

110 Rochester Row

By Eden Caterers

Our menus change seasonally so we can use ingredients when in season and keep the range fresh. Our ingredients are still supplied locally; all meat and fish are UK produced and all ingredients UK when possible. Our menus naturally, change seasonally.

Here at Eden, we make virtually everything ourselves including jams, chutneys, dressings, cordials using fruits, vegetables and flowers when in abundance and even make our own honey, having bees in our car park. This insistence on homemade ensures our food is full of flavour, nutrition, colour and interest.



Simply Sandwiches

A Selection of Seasonal Sandwiches
Crisps
Fruit

Working Lunch

A Selection of seasonal sandwiches
Finger Food
A selection of cold seasonal finger items
Dessert Pot
A selection of homemade dessert pots
Salads
A selection of seasonal salads

Minimum number of 20

Hot Box Lunch

Boxed Meal
A seasonal hot meal served with accompaniments
Salad Pot
A selection of seasonal salads
Dessert Pot
A selection of homemade dessert pots

Minimum number of 20



Basic Delegate Package

On Arrival

Tea & Coffee

Lunch

A selection of seasonal sandwiches

Crisps

Fruit

Afternoon Break

Tea & Coffee

Minimum number of 20

Standard Delegate Package

On Arrival

Tea, Coffee & Pastries

Seasonal fruit

Mid Morning

Tea & Coffee with Biscuits

Working Lunch

A selection of seasonal sandwiches

Finger Food

A selection of cold seasonal finger items

Dessert Pot

A selection of homemade dessert pots

Salads

A selection of seasonal salads

Tea & Coffee

Afternoon Break

Tea & Coffee with Mini Cakes

Minimum number of 20



Premium Delegate Package

On Arrival

Tea, Coffee & Pastries

Seasonal fruit

Mid-Morning

Tea & Coffee with Biscuits

Fork Lunch

Tomato & Pesto Tart (vegan, d)

Sweet Cured Salmon (g, d)

Sweet Potato Tortilla (v, g)

Salads

A selection of seasonal salads

Rolls & Butter (v)

Dessert

Fork Dessert

Tea & Coffee

Afternoon Break

Tea & Coffee with Mini Cakes

Minimum number of 30

Hot Box Buffet Delegate Package

On Arrival

Tea, Coffee & Pastries

Seasonal fruit

Mid Morning

Tea & Coffee with Biscuits

Lunch

Box meal

A seasonal hot meal served with accompaniments

Salad pot

A selection of seasonal salads

Dessert Pot

A selection of homemade dessert pots

Tea & Coffee

Afternoon Break

Tea & Coffee with Mini Cakes

Minimum number of 20

Breakfast Selection

Mini Breakfast Pots

Muesli & Honey Yoghurt - Mini Pot (v, n)

Muesli & Fruit Coulis Yoghurt - Mini Pot (v, n)

Mini Pastries

All Butter Croissant (v)

Pain Au Chocolat (v)

Cherry Danish (v)

Pear and Almond Danish (v)

Rhubarb Danish (v)

Cold Savouries

Egg & Spinach Protein Pot (v, g, d)

Open Mini Bagel with Smoked Salmon & Cream Cheese



Working Lunch Selection A (Monday & Friday)

Sandwiches

Cucumber Caper & Mint in a Piedmont Baguette (v)
Houmous & Olive Tapenade on Multi Seed Bloomer (vegan, d)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Veggie New Yorker on Rye (v)
Italian Salami & Pepperonata Flaguette
Blythburgh Farm Gammon Ham & Mustard on Malted Grain

Finger Food

Salmon Brochette with Chilli & Ginger (g, d)
Mini Pizza with Mozzarella (v)
Chilli Cornbread Muffins (v)
Scotch Egg with Chilli - 1/2 per portion

Cakes

Panna Cotta with Summer Fruit Jelly - Mini Pot (v, g)

Salads

New Potato & Chive Salad (vegan, d)



Working Lunch Selection B (Tuesday & Thursday)

Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v)
Cucumber Caper & Mint in a Piedmont Baguette (v)
Cheddar & Rhubarb Chutney on Malted Grain (v)
Veggie New Yorker on Rye (v)
Smoked Salmon, Cucumber & Dill on Malted Grain
Blythburgh Farm Gammon Ham & Mustard on Malted Grain

Finger Food

Smoked Haddock & Turmeric Arancini - 2 per portion
Samosa (vegan, d)
Tapenade Bruschetta (vegan, d)
Cocktail Sausages with Chutney - 3 per portion (d)

Cakes

White Chocolate & Raspberry Mousse - Mini Pot (v, g)

Salads

Mixed Leaves Summer Salad (vegan, g, d)

Working Lunch Selection C (Wednesday)

Sandwiches

Houmous & Olive Tapenade on Multi Seed Bloomer (vegan, d)
Coronation Cauliflower on Malted Grain (vegan, d, n)
Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
Egg Mayonnaise & Cress on Malted Grain (v)
Smoked Salmon, Cucumber & Dill on Malted Grain
Rare Roast Beef with Caramelised Onions on Malted Grain

Finger Food

Salmon Brochette with Chilli & Ginger (g, d)
Chilli Cornbread Muffins (v)
Mini Pizza with Mozzarella (v)
Feta, Cherry Tomato & Basil Tart (v)

Cakes

Strawberry Cheesecake - Mini Pot (v)

Salads

Italian Summer Salad (v, g)



Light Nibbles Reception

Served with a mix of nibbles including:

Hand made cheese straws
Mixed nuts
Fresh olives

Drinks packages can be added:

½ Bottle of house wine and a glass of juice per person
or
3 beers per person

Extras

Still & Sparkling water (bottled)
Soft Drinks and Presses
Tea & Coffee
Continental Breakfast
Fruit Skewers
Muesli, Yoghurt and Fruit compote
Pastries/Cakes and Tea & Coffee
Biscuits
Mini Breakfast Rolls



Hot Boxes

order a minimum of six boxes and they can be mixed

Fish & Meat

Lasagne Bolognese

a traditional lasagne with minced steak, celery, carrot, oregano and bella lodi

Sri Lankan Beef & Potato Curry (g, d)

cinnamon, cloves, cardamom and curry leaves with ginger and coconut milk, spinach, potatoes and braised beef

Chilli Con Carne & Rice (g)

chilli, cumin, oregano, thyme and chocolate flavour the minced beef for this classic and delicious Mexican. Served with rice, sour cream and parsley.

Beef Stroganoff with Rice (g)

tender beef braised with onion, tomato, red wine, parsley, fish sauce, creme fraiche and served with long grain rice

Harissa Salmon & Mint Jewelled Couscous

harissa crusted salmon with mint jewelled couscous and a harissa yoghurt dressing

Thai Spiced Panko Fish Cakes with Katsu Curry Sauce (d)

fish poached and mixed with mash potato, coriander, chilli, ginger & garlic coated in panko breadcrumbs



Vegan/Vegetarian

Moroccan Vegetable Tagine & Couscous (vegan, d)

pumpkin, sultanas, courgettes and chickpea flavoured with cinnamon, ginger and cumin.

Dhal with Crispy Sweet Potato & Coconut Chutney (vegan, g, d)

red lentil, spinach, coriander & chilli dhal with cumin crispy sweet potato, coconut & ginger chutney

Thai Green Vegetable Curry & Rice (vegan, g, d, n)

peppers, broccoli & baby corn with lemongrass, ginger, lime, coconut milk and cashew nuts.

Fusilli with Mushroom (v)

oyster, chestnut & button mushrooms tossed with fresh tarragon, bella lodi and cream

Teriyaki Noodles with Cashews (v, d, n)

egg noodles rolled in red peppers with mangetout, onion & cashew nuts cooked with a soy, honey, teriyaki and peanut butter sauce

Cannelloni - Spinach & Ricotta (v)

spinach & ricotta cannelloni with Neapolitan sauce and smooth béchamel cream

Roasted Vegetable Lasagne (v)

peppers, aubergine, courgettes and cheese in a rich tomato and bechamel topped with a basil pesto

Salad Boxes

Watermelon & Tomato (vegan, g, d)

chopped watermelon and tomatoes, chia seeds, blueberries, toasted pine nuts with mixed leaf and lemon vinaigrette

Mediterranean Vegetable & Black Rice (vegan, g, d)

with rocket & maple balsamic dressing

Hot Smoked Honey Salmon Niçoise (g, d)

hot roast smoked salmon with hard boiled egg, new potatoes, olives, mixed leaves and a Dijon mustard dressing



The S Word

For us, sustainability is key. It informs everything we do, from where we source our ingredients, how we cook our food through to the lights we use in our head office.

Our knowledge and passion on the subject puts us in a good position to offer a free sustainability advice service to our clients.

Please see some of the fantastic things we do that contribute towards us receiving a 3 star rating, the highest possible, from the Sustainable Restaurant Association.

Nick

Nick Mead,
Managing Director



the percentage of lights in our head offices that are now LED

100%

we actively forage for our own ingredients when possible & in season, like berries for our jams & elderflower for our cordials



UK

where we source all of our **FREE RANGE** meat & poultry, as well as sustainably sourced fish



3★

the star rating we have from the Sustainable Restaurant Association (SRA) - the highest possible rating

50,000

the number of busy bees we keep, who make our fresh honey



3

the number of times we change our menus each year to incorporate seasonality

74%

the approximate amount of items on our menus that are vegetarian



slow

our meat is slow-roasted in house overnight to increase tenderness & reduce energy use



17

the average miles our low emissions delivery vans travel each day



corn starch!

we use palm leaf platters as well as vegware cutlery and PLA film and pots for our food



0

ZERO TO LANDFILL

In the rare instance any food does come back to us uneaten, we dispose of it correctly using anaerobic digestion



local

our fruit & veg is all bought fresh from our local market and in season

London Living Wage Employer

proud to be paying all staff at least the London Living Wage