>NEW!</b></b> <i>sweet toffee sauce, ripe banana and lightly whipped marscapone over a crunchy biscuit base (509 kcal)</i>	£3.85
<b>Fresh Strawberries - Pot (vegan, g, d)</b> <i>on their own, as they should be (40 kcal)</i>	£5.75
<b>Mango Cheesecake - 6 Mini Pots (v)</b> <i>mango puree with cream cheese, double cream and a digestive crust. comes with a mini spoon (1145 kcal)</i>	£14.95
<b>Banoffee - 6 Mini Pots (v) <b>NEW!</b></b> <i>sweet toffee sauce, ripe banana and lightly whipped marscapone over a crunchy biscuit base (1183 kcal)</i>	£13.60
<b>Strawberry Panna Cotta - 6 Mini Pots (vegan, g, d) <b>NEW!</b></b> <i>classic Italian dessert with delicate vanilla and strawberries (883 kcal)</i>	£13.80
<b>Summer Mini Pot Selection - 6 Mini Pots (v) <b>NEW!</b></b> <i>2 each of our mini pot desserts: strawberry panna cotta, banoffee, mango cheesecake (1067 kcal)</i>	£13.95

## CAKE PLATTER

<b>Cake Platter</b> <i>eight cakes from this season's selection on one platter</i>	£21.75
<b>Small Cake Platter</b> <i>four cakes from this season's selection on one platter</i>	£10.90

## 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>	£2.20
<b>Cut Fruit - Pot (vegan, g, d)</b> <i>fresh seasonal cut fruit in a mini pot, complete with a skewer (35 kcal)</i>	£3.70
<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>	£13.05
<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>	£26.10
<b>Whole Fruit Small Platter - for 5-10 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit (538 kcal)</i>	£18.30
<b>Whole Fruit Large Platter - for 10-15 people (vegan, g, d)</b> <i>a selection of seasonal whole fruit (946 kcal)</i>	£26.00

## CRISPS

<b>Kettle Crisps with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 guests with homemade salsa dip (621 kcal)</i>	£7.50
<b>Kettle Crisps with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 guests with homemade salsa dip (1239 kcal)</i>	£14.30
<b>Tortilla Chips with Dip - Small Platter (vegan, g, d)</b> <i>for 3-5 people with homemade salsa dip (583 kcal)</i>	£7.50
<b>Tortilla Chips with Dip - Large Platter (vegan, g, d)</b> <i>for 6-8 people with homemade salsa dip (1164 kcal)</i>	£13.80
<b>Handcooked Crisps in the Bag (vegan, g, d)</b> <i>from fairfields farm (202 kcal)</i>	£1.75





# 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 Rainbow Salad (g, d)**      £13.45      £26.50  
chicken marinated in chilli & coriander tossed with mint, chick peas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing (1341/2682 kcal)

**Hot Smoked Honey Salmon Nicoise Salad (g, d)**      £14.50      £28.00  
hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a dijon mustard dressing. (466/793 kcal)

### VEGAN

**Rainbow Salad (vegan, g, d)**      £11.25      £21.95  
mint, chick peas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing (1311/2622 kcal)

**Vegan Cumin Mince, Courgette & Butterbean Salad (vegan, d)**      £13.50      £25.95  
peppers, courgette, butterbeans and sunblush tomatoes gently mixed with orzo (840/1632 kcal)

**Mediterranean Vegetable & Black Rice (vegan, g, d)**      £10.05      £19.85  
with rocket & maple balsamic dressing (424/848 kcal)

**New Potato & Chive Salad (vegan, g, d)**      £9.25      £17.95  
with lemon & mint dressing (216/872 kcal)

**Mixed Leaves Summer Salad (vegan, g, d)**      £7.95      £15.50  
four seasonal leaves with a lemon vinaigrette dressing (74/149 kcal)

### VEGETARIAN

**Iranian Fattoush Salad (v, g)**      £12.10      £23.95  
tomato, radish, cucumber, spring onions with fresh, lemon, garlic & mint topped with yoghurt & pomegranate seeds (306/613 kcal)

**Italian Summer Salad (v, g)**      £13.55      £26.40  
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (327/654 kcal)

## SALAD BOXES

Generous individual boxes complete with a fork and dressing

**Mediterranean Vegetable & Black Rice Salad (vegan, g, d)**      £6.95  
with rocket & maple balsamic dressing (216kcal)

**Italian Summer Salad (v, g)**      £8.20  
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (264kcal)

**Vegan Cumin Mince, Courgette & Butterbean Salad (vegan, d)**      £8.45  
peppers, courgette, butterbeans and sunblush tomatoes gently mixed with orzo (450 kcal)

**Chargrilled Chicken Rainbow Salad (g, d)**      £7.65  
chicken fillets marinated in chilli & coriander tossed with mint, chick peas, quinoa, julienne of raw carrot & rocket with a lime & smoked paprika dressing (505kcal)

**Hot Smoked Honey Salmon Nicoise Salad (g, d)**      £8.30  
hot roast smoked salmon with hard boiled egg, new potatoes, olives, cherry tomato, mixed leaves and a dijon mustard dressing (262kcal)

## MEZE SALAD

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

**Meze Sharing Vegetarian - 5-7 people (v, n)**      £69.35  
a selection of seasonal salads all in one large bowl served with dressings and artisan rolls

**Meze Sharing Vegan - 5-7 people (vegan, d)**      £67.65  
a selection of seasonal vegan salads all in one large bowl, served with dressings and artisan rolls

**Meze Sharing Traditional - 5-7 people**      £82.00  
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

**Eden Caterers have been great to work with. Their customer service throughout the process - from initial contact, to order placement, through to delivery and service on the day - was excellent. The food and drinks were also great quality. 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

**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 (97kcal)

**Italian Summer Salad (v, g)**  
mozzarella, artichoke hearts, olives, baby leaves, tomato and basil with mint & lemon dressing (169kcal)

**Mango Cheesecake - Pot (v)**  
mango with cream cheese, double cream and a digestive crust (376kcal)

**Roll & Butter - Cold Fork (v)**  
morning baked dinner roll with butter (144kcal)

**£30.40 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 (155kcal)

**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

**Mediterranean Vegetable & Black Rice (vegan, g, d)**  
with rocket & maple balsamic dressing (123kcal)

**Mixed Leaves Summer Salad (vegan, g, d)**  
four seasonal leaves with a lemon vinaigrette dressing (65kcal)

**Banoffee - Pot (v, g) **NEW!****  
sweet toffee sauce, ripe banana and lightly whipped marscapone over a crunchy biscuit base (509 kcal)

**Roll & Butter - Cold Fork (v)**  
morning baked dinner roll with butter (144kcal)

**£30.40 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, chick peas, quinoa, edamame beans, julienne of raw carrot & rocket with a lime & smoked paprika dressing

**New Potato & Chive Salad (vegan, g, d)**  
with lemon & mint dressing (119kcal)

**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 (144kcal)

**£27.15 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**

£9.15

a free from birchermuesli, 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**

£9.25

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**

£12.10

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**

£16.30

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**

£13.90

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**

£10.05

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**

£8.95

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**

£11.65

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**

£15.90

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 until needed, then to be reheated in a microwave (3 minutes) or delivered hot, ready to serve. Minimum order 6.

### VEGETARIAN

#### Asian Inspired Butter Beans with Brown Rice (v, g) **NEW!**

creamy butter beans in a fragrant ginger-garlic sauce with hints of soy, sesame, and lime, with a touch of chilli heat (683 kcal)

### VEGAN

#### Chickpea Arrabbiata (vegan, d) **NEW!**

penne pasta folded through a fiery arrabbiata sauce with slow simmered tomatoes and chickpeas (451 kcal)

#### Vegan Rogan Josh with Rice (vegan, g, d)

an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry (521 kcal)

#### Vegetable Thai Green Curry & Rice (vegan, g, d)

peppers, broccoli and babycorn with lemongrass, ginger, lime and coconut milk, served with long grain rice (575 kcal)

#### Rigatoni with Slow Cooked Fable Mushroom Brisket (vegan, d)

tender shiitake mushroom brisket with a tomato sauce, chilli & red wine with rigatoni (573 kcal)

#### Symplicity Vegan Chilli Con Carne & Rice (vegan, d)

chilli, oregano and thyme flavour the Symplicity vegan cumin mince for this twist on a classic mexican dish (728 kcal)

#### Creamy Spinach & Mushroom Gnocchi (vegan, d) **NEW!**

soft potato gnocchi in a creamy spinach and mushroom sauce, finished with a hint of smoked paprika (607 kcal)

### MEAT

#### Spaghetti Carbonara with Chicken

mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese (572 kcal)

#### Caribbean Chicken with Rice (g, d)

tender chicken gently braised with sweet potato, thyme, coriander and parsley. served with rice (705 kcal)

#### Chicken Jalfrezi with Rice (g, d)

in a deliciously thick, spicy sauce, served with rice (629 kcal)

#### Tarragon Chicken & Rice (g)

chicken with fresh tarragon, cream and lemon, served with long grain rice (874 kcal)

#### Coconut & Coriander Chicken & Rice (g, d, n)

succulent chicken in coconut, peanuts, lemon & cumin, served with rice (793 kcal)

### FISH

#### Harissa Salmon with Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing (515 kcal)

#### Chalkstream Trout with Creamy Orzo

chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi (519 kcal)

COLD  
DELIVERY

HOT  
DELIVERY

£6.80

£7.80

£7.00

£8.00

£6.95

£7.95

£6.95

£7.95

£8.75

£9.75

£8.20

£9.20

£9.10

£10.10

£8.20

£9.20

£9.20

£10.20

£9.05

£10.05

£9.95

£10.95

£9.35

£10.35

£12.80

£13.80

£11.75

£12.75





# 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

**Asian Inspired Butter Beans with Brown Rice (v, g) NEW!** £9.30  
creamy butter beans in a fragrant ginger-garlic sauce with hints of soy, sesame, and lime, with a touch of chilli heat (683 kcal)

### VEGAN

**Chickpea Arrabbiata (vegan, d) NEW!** £9.50  
penne pasta folded through a fiery arrabbiata sauce with slow simmered tomatoes and chickpeas (451 kcal)

**Vegan Rogan Josh with Rice (vegan, g, d)** £9.45  
an aubergine, squash, peppers and lentils version of this wonderful kashmiri curry (521 kcal)

**Vegetable Thai Green Curry & Rice (vegan, g, d)** £9.30  
peppers, broccoli and babycorn with lemongrass, ginger, lime and coconut milk, served with long grain rice (575 kcal)

**Rigatoni with Slow Cooked Fable Mushroom Brisket (vegan, d)** £11.25  
tender shiitake mushroom brisket with a tomato sauce, chilli & red wine with rigatoni (573 kcal)

**Symplicity Vegan Chilli Con Carne & Rice (vegan, d)** £10.70  
chilli, oregano and thyme flavour the Symplicity vegan cumin mince for this twist on a classic mexican dish (728 kcal)

**Creamy Spinach & Mushroom Gnocchi (vegan, d) NEW!** £11.60  
soft potato gnocchi in a creamy spinach and mushroom sauce, finished with a hint of smoked paprika (607 kcal)

### MEAT

**Spaghetti Carbonara with Chicken** £10.70  
mushrooms and chicken thigh pan fried with garlic, onion and cream then stirred through spaghetti with bella lodi cheese (572 kcal)

**Caribbean Chicken with Rice (g, d)** £10.70  
tender chicken gently braised with sweet potato, thyme, coriander and parsley. served with rice (705 kcal)

**Chicken Jalfrezi with Rice (g, d)** £11.55  
in a deliciously thick, spicy sauce, served with rice (629 kcal)

**Tarragon Chicken & Rice (g)** £12.45  
chicken with fresh tarragon, cream and lemon, served with long grain rice (874 kcal)

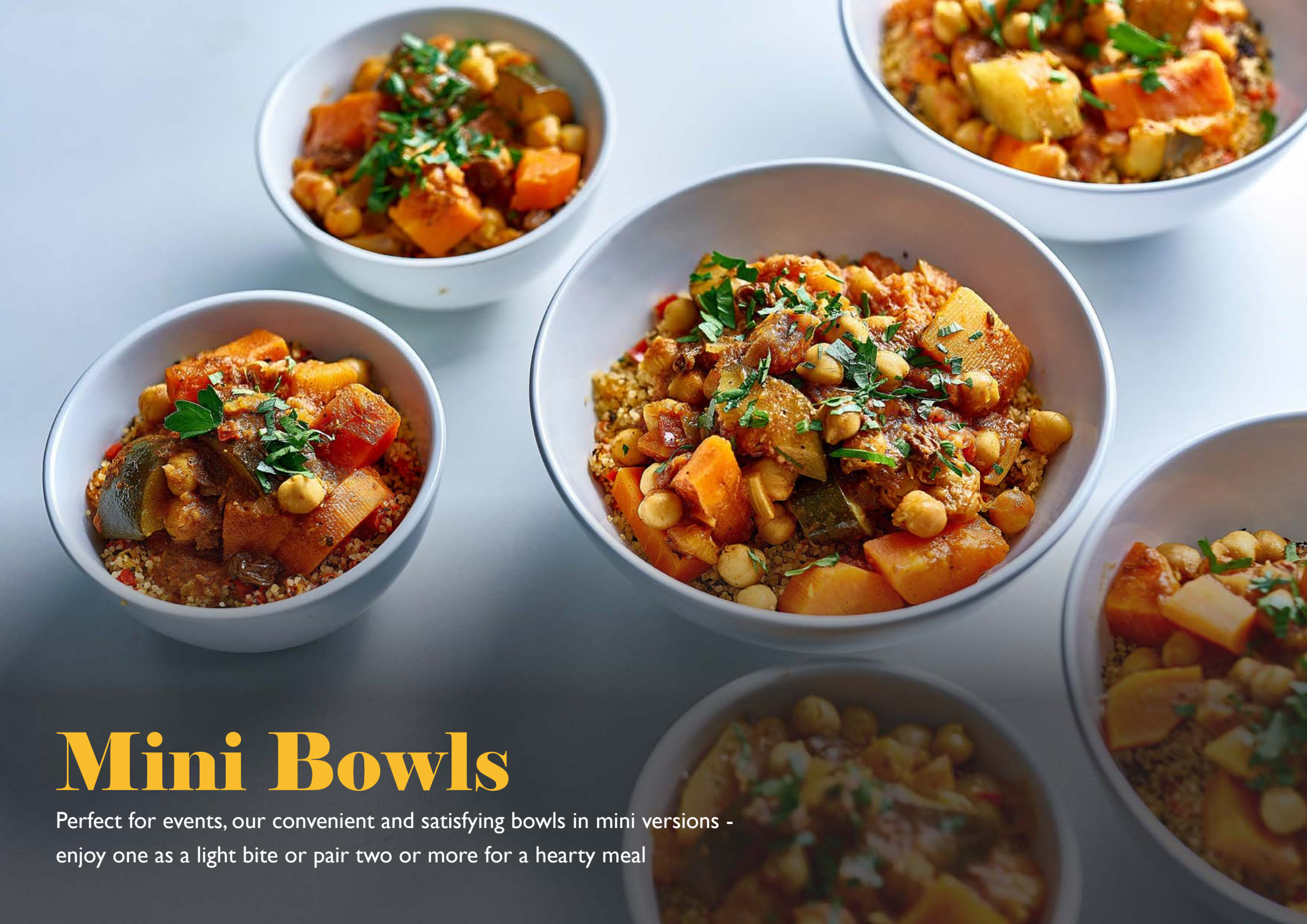
**Coconut & Coriander Chicken & Rice (g, d, n)** £11.85  
succulent chicken in coconut, peanuts, lemon & cumin, served with rice (793 kcal)

### FISH

**Harissa Salmon with Mint Jewelled Couscous** £15.30  
harissa crusted salmon with mint jewelled couscous, served with a harissa yoghurt dressing (515 kcal)

**Chalkstream Trout with Creamy Orzo** £14.25  
chalkstream trout, fresh basil, broccoli with orzo pasta finished with bella lodi (519 kcal)





# 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

#### Asian Inspired Butter Beans with Brown Rice (v, g) **NEW!**

creamy butter beans in a fragrant ginger-garlic sauce with hints of soy, sesame, and lime, with a touch of chilli heat

### VEGAN

#### Chickpea Arrabbiata (vegan, d) **NEW!**

penne pasta folded through a fiery arrabbiata sauce with slow simmered tomatoes and chickpeas

#### Vegan Rogan Josh with Rice (vegan, g, d)

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

#### Vegetable Thai Green Curry & Rice (vegan, g, d)

peppers, broccoli and babycorn with lemongrass, ginger, lime and coconut milk, served with long grain rice

#### Rigatoni with Slow Cooked Fable Mushroom Brisket (vegan, d)

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

#### Symplicity Vegan Chilli Con Carne & Rice (vegan, d)

chilli, oregano and thyme flavour the Symplicity vegan cumin mince for this twist on a classic mexican dish

#### Creamy Spinach & Mushroom Gnocchi (vegan, d) **NEW!**

soft potato gnocchi in a creamy spinach and mushroom sauce, finished with a hint of smoked paprika

### MEAT

#### Spaghetti Carbonara with Chicken

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

#### Caribbean Chicken with Rice (g, d)

tender chicken gently braised with sweet potato, thyme, coriander and parsley. served with rice

#### Chicken Jalfrezi with Rice (g, d)

in a deliciously thick, spicy sauce, served with rice

#### Tarragon Chicken & Rice (g)

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

#### Coconut & Coriander Chicken & Rice (g, d, n)

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

### FISH

#### Harissa Salmon with Mint Jewelled Couscous

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

#### Chalkstream Trout with Creamy Orzo

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

## NIBBLES

#### Crudités Platter (vegan, g, d) **£10.40**

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) **£3.35**

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

#### Mini Bowl - Mixed Nuts 170g (vegan, g, d, n) **£9.10**

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

**£4.25**

#### Mini Bowl - Olive Mix 170g (vegan, g, d) **£4.95**

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

#### Mini Bowl - Tortilla Chips with Salsa Dip (vegan, g, d) **£2.40**

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

**£3.80**

#### Mini Bowl - Kettle Crisps with Salsa Dip (vegan, g, d) **£2.40**

with salsa dip. min 3 (210 kcal)

**£4.70**

**£4.90**

**£5.80**

**£5.10**

**£5.65**

**£5.20**

**£6.10**

**£6.10**

**£6.45**

**£6.15**

**£7.10**

**£7.60**





# 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)

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 (g, d)

**£20.25 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 (g, d)

**£20.35 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)

**£20.25 per person**

## CANAPÉS

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

### VEGETARIAN

**Feta & Honey Crostini (v)** **£2.25**  
with fresh thyme and a light garlic oil (56 kcal)

**Crisp Cheese Risotto Arancini (v)** **£2.25**  
feta, tomato and tarragon fried risotto cake (56 kcal)

**Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)** **£2.25**  
fresh mozzarella pearl with tomatade and a chiffonade of basil on a crisp sourdough crostini (49 kcal)

**Curried Cauliflower & Chutney (v)** **£2.25**  
curried cauliflower bites with a sweet mango chutney (40 kcal)

### VEGAN

**Pea & Mint Crostini (vegan, d)** **£2.20**  
poached pea and mint on crisp sourdough crostini (31 kcal)

**Tomato Bruschetta (vegan, d)** **£2.25**  
slow roasted tomato with basil and balsamic on bruschetta (36 kcal)

**Broccoli Picante (vegan, g, d)** **£1.90**  
crisp broccoli florets with chilli & garlic (19 kcal)

**Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)** **£2.25**  
on a polenta base (35 kcal)

### MEAT

**Duck Pancake & Hoisin (d)** **£2.35**  
with courgette, red pepper, carrot & coriander (47 kcal)

**Mini Chicken Skewers with Chilli & Oregano (g, d)** **£2.35**  
chicken fillet marinated with fresh red chillies and coriander (38 kcal)

**Bacon & Prune (g, d)** **£2.35**  
soft prune baked in english bacon with rosemary (52 kcal)

**Szechuan Pepper Chicken (d)** **£2.30**  
pan fried and served with chilli jam (51 kcal)

### FISH

**Smoked Salmon & Horseradish Blinis** **£2.50**  
horseradish, dill & lemon give these their zing (51 kcal)

**Honey & Ginger Glazed Trout Bites (g, d)** **£2.60**  
chalkstream trout with our own honey & ginger marinade finished with sesame seeds (43 kcal)

## SWEET CANAPÉS

**Raspberry & Basil Blini (v)** **£2.30**  
a fresh raspberry, whipped sour balsamic cream and thai basil on a blini (53 kcal)

**Fresh Fruit Tartlet (v)** **£2.50**  
seasonal fruits with creme patissiere in sweet pastry (64 kcal)

**Salted Caramel & Chocolate Tartlet (v) **NEW!**** **£2.50**  
the rich, delicious combo in a dainty pastry case (78 kcal)

**Chocolate Strawberry (vegan, g, d)** **£2.20**  
English strawberries dipped in dark chocolate (39 kcal)

**Fruit Kebab (vegan, g, d)** **£2.20**  
a dainty colourful fruit 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

- Feta & Honey Crostini (v)** £65.50  
*with fresh thyme and a light garlic oil (56 kcal)*
- Crisp Cheese Risotto Arancini (v)** £65.50  
*feta, tomato and tarragon fried risotto cake (56 kcal)*
- Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)** £65.50  
*fresh mozzarella pearl with tomatade and a chiffonade of basil on a crisp sourdough crostini (49 kcal)*
- Curried Cauliflower & Chutney (v)** £65.50  
*curried cauliflower bites with a sweet mango chutney (40 kcal)*

### VEGAN

- Pea & Mint Crostini (vegan, d)** £64.06  
*poached pea and mint on crisp sourdough crostini (31 kcal)*
- Tomato Bruschetta (vegan, d)** £65.50  
*slow roasted tomato with basil and balsamic on bruschetta (36 kcal)*
- Broccoli Picante (vegan, g, d)** £55.42  
*crisp broccoli florets with chilli & garlic (19 kcal)*
- Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)** £65.50  
*on a polenta base (35 kcal)*

### MEAT

- Duck Pancake & Hoisin (d)** £68.38  
*with courgette, red pepper, carrot & coriander (47 kcal)*
- Mini Chicken Skewers with Chilli & Oregano (g, d)** £68.38  
*chicken fillet marinaded with fresh red chillies and coriander (38 kcal)*
- Bacon & Prune (g, d)** £68.38  
*soft prune baked in english bacon with rosemary (52 kcal)*
- Szechuan Pepper Chicken (d)** £66.94  
*pan fried and served with chilli jam (51 kcal)*

### FISH

- Smoked Salmon & Horseradish Blinis** £77.20  
*horseradish, dill & lemon give these their zing (51 kcal)*
- Honey & Ginger Glazed Trout Bites (g, d)** £80.26  
*chalkstream trout with our own honey & ginger marinade finished with sesame seeds (43 kcal)*

## BOXED CANAPÉS SET MENU

boxes of 36 canapés

### Mixed Canape Selection

box of 36 - 6 of each selection:  
Honey & Ginger Glazed Trout Bites (g, d)  
Smoked Salmon & Horseradish Blinis  
Mini Chicken Skewer with Chilli & Oregano (g, d)  
Duck Pancake & Hoisin (d)  
Pea & Mint Crostini (vegan, d)  
Feta & Honey Crostini (v)

**£71.56 per box**

### Vegan Canape Selection

box of 36 - 12 of each selection:  
Green Olive Tapenade with Balsamic Baby Onions (vegan, g, d)  
Tomato Bruschetta (vegan, d)  
Pea & Mint Crostini (vegan, d)

**£62.64 per box**

### Meat Canape Selection

box of 36 - 9 of each selection:  
Duck Pancake & Hoisin (d)  
Mini Chicken Skewer with Chilli & Oregano (g, d)  
Bacon & Prune (g, d)  
Szechuan Pepper Chicken (d)

**£69.28 per box**

### Fish Canape Selection

box of 36 - 18 of each selection:  
Honey & Ginger Glazed Trout Bites (g, d)  
Smoked Salmon & Horseradish Blinis

**£78.91 per box**

### Vegetarian Canape Selection

box of 36 - 6 of each selection:  
Broccoli Picante (vegan, g, d)  
Tomato Bruschetta (vegan, d)  
Pea & Mint Crostini (vegan, d)  
Mozzarella Pearl with Sunblush Tomato & Basil Crostini (v)  
Curried Cauliflower & Chutney (v)  
Feta & Honey Crostini (v)

**£63.62 per box**

### Dessert Canape Selection

box of 36 - 12 of each selection:  
Chocolate Strawberry (v, g)  
Salted Caramel & Chocolate Tartlet (v) **NEW!**  
Raspberry & Basil Blini (v)

**£69.10 per box**

### SWEET

- Raspberry & Basil Blini (v)** £66.94  
*a fresh raspberry, whipped sour balsamic cream and thai basil on a blini (53 kcal)*
- Fresh Fruit Tartlet (v)** £72.20  
*seasonal fruits with creme patisiere in sweet pastry (64 kcal)*
- Salted Caramel & Chocolate Tartlet (v) **NEW!**** £72.70  
*the rich, delicious combo in a dainty pastry case (78 kcal)*
- Chocolate Strawberry (vegan, g, d)** £64.06  
*English strawberries dipped in dark chocolate (39 kcal)*
- Fruit Kebab (vegan, g, d)** £64.06  
*a dainty colourful fruit skewer (9 kcal)*

**Best caterers in  
London bar none.**

5-Star Google Review





# 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, peppermint  
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, n);  
blondie 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.*



# 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	<b>£3.50</b>
<b>Belu - Still Mineral Water</b> 750 ml	<b>£3.50</b>
<b>Belu Still</b> 330ml	<b>£1.90</b>
<b>Belu Sparkling</b> 330ml	<b>£1.90</b>
<b>Daily Dose - Cold Pressed Rouge</b> cold pressed earthy beets meet naturally sweet apples and spicy ginger. 750ml	<b>£5.25</b>
<b>Daily Dose - Freshly Pressed British Orange Juice</b> freshly squeezed 100% mediterranean oranges...nothing else. 1 litre	<b>£5.25</b>
<b>Daily Dose - Freshly Pressed British Apple Juice</b> 100% british apples, an apple a day keeps the doctor away. 1 litre	<b>£5.25</b>
<b>Daily Dose - Freshly Squeezed Orange Juice</b> freshly squeezed 100% mediterranean oranges...nothing else. 300ml	<b>£3.05</b>
<b>Sprite</b> 330ml can	<b>£1.80</b>
<b>Coke</b> 330ml can	<b>£1.90</b>
<b>Coke Diet</b> 330ml can	<b>£1.80</b>
<b>Tango</b> 330ml can	<b>£1.80</b>
<b>San Pellegrino - Blood Orange</b> 330ml can	<b>£2.15</b>
<b>San Pellegrino - Lemon</b> 330ml can	<b>£2.15</b>
<b>Elderflower Presse - Still (vegan, g, d)</b> homemade cordial from locally picked elderflowers - 1 litre (3 kcal)	<b>£4.55</b>
<b>Elderflower Presse - Sparkling (vegan, g, d)</b> homemade cordial from locally picked elderflowers, but with a fizz to it - 1 litre (3 kcal)	<b>£4.55</b>
<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)	<b>£12.00</b>
<b>Beetroot &amp; Raspberry Smoothie - 1 litre (vegan, g, d)</b> with banana and soya milk (573 kcal)	<b>£13.50</b>
<b>Orange, Carrot &amp; Mango Smoothie - 1 litre (vegan, g, d)</b> the full orange spectrum packs a vitamin and flavour punch (442 kcal)	<b>£13.00</b>

## 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	<b>£17.75</b>
<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	<b>£17.50</b>
<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, peppermint). enough for ten servings (150ml cups). comes with dairy milk and sugars. does not include disposable cups	<b>£12.20</b>

## DISPOSABLES

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



## BEERS

- Toast Rise Up Lager** **£35.50**  
a seriously refreshing, helles-style lager with all english ingredients. clean, light and crisp. crafted with surplus bread, malted barley and hops. 12x330ml can
- Toast Grassroots Pale Ale** **£35.50**  
a mouth-wateringly juicy, hazy pale ale. Packed with passionfruit, peaches and pineapple. crafted wuth surplus bread, malted barley and hops. 12x330ml can
- Toast New Dawn IPA** **£35.50**  
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
- Toast Changing Tides 0.5% Lager** **£35.50**  
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

## CANS

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

## HOUSE WINE

- Laurent Miquel - Heritage Vineyards Rouge** **£19.50**  
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
- Laurent Miquel - Heritage Vineyards Blanc** **£19.50**  
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
- Laurent Miquel - Heritage Vineyards Rose** **£19.50**  
fragrant, crisp & refreshing, this delightful rosé is bursting with fresh summer berries 2020. launguedoc-roussillon, france. 750ml bottle. min 6

## SPARKLING WINE

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





**GET IN TOUCH**

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

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