

Fork & Salads

Spring 2018



EDEN
caterers

everything on this menu is homemade by our chefs

"One cannot think well, love well, sleep well, if one has not dined well." -Virginia Woolf

sharing salad bowls

16:30 prior day order deadline

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, baby leaves, dried cranberries & minted yoghurt **£22.00**

Smoked Dorset Trout Salad with Edamame Beans & Barley - 6-8 Portions (d) pickled red onion, edamame beans, 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**

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**

Freekeh Chick Pea & Char Grilled Aubergine Salad - 6-8 portions (v, d) with baby spinach, red quinoa, cherry tomato & honey balsamic dressing **£18.00**

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**

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 **£5.70 each**

Chorizo with Roasted Peppers and Rocket Salad (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 **£5.95 each**

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

meze salad

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

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 **£59.00**

equipment hire

Dinner Plate or bowl (full meal size) **46p each**

Fork or knife **40p each**

To order: Express website or email
Order deadline: times are specific to each meal type.

This menu will be served from 1st Feb 2018 to 31st May 2018

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

t: 020 7803 1212

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cold fork buffet

12:00 prior day order deadline

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 6 guests.

jacaranda

Roast Lemon & Thyme Chicken Breast (g, d)

Gloucestershire chicken marinated in lemon and thyme

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

with a lemon, coriander and Kent rapeseed oil dressing

Kale & Butternut Frittata (v, g)

egg and cream quiche with butternut squash, curly kale, chilli and saffron

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)

morning baked dinner rolls with butter

Bakewell Tart (n)

the delicious Derbyshire almond flan, served with cream

£25.00 pp or £26.50 pp inc cutlery & crockery

sycamore

(vegetarian)

Root Vegetable Tart Tatin (v) **NEW**

sweet spring roots, baked with crisp puff pastry, fresh thyme and butter glaze

Kale & Butternut Frittata (v, g)

egg and cream quiche with butternut squash, curly kale, chilli and saffron

Broccoli & Cauliflower Salad with Feta (v, g)

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

New Potato Salad (vegan, g)

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)

morning baked dinner rolls with butter

Orange Crème Caramel (v, g) **NEW**

baked egg custard finished with fresh caramelised oranges

£21.50 pp or £23.00 pp inc cutlery & crockery

birch

Spiced Prawns & Smoked Salmon with Wasabi & Lime

smoked salmon & North Atlantic prawn rolls with wasabi cocktail sauce

Spring Onion Courgette & Feta Tart (v) **NEW**

made with rich short crust pastry, cream & slow roasted tomato

Freekeh, Chick Pea & Char Grilled Aubergine Salad **NEW**

with baby spinach, red quinoa, cherry tomato & honey balsamic dressing

Cous Cous with Roasted Roots (v, 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)

morning baked dinner rolls with butter

Dark Chocolate & Orange Ganache Tartlet (v)

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

£22.00 pp or £23.50 pp including cutlery & crockery

oak

Aberdeen Angus Outdoor Reared Beef

with Creamed Horseradish (g)

finely sliced with creamed horseradish

Root Vegetable Tart Tatin (v) **NEW**

sweet spring roots, baked with crisp puff pastry, fresh thyme and butter glaze

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)

morning baked dinner rolls with butter

French Apple Flan with Cream (v)

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

£21.50 pp or £23.00 pp inc cutlery & crockery

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