

# Working Lunch

## Spring 2018



EDEN  
caterers

everything on this menu is  
homemade by our chefs

"Let food be thy medicine and medicine be thy food" - Hippocrates

## sandwiches

### vegetarian

**Kale & Sweet Potato on Multi Seed Bloomer (vegan, d)** £3.05  
sweet potato puree with quinoa tapenade and steamed kale

**Beetroot Houmous & Rocket in a Spinach Tortilla Wrap (vegan, d)** £3.10  
English beetroot with chickpeas, lemon, tahini and garlic with rocket

**Brie with Plum & Ginger Chutney on Tunnbrod (v) NEW** £3.10  
English brie & our own plum & ginger chutney

**Cheddar & Pickle on Roasted Barley Baguette (v)** £3.55  
farmhouse cheddar with homemade root vegetable pickle on a stone baked baguette

**Beetroot, Spinach & Goat's Cheese on Multi Seed Bloomer (v)** £3.45  
steamed beetroot with baby leaf spinach, goat's cheese and raisin dressing

**Egg & Tomato on Malted Grain (v)** £3.00  
free range egg mayonnaise & tomato

**Cheddar & Pickle on Malted Grain (v)** £2.95  
farmhouse cheddar with homemade root vegetable pickle

**Kale & Sweet Potato on Gluten Free Bread (v, g, d)** £3.40  
sweet potato puree with quinoa tapenade and steamed kale

### meat

**Egg & Bacon in a Baguette** £3.30  
egg mayonnaise with crispy bacon

**Rare Roast Beef with Roasted Tomato on Malted Grain NEW** £3.50  
thinly sliced rare roast beef with roast tomato with garlic & bella lodi dressing

**Pastrami with Emmenthal in a Seeded Bagel** £3.80  
peppered pastrami with emmenthal and sweet mustard

**Chicken & Houmous in a Wrap (d, n)** £3.30  
Free range Gloucestershire chicken with our beetroot houmous and lettuce

**Roast Rosemary Chicken on Malted Grain** £3.35  
roast chicken with rosemary mayonnaise and baby leaf

**Blythburgh Farm Gammon Ham & Mustard on White Bread** £3.70  
honey & mustard baked free range gammon with English mustard

**Blythburgh Farm Gammon Ham & Marmalade on Sourdough Baguette** £3.95  
baked gammon with mustard, marmalade & baby spinach

**Rare Roast Beef with Roasted Tomato on Gluten Free Bread (g) NEW** £3.80  
thinly sliced rare roast beef with roast tomato with garlic & bella lodi dressing

### fish

**Trout with Horseradish on Malted Grain NEW** £3.85  
poached Chalk Stream Farm trout with horseradish crème fraiche & red chard

**Asian Salmon & Spinach in Tunnbrod (d)** £3.95  
baby spinach leaves with salmon poached in ginger, lime, coriander and chilli

**Smoked Mackerel & Ricotta in a Spinach Wrap** £3.60  
with nutmeg, capers and mixed leaves

**Smoked Salmon & Cream Cheese on Malted Grain** £3.95  
with cream cheese and black pepper

**Smoked Salmon & Cream Cheese on Gluten Free Bread (g)** £3.95  
with cream cheese and black pepper

## 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  
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## finger buffet

### vegetarian

**Samosa (vegan, d)** packed full of fresh vegetables and potatoes in a spicy sauce enclosed in a crisp pastry case £1.70

**Sticky Squash & Sesame (v, d)** baked soy and honey smothered squash with sesame seeds on a skewer £1.65

**Falafel with Beetroot Houmous - 2 per portion (vegan, g, d)** sweet potato falafel with turmeric and cumin topped with beetroot houmous £1.70

**Tortilla Chips with Salsa Dip - 40g portion (vegan, g, d)** with salsa dip £0.95

**Kettle Crisps - 40g portion (vegan, g, d)** with salsa dip £1.30

**Greek Pastry (v)** spinach, feta cheese, pinenuts, nutmeg and parsley in crisp filo pastry cup £1.70

**Broccoli & Emmenthal Cheese Tart (v)** the Swiss king of cooking cheeses with an English vegetable viscount—a royal marriage £1.85

**Mini Pizza with Rocket (v)** focaccia base with tomato sauce, rocket and grated bella lodi £1.80

**Sushi Roll (v)** mix of traditional maki sushi with pickled ginger and soy £1.80

### meat

**Cheddar Scone with Chorizo** home baked cheddar scone with a mascarpone and chorizo filling £1.70

**Meatballs Glazed with Tomato Barbecue Sauce - 2 per portion (d) NEW** £1.65  
beef & pork meatballs with a sticky tomato barbecue sauce

**Cocktail Sausages with Honey - 3 per portion (d)** honey and mustard coated Cumberland £1.60

**Chicken Brochette with Rosemary & Lime (g, d)** chicken breast in a rosemary & lime marinade £1.75

### fish

**Salmon Tartlet - 2 per portion** salmon and spinach with sambal oelek chilli £1.90

**Prawn & Ricotta Filo Cup** with Chilli & Lemon Dressing prawn, ricotta, spring onion, lemon and chilli in a filo pastry cup £1.80

**Smoked Mackerel Crostini** smoked mackerel with lemon, crème fraiche & horseradish on crostini £1.70

## cakes

**Cake Platter** eight cakes from the selection below £15.00

**Cranberry Polenta Cake (v, g, n) NEW** £1.80  
polenta cake with fresh cranberries

**Courgette Cake with Cream NEW** £1.90  
Cheese Frosting (v, n) delicious moist cake that is sure to pleasantly surprise

**Lemon Drizzle Cake (v)** light sponge cake with fresh lemon and crunchy sugar topping £1.80

**Egg Custard Tart (v)** those yummy Portuguese specialities £1.85

**Rhubarb Tartlet - 2 per portion (v)** poached English of course £2.15

**Red Velvet Cake (v)** naturally flavoured with beetroot and cocoa topped with a creamy frosting £1.80

**Orange Posset with Blood Orange Jelly - Mini Pot (v, g) NEW** £1.85

**Walnut Brownie (v, n)** dark, thick and gooey £1.75

**Apricot, Walnut & Coconut Energy Balls - 2 per portion (vegan, g, d, n)** with orange, maple syrup & cashew nuts £1.80

**Mini Muffin - 2 per portion (v)** £1.80

**Blueberry Mini**

## fruit

**Fresh Fruit Individual Salad Pot (vegan, g, d)** £2.85 each

**Fresh Fruit Skewer - 1 per portion (vegan, g, d)** seasonal fruit chunks on sticks £1.55 each

**Cut Fruit - per person (vegan, g, d)** £2.50 p/p

**Cut Fruit Platter - for 8-12 people (vegan, g, d)** £17.50 each

**Large Whole Fruit Platter - for 10-15 people (vegan, g, d)** £18.50 each

**Small Whole Fruit Platter - for 5-10 people (vegan, g, d)** £14.00 each

## cheese

**A British Cheeseboard (n)** Isle of Mull Mature Cheddar, Shropshire Orange Curd Blue, Smoked Gubbeen served with celery, grapes, oatcakes and crackers £4.00 p/p

## disposables

**Clear disposable cup** 13p each

**Disposable Knife (wood)** 8p each

**Paper side plate** 13p each

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 2018 to 31st May 2018

Prices may be subject to a venue commission

Set Menus and some items are subject to VAT

# Working Lunch

## Spring 2018



# EDEN

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

## set sandwich platters

6 rounds on one platter

- Classic Sandwich Platter** One each of the following: Blythburgh Farm Gammon Ham & Mustard on White Bread, Cheddar & Pickle on Malted Grain (v), Egg & Tomato on Malted Grain (v), Rare Roast Beef with Roasted Tomato on Malted Grain, Roast Rosemary Chicken on Malted Grain, Smoked Salmon & Cream Cheese on Malted Grain **£20.00 platter**
- Contemporary Sandwich Platter** One each of the following: Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v), Blythburgh Farm Gammon Ham & Marmalade on Sourdough Baguette, Cheddar & Pickle on Roasted Barley Baguette (v), Kale & Sweet Potato on Multi Seed Bloomer (vegan, d), Pastrami with Emmenthal in a Seeded Bagel, Smoked Mackerel & Ricotta in a Spinach Wrap **£22.00 platter**
- Mixed Sandwich Platter** One each of the following: Blythburgh Farm Gammon Ham & Mustard on White Bread, Brie with Plum & Ginger Chutney on Tunnbrod (v), Chicken & Houmous in a Wrap (d, n), Egg & Tomato on Malted Grain (v), Smoked Mackerel & Ricotta in a Spinach Wrap, Trout with Horseradish on Malted Grain **£20.50 platter**
- Vegetarian Sandwich Platter (v)** One each of the following: Beetroot Houmous & Rocket in a Spinach Tortilla Wrap (vegan, d), Beetroot, Spinach & Goats Cheese on Multi Seed Bloomer (v), Brie with Plum & Ginger Chutney on Tunnbrod (v), Cheddar & Pickle on Roasted Barley Baguette (v), Egg & Tomato on Malted Grain (v), Kale & Sweet Potato on Multi Seed Bloomer (vegan, d) **£18.50 platter**
- Vegan Sandwich Platter** Three each of the following: Beetroot Houmous & Rocket in a Spinach Tortilla Wrap (vegan, d), Kale & Sweet Potato on Multi Seed Bloomer (vegan, d) **£18.50 platter**
- Meat Sandwich Platter** One each of the following: Blythburgh Farm Gammon Ham & Mustard on White Bread, Chicken & Houmous in a Wrap (d, n), Pastrami with Emmenthal in a Seeded Bagel, Rare Roast Beef with Roasted Tomato on Malted Grain, Roast Rosemary Chicken on Malted Grain **£22.00 platter**
- Fish Sandwich Platter** Six rounds including: Asian Salmon & Spinach in Tunnbrod (d), Smoked Mackerel & Ricotta in a Spinach Wrap, Smoked Salmon & Cream Cheese on Malted Grain, Trout with Horseradish on Malted Grain **£24.00 platter**
- Open Sandwich Platter (12 pieces)** two each of the following: Asian Salmon Open Sandwich with Rocket on Roasted Barley Baguette, Beetroot Houmous Open Sandwich on Sourdough Baguette (vegan, d), Blythburgh Gammon & Marmalade Open Sandwich on Mini Bagel (d), Kale & Sweet Potato Open Sandwich on Sourdough (vegan, d), Pastrami & Emmenthal Open Sandwich on Mini Bagel, Smoked Salmon & Cream Cheese Open Sandwich on Roasted Barley Baguette **£23.00 platter**
- Rustic Platter** six speciality bread and roll sandwiches: Blythburgh Farm Gammon Ham & Marmalade on Sourdough Baguette, Cheddar & Pickle on Roasted Barley Baguette (v), Egg & Bacon in a Baguette, Pastrami with Emmenthal in a Seeded Bagel **£23.00 platter**
- Wrap Platter** two each of the following: Beetroot Houmous & Rocket in a Spinach Tortilla Wrap (vegan, d), Chicken & Houmous in a Wrap (d, n), Smoked Mackerel & Ricotta in a Spinach Wrap **£20.00 platter**

## set finger buffet platters

12 items on one platter

- Finger Buffet Platter** Three of each of the following finger buffet on one platter (12 in total): Sushi Roll, Broccoli & Emmenthal Cheese Tart, Meat Balls glazed with Tomato Barbecue Sauce, Chicken Brochette with Rosemary & Lime **£21.15 Platter**
- Vegetarian Finger Buffet Platter** Three of each of the following finger buffet on one platter (12 in total): Pizza, Samosa, Falafel, Sticky Squash Skewer **£20.55 Platter**

## executive presentation

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# Working Lunch

## Set Menus

### Spring 2018



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*"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

£15.70  
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

£14.20  
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

£11.25  
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

£11.70  
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

£11.80  
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

£12.70  
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

£11.05  
p/p

## jasmin – gluten free

**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  
**Fresh Fruit Skewer** 1 per person

£11.25  
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

£9.70  
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

£9.60  
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

£9.80  
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

£9.20  
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

£9.10  
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

£8.45  
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

£7.85  
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

£7.95  
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

£7.70  
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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