

# Fork & Salads

## Spring 2017



EDEN  
caterers

everything on this menu is homemade by our chefs

"He's (Prince Charles) very relaxed at the table, throwing his salad around willy-nilly. I didn't find him stiff at all." Madonna

**12:00 prior day order deadline**

## fork buffet

Whether a party, meeting or conference our Fork Buffets provide 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.

There is a minimum order of eight guests

### jacaranda

**Roast Lemon & Thyme Chicken Breast (g, d)**

**Spiced Prawns & Smoked Salmon with Wasabi & Lime Kale & Butternut Frittata (v, g)**

**Broccoli & Cauliflower Salad with Feta (v, g)**

cauliflower and broccoli tiny florets with feta, tomato, black olives and Italian dressing

**Mixed Leaf Salad with Red Wine Dressing (vegan, g, d)**

four seasonal leaves with red wine vinaigrette dressing and fresh herbs

**Rolls & Butter (v)**

**Bakewell Tart (n)**

the delicious Derbyshire almond flan, served with cream

£21.50 pp or £23.00 pp inc cutlery & crockery

### birch

**Blythburgh Farm Slow Roast Ham with Marmalade Dressing (g, d)**

**Steamed River Trout with Hazelnuts (g, d, n)**

**Honey Roast Carrot & Parsnip (v)**

with barley, olives, seeds and balsamic dressing

**Cous Cous with Roasted Roots (vegan, d)**

celeriac, beetroot, squash, pomegranate and pumpkin seeds with vinaigrette

**Mixed Leaf Salad with Red Wine Dressing (vegan, g, d)**

four seasonal leaves with red wine vinaigrette dressing and fresh herbs

**Rolls & Butter (v)**

**Dark Chocolate & Orange Ganache Tartlet (v)**

Belgian dark chocolate, double cream and orange zest in a crisp sweet pastry

£21.50 pp or £23.00 pp inc cutlery & crockery

### oak

**Aberdeen Angus Outdoor Reared Beef (g)**

rare roast with creamed horseradish

**Fresh Salmon with Mirin (g, d)**

Mirin glazed salmon with citrus infused carpaccio of cucumber

**Orange, Walnut & Stilton Salad (v, g, n)**

chopped walnut with crumbled Colston Basset stilton, orange segments and pousse leaves drizzled with olive oil

**New Potato Salad (vegan, g, d)**

with spring onion and French dressing

**Mixed Leaf Salad with Red Wine Dressing (vegan, g, d)**

four seasonal leaves with red wine vinaigrette dressing and fresh herbs

**Rolls & Butter (v)**

**French Apple Flan with Cream (v)**

brambley and braeburn with apricot glaze on crunchy pastry, served with pouring cream

£21.50 pp or £23.00 pp inc cutlery & crockery

**16:30 prior day order deadline**  
**sharing salad bowls**

These salads are delivered in beautiful serving bowls with tongs. Each bowl is designed to be part of a selection. We recommend selecting a minimum of three salad bowls to give a complete meal for six guests. These salads can be eaten standing using only a fork. Forks, plates or bowls are NOT included. Please hire from us if needed.

### meat & fish sharing salad bowls

**Chargrilled Chicken with Beans & Broccoli - 6-8 portions (g)** free range chicken with haricot and butter beans, chargrilled broccoli, £22.00 baby leaves, dried cranberries & minted yoghurt.

**Smoked Dorset Trout with Edamame Beans & Barley - 6-8 portions (d)** with celeriac and fennel remoulade, pickled red onion, edamame beans, black barley & lemon dill dressing £24.00

**Chorizo with Roasted Peppers and Rocket Salad - 6-8 portions (g)** with roasted peppers and rocket, olives and capers £23.00

**Farfalle pasta with Smoked Salmon - 6-8 portions (d)** baby spinach, lemon zest dressing £25.00

### vegetarian sharing salad bowls

**Mixed Leaf Salad with Red Wine Dressing - 6-8 portions (vegan, g, d)** four seasonal leaves with red wine vinaigrette dressing and fresh herbs £14.50

**Baby leaf & Beetroot Salad - 6-8 portions (vegan, g)** baby leaves with cranberries, chopped fresh beetroot and lemon dressing £17.00

**Orange, Walnut & Stilton Salad - 6-8 portions (v, g, n)** chopped walnut with crumbled Colston Basset stilton, orange segments and pousse leaves drizzled with olive oil £22.00

**Broccoli & Cauliflower Salad with Feta - 6-8 portions (v, g)** cauliflower and broccoli tiny florets with feta, tomato, black olives and Italian dressing £19.00

**Kale Salad with Pecans, Bella Lodi and Cranberries - 6-8 portions (v, g, n)** curly kale, cranberry, pecan and bella lodi with lemon dressing £24.00

**Honey Roast Carrot & Parsnip - 6-8 portions (v)** with barley, olives, seeds and balsamic dressing £19.00

**Cous Cous with Roasted Roots - 6-8 portions (vegan, d)** celeriac, beetroot, squash, pomegranate and pumpkin seeds with vinaigrette £19.00

**Wild Rice Salad - 6-8 portions (vegan, g, d, n)** with mint, sultanas, rocket and chives with balsamic dressing £20.00

**New Potato Salad - 6-8 portions (vegan, g, d)** with spring onion and French dressing £17.00

**meze salad**

Large platter/bowls with at least ten different salad items, bread rolls and butter. Designed to provide a complete, highly nutritious

**Meze Vegetarian Salad - Spring - 5-7 people (v)** a platter of yummy salads designed to offer a complete, highly nutritious and varied meal. To include bread rolls and a minimum of 10 seasonally changing different salad items £54.00

**Meze Traditional Salad - Spring - 5-7 people** Traditional Meze a scrumptious cold English plate to include bread rolls and a minimum of 10 different meat, fish and salad items including: roast beef, salmon, chicken, prawns, a variety of salads and sauces £57.00

**salad boxes**

**generous individual boxes complete with a fork and dressing**

**Cous Cous with Roasted Roots & Beetroot Houmous (vegan, d)** celeriac, beetroot, swede and beetroot houmous with pomegranate and pumpkin seeds. Red wine vinaigrette dressing £5.55 each

**Kale Salad with Pecans, Bella Lodi and Cranberries (v, g, n)** curly kale, cranberry, pecan and bella lodi with lemon dressing £5.40 each

**Chorizo with Roasted Peppers and Rocket Salad (v, g)** with roasted peppers and rocket, olives and capers £5.75 each

**Chargrilled Chicken with Beans & Broccoli (g)** free range chicken with haricot and butter beans, chargrilled broccoli, baby leaves, dried cranberries & minted yoghurt. £5.55 each

**Smoked Dorset Trout with Edamame Beans & Barley (d)** with pickled red onion, edamame beans, pearl barley & lemon dill dressing £5.90 each

## equipment hire

Dinner Plate or bowl (full meal size)

46p each

Fork or knife

40p each

t: 020 7803 1212

e: orders@edencaterers.london

f: 020 7803 1213

w: www.edencaterers.london



To order: Express website or email  
Order deadline: times are specific to each meal type.  
This menu will be served from 1st Feb 2017 to 31st May 2017  
dietary legend: v=vegetarian, g=gluten free, d=dairy free, n=contains nuts  
Items marked gluten free have no gluten containing ingredients (ngci)  
Allergen information is on our website and is supplied with your order  
Most but not all items are subject to VAT  
Prices may be subject to a venue commission  
Please see our full terms and conditions on our website  
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