

# Working Lunch

## Spring 2017



EDEN  
caterers

*"A man may be a pessimistic determinist before lunch and an optimistic believer in the will's freedom after it."*  
Aldous Huxley

## sandwiches

### vegetarian

<b>Kale &amp; Sweet Potato on Multi Seed Bloomer (vegan, d)</b> sweet potato puree with quinoa tapenade and steamed kale.	£3.05
<b>Beetroot Houmous &amp; Rocket in a Spinach Tortilla Wrap (vegan, d)</b> English beetroot with chickpeas, lemon, tahini and garlic with rocket	£3.10
<b>Brie &amp; Cranberry on Tunnbrod (v)</b> English brie & our own cranberry sauce	£3.10
<b>Cheddar &amp; Pickle on Roasted Barley Baguette (v)</b> farmhouse cheddar with homemade root vegetable pickle on a stone baked baguette	£3.55
<b>Beetroot, Spinach &amp; Goat's Cheese on Multi Seed Bloomer (v)</b> steamed beetroot with baby leaf spinach, goat's cheese and raisin dressing	£3.45
<b>Egg &amp; Tomato on Malted Grain (v)</b> free range egg mayonnaise & tomato	£3.00
<b>Cheddar &amp; Pickle on Malted Grain (v)</b> farmhouse cheddar with homemade root vegetable pickle	£2.95
<b>Kale &amp; Sweet Potato on Gluten Free Bread (v, g, d)</b> sweet potato puree with quinoa tapenade and steamed kale.	£3.40

### meat

<b>Egg &amp; Bacon in a Baguette</b> egg mayonnaise with crispy bacon	£3.30
<b>Rare Roast Beef with Horseradish on Malted Grain</b> thinly sliced roast beef with horseradish cream & mixed leaves	£3.40
<b>Pastrami with Emmenthal in a Seeded Bagel</b> peppered pastrami with emmenthal and sweet mustard	£3.60
<b>Chicken &amp; Houmous in a Wrap (d, n)</b> Free range Gloucestershire chicken with our beetroot houmous and lettuce	£3.20
<b>Roast Rosemary Chicken on Malted Grain</b> roast chicken with rosemary mayonnaise and baby leaf	£3.35
<b>Blythburgh Farm Gammon Ham &amp; Mustard on White Bread</b> honey & mustard baked free range gammon with English mustard	£3.60
<b>Blythburgh Farm Gammon Ham &amp; Marmalade on Sourdough Baguette</b> baked gammon with mustard, marmalade & baby spinach	£3.95
<b>Rare Roast Beef with Horseradish on Gluten Free Bread (g)</b> thinly sliced roast Aberdeen Angus beef with horseradish cream & mixed leaves	£3.80

### fish

<b>Prawn Cocktail on Malted Grain</b> prawns, lettuce and a cocktail mayonnaise	£3.60
<b>Asian Salmon &amp; Spinach in Tunnbrod (d)</b> baby spinach leaves with salmon poached in ginger, lime, coriander and chilli.	£3.85
<b>Smoked Mackerel &amp; Ricotta in a Spinach Wrap</b> with nutmeg, capers and mixed leaves.	£3.50
<b>Smoked Salmon &amp; Cream Cheese on Malted Grain</b> with cream cheese and black pepper	£3.95
<b>Smoked Salmon &amp; Cream Cheese on Gluten Free Bread (g)</b> with cream cheese and black pepper	£3.95

## set sandwich platters 6 rounds on one platter

<b>NEW Open Sandwich Platter (12 pieces)</b> two each of the following: Asian Salmon with Rocket on Roasted Barley Baguette, Beetroot Houmous on Sourdough Baguette, Blythburgh Gammon & Marmalade on Mini Bagel, Kale & Sweet Potato on Sourdough, Pastrami & Emmenthal on Mini Bagel, Prawn Cocktail on Roasted Barley Baguette	£28.00 platter
<b>Rustic Platter</b> six speciality bread and roll sandwiches: Pastrami with Emmenthal, Egg & Bacon, Blythburgh Farm Gammon Ham & Spinach x 2 Cheddar & Pickle x 2	£24.00 platter
<b>Wrap Platter</b> two each of the following: Beetroot Houmous & Rocket in a Spinach Tortilla Wrap, Smoked Mackerel & Ricotta in a Spinach Wrap Chicken & Houmous in a Wrap	£19.00 platter
<b>Classic Sandwich Platter</b> One each of the following: Roast Rosemary Chicken, Rare Roast Beef with Horseradish, Prawn Cocktail, Blythburgh Farm Gammon Ham & Mustard, Egg & Tomato, Cheddar & Pickle	£20.00 platter
<b>Contemporary Sandwich Platter</b> One each of the following: Smoked Mackerel & Ricotta in a Spinach Wrap, Blythburgh Farm Gammon Ham & Spinach, Brie & Cranberry, Kale & Sweet Potato, Pastrami with Emmenthal, Cheddar & Pickle	£22.00 platter
<b>Mixed Sandwich Platter</b> One each of the following: Prawn Cocktail, Blythburgh Farm Gammon Ham & Mustard, Egg & Tomato, Beetroot Houmous & Rocket in a Spinach Tortilla Wrap, Chicken & Houmous in a Wrap, Smoked Mackerel & Ricotta in a Spinach Wrap	£20.50 platter
<b>Meat Sandwich Platter</b> One each of the following: One each of the following: Roast Rosemary Chicken, Rare Roast Beef with Horseradish, Blythburgh Farm Gammon Ham & Mustard, Blythburgh Farm Gammon Ham & Spinach, Chicken & Houmous in a Wrap, Pastrami with Emmenthal	£23.00 platter
<b>Fish Sandwich Platter</b> Six rounds including: Smoked Mackerel & Ricotta in a Spinach Wrap, Smoked Salmon & Cream Cheese, Prawn Cocktail x 2 Asian Salmon & Spinach x 2	£26.00 platter
<b>Vegetarian Sandwich Platter (v)</b> One each of the following: Egg & Tomato, Cheddar & Pickle, Beetroot Houmous & Rocket in a Spinach Tortilla Wrap, Beetroot, Spinach & Goat's Cheese, Brie & Cranberry, Kale & Sweet Potato	£17.50 platter
<b>Finger Buffet Platter</b> Three of each of the following finger buffet on one platter (12 in total): Sushi Roll, broccoli & emmenthal cheese tart, Beef Kofta with Mint Yoghurt Chicken Brochette with Rosemary & Lime	£20.55 Platter
<b>Vegetarian Finger Buffet Platter</b> Three of each of the following finger buffet on one platter (12 in total): Pizza, Samosa, Falafel, Sticky Squash Skewer	£20.50 Platter

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f: 020 7803 1213 w: www.edencaterers.london

## finger buffet

### vegetarian

<b>Samosa (vegan, d)</b> packed full of fresh vegetables and potatoes in a spicy sauce enclosed in a crisp pastry case	£1.70
<b>Sticky Squash &amp; Sesame (vegan, d)</b> baked soy and honey smothered squash with sesame seeds on a skewer	£1.65
<b>Falafel with Beetroot Houmous - 2 per portion (vegan, g, d)</b> sweet potato falafel with turneric and cumin topped with beetroot houmous	£1.70
<b>Tortilla Chips with Salsa Dip - 40g portion (vegan, g, d)</b> with salsa dip	£0.95
<b>Kettle Crisps - 40g portion (vegan, g, d)</b> with salsa dip	£1.10
<b>Cheesy Paprika Puff - 2 per portion (v)</b> onion, breadcrumbs, cheddar, chives, thyme, parsley and double cream with a puff pastry case	£1.70
<b>Greek Pastry (v)</b> spinach, feta cheese, pinenuts, nutmeg and parsley in crisp filo pastry	£1.70
<b>Broccoli &amp; Emmenthal Cheese Tart (v)</b> the Swiss king of cooking cheeses with an English vegetable viscount. A royal marriage	£1.65
<b>Mini Pizza with Rocket (v)</b> foccaccia base with tomato sauce, rocket and grated bella lodi	£1.80
<b>Sushi Roll (v)</b> mix of traditional maki sushi with pickled ginger and soy	£1.80

### meat

<b>Cheddar Scone with Chorizo</b> home baked cheddar scone with a mascarpone and chorizo filling	£1.70
<b>Beef Kofta with Mint Yoghurt (g)</b> kofta made with onion, parsley, cumin and paprika served with a mint yoghurt dip.	£1.70
<b>Cocktail Sausages with Honey - 3 per portion (d)</b> honey and mustard coated cumberlands	£1.65
<b>Chicken Brochette with Rosemary &amp; Lime (g, d)</b> chicken breast in a rosemary & lime marinade	£1.75

### fish

<b>Salmon Tartlet - 2 per portion</b> salmon and spinach with sambal oelek chilli.	£1.80
<b>Prawn &amp; Ricotta Filo Cup</b> with Chilli & Lemon Dressing prawn, ricotta, spring onion, lemon and chilli in a filo pastry cup	£1.70
<b>Smoked Mackerel Crostini</b> smoked mackerel with lemon, crème fraiche & horseradish on crostini	£1.60

## fruit

<b>Fresh Fruit Skewer - 1 per portion (vegan, g, d)</b> seasonal fruit chunks on sticks	£1.55 each
<b>Cut Fruit - per person (vegan, g, d)</b>	£2.50 p/p
<b>Cut Fruit Platter - for 8-12 people (vegan, g, d)</b>	£17.50 each
<b>Large Whole Fruit Platter - for 10-15 people (vegan, g, d)</b>	£18.50 each
<b>Small Whole Fruit Platter - for 5-10 people (vegan, g, d)</b>	£14.00 each

## cakes

<b>Cake Platter</b> eight cakes from the selection below	£14.30
<b>Ginger Cake</b> Lyles syrup, free range eggs, butter and ginger; only what it needs.	£1.80
<b>Egg Custard Tart (v)</b> those yummy Portuguese specialities	£1.85
<b>Marmalade Polenta Cake (v, g, n)</b> gluten free polenta cake with our homemade marmalade glaze.	£1.80
<b>Rhubarb Tartlet - 2 per portion (v)</b> poached English of course	£2.15
<b>Orange Posset Pot (v, g)</b> orange & cream dainty mini dessert	£1.85
<b>Walnut Brownie (v, n)</b> dark, thick and gooey	£1.75
<b>Chocolate &amp; Date Flapjack (vegan, d)</b> chopped dates, dark chocolate with maple syrup, coconut and jumbo oats	£1.75
<b>Mini Muffin - 2 per portion (v)</b> Blueberry Mini	£1.80

## cheese

**A British Cheeseboard (v, n)** Isle of Mull Mature Cheddar, Shropshire Orange Curd Blue, Croxton Manor English Brie served with celery, grapes, oatcakes and crackers

£4.00 p/p



everything on this menu is homemade by our chefs

## executive presentation

select executive presentation for special occasions. Food will be on very smart white platters with chocolates for each guest. There is a 10% surcharge.

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 deadline:  
16:30 prior working day for assured delivery time  
To order: email or on our Express website  
This menu is served from  
1st Feb 2017 to 31st May 2017  
Prices may be subject to a venue commission  
Set Menus and some items are subject to VAT



# Working Lunch Set Menus Spring 2017



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caterers

*"Manhattan is a narrow island off the coast of New Jersey devoted to the pursuit of lunch." Raymond Sokolov*

These menus enable you to order quickly, a quality working lunch (sandwiches, finger buffet, cakes, fruit, cheese) at a price and mix of content to suit your budget. All the sandwiches and buffet items are selected by us, unless named, and rotate daily from this season's list over. You simply select the menu which matches your requirements and order for the number of people you are catering for (minimum of 3). The food, as standard, is served on black, recyclable platters with a serviette for each guest. Unwrapping is the only requirement. There is an "Executive Presentation" option. See below for details.

## willow

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Finger Buffet** 2 per person (min of 3 types) selected by us from this season's list  
**Kettle Crisps** 1/2 portion per person  
**Fresh Fruit Skewer** 1 per person  
**Cake & dessert** mini homemade selection, 1 per person  
**Cheese Board** 1 portion per person

£14.50  
p/p

## magnolia

**Sandwiches** including 1 round per person varying daily from this season's selection  
**Finger Buffet** 2 per person (min' of 3 types) selected by us from this season's list  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Cut Fruit** 1 portion per person  
**Cheese Board** 1 portion per person

£13.50  
p/p

## wisteria

**Sandwiches** including 1 round per person varying daily from this season's selection  
**Finger Buffet** 3 items per person selected by us from this season's list.  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Fresh Fruit Skewer** 1 per person

£11.05  
p/p

## laurel

**Sandwiches** 1 round per person varying daily from this season's selection  
**Finger Buffet** 3 items per person selected by us from this season's list.  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Cake & dessert** mini homemade selection, 1.5 per person

£11.05  
p/p

## clematis

**Sandwiches** 1 round per person varying daily from this season's selection  
**Finger Buffet** 3 items per person selected by us from this season's list.  
**Italian Olives**  
**Fresh Fruit Skewer** 1 per person

£11.50  
p/p

## camellia — a menu with extra finger buffet

**Sandwiches** including 1 round per person varying daily from this season's selection  
**Finger Buffet** 4 items per person selected by us from this season's list.  
**Cut Fruit** 1 portion per person

£11.95  
p/p

## jasmin

**Sandwiches** including 1 round per person varying daily from this season's selection  
**Finger Buffet** 2 per person (min' of 3 types) selected by us from this season's list  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Cake & dessert** mini homemade selection, 1 per person  
**Fresh Fruit Skewer** 1 per person

£10.15  
p/p

## jasmin — gluten free NEW

**Sandwiches** including 1 gluten free round per person  
**Finger Buffet** 2 per person  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Cake** 1 per person  
**Chocolate Strawberry**

£10.15  
p/p

## maple

**Sandwiches** 1 round per person varying daily from this season's selection  
**Finger Buffet** 2 items per person selected by us from the current menu  
**Kettle Crisps (vegan, g) (40g per portion)** with salsa dip  
**Fruit** 1.5 pieces of whole fruit per person

£9.40  
p/p

## lilac

**Sandwiches** including 1 round per person varying daily from this season's selection  
**Finger Buffet** 2 per person (min of 3 types) selected by us from this season's list  
**Cut Fruit** 1 portion per person

£9.15  
p/p

## thistle

**Sandwiches** including 1.5 round per person varying daily from this season's selection  
**Cake & dessert** mini homemade selection, 1.5 per person  
**Cut Fruit** 1 portion per person

£9.00  
p/p

## acer

**Sandwiches** including 1.5 round per person varying daily from this season's selection  
**Crisps**  
**Cake & dessert** mini home made selection, 1 per person  
**Fresh Fruit Skewer** 1 per person

£8.75  
p/p

## rowan

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Tortilla Chips (vegan, g) (25g per portion)** with salsa dip  
**Cut Fruit** 1 portion per person

£8.50  
p/p

## mulberry

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Kettle Crisps (vegan, g) (40g per portion)**  
**Cake & dessert** mini homemade selection, 1.5 per person

£7.35  
p/p

## hawthorn

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Cut Fruit** 1 portion per person cut for easy eating

£7.65  
p/p

## hibiscus

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Kettle Crisps (vegan, g) (40g per portion)**  
**Fresh Fruit Skewer** 1 per person

£7.50  
p/p

## azalea

**Sandwiches** including 1.5 rounds per person varying daily from this season's selection  
**Cake & dessert** mini homemade selection, 1.5 per person

£6.75  
p/p

There is a minimum order of three of any set menu

## executive presentation

Needing a very smart presentation? Select or ask for "Executive Presentation". Your food will be on very smart white platters with chocolates for each guest. There is a 10% surcharge for this service.

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To order use our Express website or by email  
 Order deadline: 16:30 prior working day  
 This menu is served from 1st Feb 2017 to 31st May 2017  
 Allergen information is on our website and is supplied with your order  
 All items are subject to VAT at 20%  
 Prices may be subject to a venue commission.  
 Please see our full terms and conditions on our website