

# Breakfast I

# Boxes



## Breakfast Boxes

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		Price
<b>Mixed pastries (6)</b>	A selection of freshly baked pastries croissant (x2), almond croissant, pain au chocolat, pain aux raisins and Portugese custart tart	£19.50
<b>Mini pastry box</b>	A selection of eighteen mini pastries	£21.00
<b>Fruit (6)</b>	Seasonal sliced fruit	£36.00
<b>Vegan pastry box</b>	Six freshly baked vegan pastries cherry flaxseed crowns (VG)	£20.00

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If you have specific dietary requirements, please contact our team for more information.

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# Pots & Drinks



## Individual Pots

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		Price
<b>Individual fresh fruit pot</b>	Mixed seasonal fruits	£4.20
<b>Vegan yoghurt</b>	Coconut, yoghurt, raspberry compote, banana, goji berries, granola	£4.50
<b>Granola with berries</b>	Granola with yoghurt and berries	£4.50

## Drinks

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<b>Tea, Coffee &amp; Biscuits</b>		£3.00
<b>Still/sparkling water</b>	700ml	£3.00
<b>Fresh Orange or Apple Juice</b>	1L	£7.00

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# Breakfast II

# Set Meals



## Breakfast Set Meals. Minimum order of 4.

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		Price
<b>Continental Breakfast</b>	<ul style="list-style-type: none"><li>• Selection of mini freshly baked croissants (1)</li><li>• A selection of mini freshly baked Danish pastries (1)</li><li>• Exotic fresh fruit platter</li></ul>	£5.95
<b>Savoury Breakfast</b>	<ul style="list-style-type: none"><li>• Fresh home-baked large breakfast muffins (1)</li><li>• Large croissants filled with a selection of savoury breakfast fillings (1)</li><li>• Delicious yoghurt with mixed red berries topped with granola (1)</li></ul>	£8.50
<b>Healthy Breakfast</b>	<ul style="list-style-type: none"><li>• Mini open bagel with light cream cheese and cucumber (1)</li><li>• Yoghurt with mixed red berries topped with granola (1)</li><li>• Honey, sultana, bran muffin (1)</li><li>• Homemade fruit smoothie (250 ml) (1)</li></ul>	£9.50

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# Breakfast Platters



## Breakfast Platters

		Price
<b>Fruit Platter</b>	<ul style="list-style-type: none"><li>• A selection of seasonal fruit (6)</li></ul>	£25.00
<b>Croissant &amp; Danish Pastry Platter</b>	<ul style="list-style-type: none"><li>• A selection of mini freshly baked croissants (6)</li><li>• A selection of mini freshly baked Danish pastries (6)</li></ul>	£20.00
<b>Yoghurt, Granola Pots Platter</b>	<ul style="list-style-type: none"><li>• Greek yoghurt pots with mixed berries topped with oat granola (6)</li></ul>	£21.00
<b>Breakfast Muffins Platter</b>	<ul style="list-style-type: none"><li>• Selection of freshly baked breakfast muffins (6)</li><li>• Mega berry burst</li><li>• Banana &amp; toffee</li><li>• Honey, sultana &amp; bran</li><li>• Multi-seed, carrot &amp; yoghurt</li></ul>	£18.50
<b>Vegan Mini Open Bagel Platter</b>	<ul style="list-style-type: none"><li>• A selection of mini open bagels with vegan toppings (6)</li><li>• Crushed avocado &amp; chickpea</li><li>• Peanut butter, banana &amp; coconut</li><li>• Beetroot hummus, sliced avocado &amp; sesame</li></ul>	£21.00
<b>Filled Savoury Croissant Platter</b>	<ul style="list-style-type: none"><li>• A selection of large savoury filled croissants (6)</li><li>• Sussex gammon &amp; farmhouse Cheddar</li><li>• Scottish smoked salmon &amp; cream cheese</li><li>• Free range boiled egg &amp; heritage tomato</li></ul>	£23.50
<b>Mini Bacon Soft Rolls Platter</b>	<ul style="list-style-type: none"><li>• Mini soft sesame rolls filled with grilled smoked back bacon with ketchup (12)</li></ul>	£36.00

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# Lunch I

# From The Sea



A selection of pescatarian sandwiches on artisan bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

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## Sandwiches

- Multi-seed bloomer with hot smoked salmon flakes, mayonnaise and cucumber
  - Sourdough with tuna salad, celery, mayonnaise and mixed salad
  - Ciabatta with taramasalata, Lebanese salad and spinach
  - Multi-seed bloomer with smoked mackerel, tomato and fresh herbs
  - Sourdough with prawns, curry mayonnaise and iceberg lettuce
  - Ciabatta with salmon tartare and rocket
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## Salads

- Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds
  - Quinoa, edamame & cannellini beans, feta and pomegranate salad
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## Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar
- 

## Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

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£60.00

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# From The Land



A selection of poultry and cured meat sandwiches, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

## Sandwiches

- Multi-seed bloomer with chicken Caesar salad
- Sourdough with chorizo, spicy mayonnaise, chicken and mixed salad
- Ciabatta with gammon with honey mustard, pineapple and green salad
- Multi-seed bloomer with pastrami, dill mustard and sweet pickle
- Sourdough with turkey, blue cheese, cranberry jam
- Ciabatta with classic BLT

## Salads

- Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds
- Quinoa, edamame & cannellini beans, feta and pomegranate salad

## Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar

## Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

£60.00

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# From The Garden



A selection of vegetarian sandwiches on artisan bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

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## Sandwiches

- Multi-seed bloomer with Lebanese salad, hummus, roasted red peppers and falafel
- Sourdough with mixed crunchy vegetable salad with mayonnaise
- Ciabatta with roasted vegetable, basil pesto and spinach
- Multi-seed bloomer with tomato tapenade, avocado, baby mozzarella and black olive
- Sourdough with cheddar with pickle and mixed salad
- Ciabatta with red pesto, cream cheese, mixed peppers, spinach and parsley

## Salads

- Harissa butternut squash, purple tenderstems, Shimeji mushrooms, rocket, spinach topped with sprouted beans, charred sweetcorn
- Quinoa, edamame, cannellini beans, feta and pomegranate

## Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar

## Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

£60.00

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From  
The  
Earth

A selection of meat, fish and vegetarian sandwiches on luxury sandwich bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

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### Sandwiches

- Lemon bread with chorizo, spicy mayonnaise, chicken and mixed salad
- Tomato bread with hot smoked salmon flakes, mayonnaise and cucumber
- Green olive bread with Lebanese salad, hummus, roasted red peppers and falafel
- Basil bread with chorizo, spicy mayonnaise, chicken and mixed salad
- Cocoa bread with hot smoked salmon flakes, mayonnaise and cucumber
- White bread with Lebanese salad

### Salads

- Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds
- Quinoa, edamame, cannellini beans, feta and pomegranate salad

### Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar

### Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

£60.00

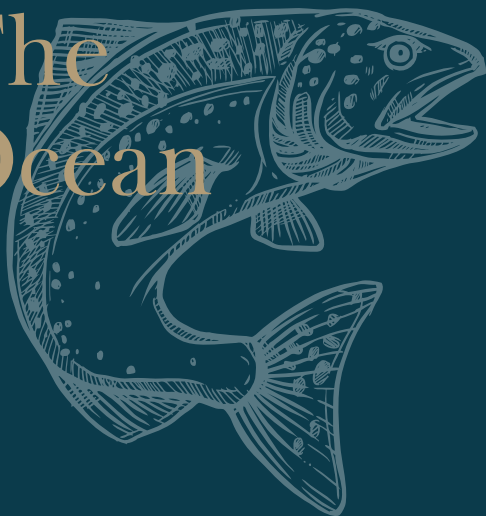
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# From The Ocean



A selection of pescatarian sandwiches on luxury sandwich bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

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## Sandwiches

- Lemon bread with smoked mackerel, tomato and fresh herbs
- Tomato bread with taramasalata Lebanese salad, spinach
- Green olive bread with prawn curry mayonnaise and iceberg lettuce
- Basil bread with hot smoked salmon flakes, mayonnaise and cucumber
- Cocoa bread with tuna salad, celery, mayonnaise and mixed salad
- Classic white bread with ciabatta salmon tartare and rocket

## Salads

- Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds
- Quinoa, edamame, cannellini beans, feta and pomegranate salad

## Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar

## Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

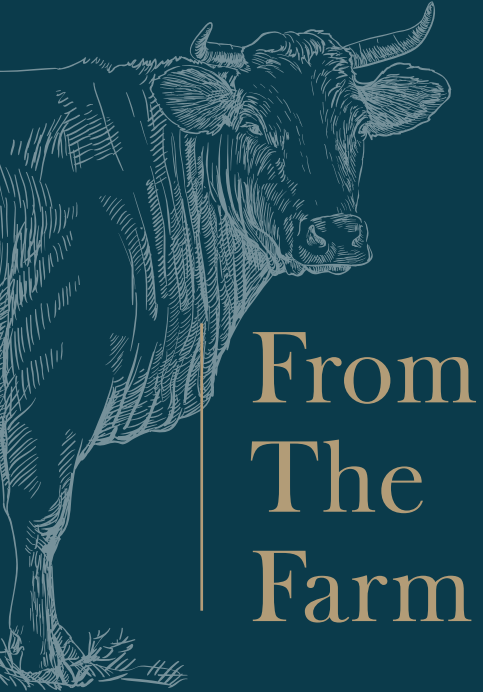
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A selection of poultry and cured meat sandwiches on luxury sandwich bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

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### Sandwiches

- Lemon bread with chicken Caesar salad
  - Tomato bread with chorizo, spicy mayonnaise, chicken and mixed salad
  - Green olive bread with gammon with honey mustard, pineapple and green salad
  - Basil bread with pastrami, dill mustard and sweet pickle
  - Cocoa bread with turkey, blue cheese, cranberry jam
  - Ciabatta with classic BLT
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### Salads

- Harissa butternut squash, purple tenderstems, Shimeji mushrooms, rocket, spinach topped with sprouted beans, charred sweetcorn
  - Quinoa, edamame, cannellini beans, feta and pomegranate
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### Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar
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### Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

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£60.00

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A selection of vegetarian sandwiches on luxury sandwich bread, delicious salads, sweet & savoury snacks. Based on a minimum of 4 people.

### Sandwiches

- Lemon bread with tomato tapenade, avocado, baby mozzarella and black olive
- Tomato bread with roasted vegetable, basil pesto and spinach
- Green olive bread with cheddar with pickle and mixed salad
- Basil bread with Lebanese salad, hummus, roasted red peppers and falafel
- Cocoa bread with mixed crunchy vegetable salad with mayonnaise
- White bread with red pesto, cream cheese, mixed peppers, spinach and parsley

### Salads

- Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds
- Quinoa, edamame, cannellini beans, feta and pomegranate salad

### Snacks

- Kettle Chips: Lightly salted and sea salt & balsamic vinegar

### Sweets

- Orange & lavender loaf cake
- Classic carrot cake

Package price

£60.00

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# Add Ons

Cheese Scones (6)		£8.50
Cheese Twists (6)		£9.00
Chocolate Brownie Bars (6)		£13.50
Scones (12) with Jam & Cream		£21.00
Mini Loaf Box	Lavender loaf & carrot cake	£10.50
Additional Salad	Choose from options in Lunch I	£8.25
Extra sandwich box	Choose from options in Lunch I	£24.00
Quiches (6)	Roasted tomato basil & cheddar (3) Beetroot & feta (3)	£13.50

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# Add Ons

Price per person

## The Health Detox

£13.00

### Sandwich

Mixed pepper red pesto, spinach and mixed leaves

### Salad

Smokey chipotle with sweet potato, beetroot, parsnip and pomegranate seeds with massaged kale, toasted pumpkin, sunflower & melon seeds

### Sweets

Carrot cake

## The Health Renew

£13.00

### Sandwich

Roasted vegetables, basil pesto, spinach and mixed leaves

### Salad

Harissa butternut squash, purple tenderstems, Shimeji mushrooms, rocket, spinach topped with sprouted beans, charred sweetcorn

### Sweets

Lemon and polenta slice

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# Lunch II

# Working Lunch

Minimum order: 4 people

Price per person

<b>The Victoria</b>	<ul style="list-style-type: none"><li>• Selection of sandwiches and tortilla wraps (6 per person)</li><li>• Hand-baked crisps with hummus</li></ul>	£9.00
<b>The Holborn</b>	<ul style="list-style-type: none"><li>• Selection of wraps and mini rolls – a mix of plain, spinach &amp; tomato tortilla wraps and filled mini gourmet soft rolls (4 per person)</li><li>• Selection of homemade cakes and desserts (2)</li><li>• Large tropical fruit skewers (2)</li></ul>	£11.50
<b>The Kensington</b>	<ul style="list-style-type: none"><li>• Flatbread selection - meat, fish and vegetarian filled flatbreads (6 pieces per person)</li><li>• Hand-baked crisps with hummus</li><li>• Exotic fresh fruit platter (sliced)</li></ul>	£13.00
<b>The City</b>	<ul style="list-style-type: none"><li>• Mini open sandwich selection (3 per person)</li><li>• Cherry tomato, bocconcini and basil skewers with pesto dip</li><li>• Vegetarian Niçoise salad with French dressing</li><li>• Hand-baked crisps with hummus</li><li>• Large tropical fruit skewer (1)</li></ul>	£13.50
<b>The Marylebone</b>	<ul style="list-style-type: none"><li>• Mini mixed rolls selection (3 per person)</li><li>• Italian chicken pesto skewer (1)</li><li>• Selection of homemade vegetarian quiches (1)</li><li>• Sweet potato falafels with hummus dip (2)</li><li>• Selection of homemade cakes and desserts (2)</li></ul>	£13.50
<b>The Mayfair</b>	<ul style="list-style-type: none"><li>• Halloumi, courgette &amp; roast pepper skewer (1)</li><li>• Spinach &amp; potato pakoras with mint raitha (2)</li><li>• Spring rice salad with courgettes, chickpeas, feta and herbs</li><li>• Salmon &amp; avocado salad with mixed green leaves</li><li>• Selection of homemade cakes and desserts (2)</li></ul>	£13.50

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# Salads



		Medium Serves 4-6	Large Serves 8-10
<b>Meat</b>	• Chicken and avocado garden salad		
	• Chicken Caesar salad	£26.50	£38.50
	• Oriental duck noodle salad		
<b>Fish</b>	• Poached salmon and new potato salad		
	• Tuna Niçoise salad	£30.00	£44.50
	• Marinated king prawn and avocado salad		
<b>Vegetarian</b>	• Red and golden beetroot salad		
	• Roasted artichoke and Mediterranean vegetable salad	£24.00	£36.50
	• Greek salad		
	• Honey roast sweet potato and pearl couscous salad		

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# Cold Fork Buffet Menu

Minimum order: 6 people



## The Knightsbridge

- Fiery chicken breast with grilled vegetables, topped with shredded cheese and citrus-balsamic dressing
- Selection of homemade vegetarian quiches 
- Roasted beetroot, Braeburn apple, baby spinach with hazelnut cider dressing 
- Pesto penne pasta salad with Parmesan shavings, olives, cherry tomatoes and fresh basil 
- Chickpea and roasted Mediterranean vegetable salad 
- Selection of bread and butter
- Lime meringue tartlets

Price per person





£26.50

## The Chelsea

- Chargrilled chicken breast with wild rice, lentil, endives, cranberries, topped with crispy onion
- Seared shrimp, pineapple, orange segments, bell peppers, spring onions, coriander and sesame seeds with a honey-lime dressing
- Fusilli pasta, sun-blushed tomato and Bocconcini with fresh basil and olive tapenade 
- Red and golden beetroot salad in a herb and lemon olive oil, garnished with orange segments 
- Mexican style chorizo salad with mixed beans and cherry tomato
- Selection of bread and butter
- Triple chocolate fudge brownies

£30.00

## The Belgravia

- Grilled chicken breast, avocado, chopped coriander, cherry tomato and asparagus with spicy lime dressing
- Butternut squash tartlet 
- Lentil and goats' cheese with sun-blushed tomato salad 
- Middle Eastern wild rice salad with pomegranate and coriander 
- Smoked salmon and spinach noodle salad
- Mixed leaf salad 
- Selection of bread and butter
- Classic Italian tiramisu

£32.50

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Gluten free



Vegan



Vegetarian

# Individually Wrapped Items

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## All items listed below are served in a box or bowl per person

Lunch Box - Baguette	Meat or vegetarian baguette, mixed salad, apple, cake slice and Kettle chips	£13.50
Lunch Box - Wraps	Meat or vegetarian wraps, crudites with hummus dip, apple, vegan cake slice and Kettle chips	£13.50
Lunch Box - Savoury	Meat or vegetarian filled sandwich, vegetable quiche tart, breaded chicken strip, cake slice and Kettle chips	£16.00
Salad - Chicken Caesar	Herb roasted chicken breast, romaine lettuce, Parmesan and crunchy croutons with Caesar dressing	£9.00
Salad - Roasted Salmon and Avocado	Seasoned salmon fillet, avocado, mixed peppers, tomato, cucumber and mixed leaves with balsamic dressing	£10.50
Salad - Super Food Quinoa	Quinoa salad with broccoli, yellow courgette, chickpea, carrot and crunchy walnuts	£8.50
Salad - Greek	Tomatoes, cucumber, feta cheese, black olives and houmous with toasted pitta and mint	£8.50
Buddha Bowls - Mexican Chicken and Avocado	Smoked paprika chicken breast, wild rice salad with roast peppers, rainbow slaw salad and sliced avocado	£13.00
Buddha Bowls - Superfood King Prawn	Marinated king prawns, quinoa salad with avocado and cherry tomatoes, edamame and fennel salad with rocket	£13.50
Buddha Bowls - Rainbow Salmon	Honey mustard grilled salmon, rainbow slaw with new potato, rocket salad, cherry tomato, Parmesan cheese and balsamic dressing	£13.50
Buddha Bowls - Szechuan Tofu Stir Fry (V)	Marinated grilled tofu with spicy peanut sauce, Szechuan mushroom and aubergine stir fry, coconut lime rice and pak choi	£11.50
Buddha Bowls - Greek Halloumi (V)	Chargrilled halloumi, pearl couscous salad with roast sweet potato and pomegranate, marinated artichokes, chargrilled courgettes, peppers and aubergines	£11.50

# Add Ons

Minimum order: 6 people

## Sweet treats

Chocolate brownie £4.30 per slice

Carrot cake

Cherry & almond loaf cake

Coffee & walnut cake

Upside pineapple cake

Banana and toffee loaf cake

Lemon drizzle

Bakewell cake

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Dark chocolate brownie slice   £3.50 per slice

Millionaire cake  

Raspberry oat flapjack  



Gluten free



Vegan



Vegetarian

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Argyll

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