



# The same great hospitality, now with extra reassurance.

Choose from a full range of menus – featuring everything from quick bites to bespoke breakfast boxes – and get it delivered safely and securely.



Watch a short film about Fresh - by Eurest

### Healthier, happier and more productive.

We've always understood the power of food – to refuel and refresh, to engage, activate and motivate. Now we're using that power to help our clients and customers move confidently towards the post-Covid world.

Our new hospitality solutions combine great quality food and beverages with smart delivery options designed to support Covid safety measures.

Whether we're catering special events, facilitating great breaks or fuelling effective meetings, it's all about getting the best from the moment, in a safe and reassuring way.

From what we cook to the way we communicate, from the menu to the mood, it's all designed have a positive impact on people – so they can have a positive impact on your business. And together, we can do our bit for the health of the nation.

### OUR PHILOSOPHY



We're interested in what food can do. Our plates are put together with impact in mind, and designed to provide a perfect balance.

We want our guests to love every bite, and finish their meal feeling energised, engaged and ready for anything.



We believe in getting the most out of every day, every break and every meal – physically and mentally.

So as well as serving nutritious and delicious dishes, it's our mission to help people pause, reflect and connect – and become healthier and happier in the process.



#### RESPONSIBILITY

Our focus is two-fold. Behind the scenes, it's about striving to do business in a way that's good for people and the planet.

At the table and the counter, it's about helping customers make choices that are ethical, sustainable and socially conscious, and to feel good about it.





# We're passionate about supporting local and smaller suppliers up and down the country.

Over 80% of our food comes from the UK

Our network of farmers, growers and wholesalers means we can buy the best of British produce, and provide a diverse range of homegrown products.

We have a British-first sourcing policy on all fresh produce, and have invested in many longer-term partnerships. This means our clients get to enjoy a constant supply of sustainably sourced fresh produce, of the highest quality.



# Great hospitality, to go.

From working lunches to lights refreshments, from breakfast boxes to afternoon teas, from team sessions to one-to-one meetings, we've got a great selection of mindfully made menus, available for collection or delivery.

Orders can be picked up at our restaurants, or delivered to your desk or meeting room. Whatever the situation, you'll always get high-quality food that's good for body, mind and planet, made and delivered to the highest possible safety standards.

#### THE MENU

reakfast	12
reakfast balance boxes	14
)rinks	16-17
unch balance boxes	18
esign your own balance box	20-21
Vorking lunch	22-23
alad boxes	24
fternoon tea	26



#### **BREAKFAST BAKERY**

**Butter Croissant** 

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**Almond Croissant** 

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Danish Pastry

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Cinnamon Swirl

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Pain au Raisin

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Pain au Chocolat

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Maple Pecan Plait

#### THE DELI

Wilted Spinach, Sautéed Mushrooms, Baked Meat Free Sausage & Scrambled Egg Ciabatta (V)

Grilled Bacon Ciabatta

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Somerset Brie & Tomato filled Croissant (V)

Wiltshire Cured Ham & Cheddar Cheese filled Croissant

Scottish Smoked Salmon, Cream Cheese & Baby Spinach Bagel

Smashed Avocado, Crispy Bacon, Sriracha Ketchup & Scrambled Egg Bagel

Avocado Pesto, Baby Spinach, Tomato, & Dairy Free Cheddar Multi Seeded Bagel (VG)

#### **BREAKFAST POTS**

Roasted Diced Potatoes, Wilted Spinach & Sauteed Mushrooms, Poached Egg topped with Hollandaise Sauce (V)

Sauteed Chorizo & Bean Ragu, Roasted Diced Potatoes, Wilted Spinach & Poached Egg topped with Chilli Flakes

Pulled Oats & Bean, Diced Potatoes, Wilted Spinach, Sauteed Mushroom, (VG)

#### **BREAKFAST BALANCE BOXES**

### Fuel your day & boost your brain.

#### **BRIGHT START**

Coconut, Mango & Turmeric Bircher Pot

Seasonal Fruit Slices

Mini Blueberry Muffins

Pressed Apple Juice

#### **MORNING BOOST**

Raspberry Compote, Greek Yoghurt topped with Seeded Granola

Seasonal Fruit Slices

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Mini Danish Pastries

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Wellness Shot 60ml

#### NATURAL FRESHNESS

Vegan Maple Pecan &
Apple Bircher with Chia Seeds
(VG)

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Mini Blueberry Muffins

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Seasonal Fruit Slices

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Orange Juice

With fruit for extra vitamins & minerals to keep you feeling fresh.



# Stay hydrated, stay sharp.

#### FRUIT POWER

Pressed Apple Juice 150ml

Kiwi Spinach Cucumber & Lime Super Smoothie 150ml

Guava, Carrot & Melon Super Smoothie 150ml

Mango, Rosehip & Goji Berry Smoothie 150ml

Apple & Rhubarb Juice 150ml

Cloudy Lemonade with Freshly Pressed Lemon Juice 220ml

#### REFRESH

Ginger Lemon Remedy Kombucha 250ml

RaspLemonade Remedy Kombucha 250ml

Water Still Life Glass 750ml

Water Sparkling Life Glass 750ml

Water Still Life Glass 330ml

Water Sparkling Life Glass 330ml

Apple & Mint Infused Water 250ml

Pineapple, Ginger & Basil Infused Water 250ml

Orange & Thyme Infused Water 250ml

Cucumber Ribbons, Watermelon & Mint Infused Water 250ml

#### HOT DRINKS

Tea & Coffee (dietary requirements available upon request)

Tea, Coffee & Biscuits

Tea, Coffee & Nourished Life No Added Suga, Energy Bites

Tea, Coffee & Sweet Treats

Moju Cold Pressed Ginger Shot 60ml

to support a healthy

immune system.

Moju Cold Pressed Turmeric Shot 60ml

Moju Elderberry & Acerola Cherry Vitamin C Shot 60ml

Grab an antioxidant hit Hydration helps you

concentrate on the task at hand. Aim to drink 6-8 glasses a day.

# BALANCE BOXES Good mood food.

#### **EARTHLY GOODNESS**

Mangetout, Smashed Hazelnut, Fennel, Orange & Quinoa Salad

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Tandoori Chicken Skewer with Raita

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Vegetable Crisps

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Dark Chocolate & Orange Indulgent Pot

#### **VIBRANT AND FRESH**

Roasted Butternut Squash, Bulgur Wheat, Spinach, Pomegranate, Toasted Pumpkin Seeds & Walnut Salad Yogurt & Cumin Dressing

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Pork, Chorizo & Fennel Seed Sausage Roll

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Fava Bean & Kobhez Grazing Pot

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Coconut & Mango Panna Cotta

#### THE POWER OF PLANT BASED

Puy Lentil & Crunchy Sumac Spiced Vegetables

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Quinoa, Sweet Potato & Butternut Squash Roll

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Crudities & Houmous Grazing Pot

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Fruit Salad

#### **NOURISHED GRAZING**

Chargrilled Broccoli Caesar Salad with Chickpea Croutons

Mushroom, Spinach, Onion & Courgette Frittata

Marinated Olive & Feta Pot

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Brownie Bites

Giving you two of your five a day.





#### **CHOOSE YOUR SALAD**

Mangetout, Smashed Hazelnut, Fennel, Orange & Quinoa Salad

Roasted Butternut Squash, Bulgur Wheat, Spinach, Pomegranate, Toasted Pumpkin Seeds & Walnut Salad Yogurt & Cumin Dressing

Chargrilled Broccoli Caesar Salad with Chickpea Croutons

Puy Lentil & Crunchy Sumac Spiced Vegetables

Chargrilled Courgette Ribbons, Rocket, Sunblush Tomatoes and Herb Salsa

> Cherry Tomato Panzanella, Puy Lentil & Basil Salad

#### **CHOOSE YOUR TOPPER**

Quinoa, Sweet Potato & Butternut Squash Roll

Pork, Chorizo & Fennel Seed Sausage Roll

Tandoori Chicken Skewer with Raita

Spiced Halloumi Skewer with Houmous

Mushroom, Spinach, Onion & Courgette Frittata

Falafel Bites with Sweet Chilli dipping Sauce

Powerful proteins are great for grazing and keep you fuller for longer.

#### ADD A GRAZING POT

Crudities & Houmous

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Marinated Olives & Feta

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Sweet Potato Falafel Bites with Sweet Chilli Dipping Sauce

Mini Sausage Roll with Red Onion Chutney

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Classic Prawn Baby Gem Lettuce Cups

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Teriyaki Pulled Oats Baby Gem Lettuce Cups

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Baba Ghanouj with Kobhez bread Shards

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Fava (Broadbean Dip) with Kobhez bread Shards

Scotch Egg

Black Pudding Scotch Egg

Sushi Selection with Wasabi & Light Soy Dipping Sauces

#### AND THEN SOMETHING SWEET

**Brownie Bites** 

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Fruit Salad

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Miss Macaroon - Macaroons x 2

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No Added Sugar Almond & Berry bites

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No Added Hazelnut Truffle

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Popcorn bar bites (under 100 calories)

#### **Indulgent Pots**

Coconut & Mango Panna Cotta

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Dark Chocolate & Orange Pot

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Lemon Posset with Fruits of the Forest Compote

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#### **WORKING LUNCH**

## Keep on the front foot with food to take your ideas further.

#### **SOURDOUGH BAGUETTES**

Somerset Brie, Tomato & Basil

Roast Pepper, Pesto & Goat's Cheese

Prawn & Rocket

Chicken, Chorizo & Salad

Wiltshire Cured Ham & Emmental Cheese

Harissa Chicken Salad

Tuna Mayonnaise & Cucumber

#### WRAPS

Falafel, Houmous & Mint Yoghurt Wrap

Greek Salad Feta Wrap

Sriracha Chicken Wholemeal Wrap

Super Greens Wholemeal Wrap

BBQ Pulled Oat, Sweet Potato & Spinach Tortilla Wrap

> Chicken, Crunchy Slaw & Chipotle Houmous Wholemeal Wrap

> Tuna, Lemon, Cheddar & Spring Onion Wrap

Egg Mayo & Spinach Wrap

#### **BLOOMER SANDWICHES**

Super Greens Malted Bloomer Sandwich

Egg Mayonnaise, Spinach & Tomato Malted Bloomer Sandwich

Bacon, Lettuce & Tomato White Bloomer Sandwich

Chicken & Bacon White Bloomer Sandwich

Citrus Tuna, Cheddar Cheese & Spring Onion White Bloomer Sandwich

Avocado, Carrot & Houmous Malted Bloomer Sandwich

> Ham Salad White Bloomer Sandwich

### Choose from three menus:

#### Menu 1

Selection of sandwiches, Tyrrells Crisps & 150ml drink, Fruit Salad

#### Menu 2

Selection of sandwiches, Tyrrells Crisps, Sausage Roll & 150ml drink

#### Menu 3

Your Choice of Sourdough, Wrap or Bloomer, Tyrrells Crisps, Grazing Pot, & Sweet Treat

Go wholegrain for gut health, with higher fibre than the white option.

# SALAD BOXES Designed with impact in mind.

Bejewelled Salad with Falafel & Houmous

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Classic Chicken Pesto Salad with Vinaigrette

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Superfood Chickpea, Beetroot and Avocado & Feta

Vibrant & vitamin-packed veg boast great flavours & top up towards your five a day





### Tea for two, and two for tea.

#### **AFTERNOON TEA**

Available in Classic & Vegetarian (Minimum 2 persons)

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Choice of sandwich or wrap

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Afternoon tea dessert,
Macaroons x 2

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Cornish Clotted Cream & Strawberry Jam Scone x 2

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Pot of Tea



#### AFTERNOON TEA BOXES

Available in Classic, Vegetarian & Vegan for 2 person.

Vanilla Scones with Clotted Cream & Jam Pot x 2

Selection of Cakes x 4

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Sausage Roll or Spring Vegetable Rolls x 4

Savoury Tartlets x 2

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Spring Vegetable Scotch Eggs or Classic Scotch Eggs x 2

Teapigs Tea



### CHAMPIONING SOCIAL ENTERPRISE



#### MISS MACAROON

As well as making delicious, gluten-free treats, Miss Macaroon provides vital training, skills and opportunities.

The Birmingham-based company works with young people – often care leavers experiencing difficulties – to provide pastry chef training, work experience and mentoring. This in turn provides genuine career opportunities and increased self-belief, which helps participants build a future for







29

#### LIFE WATER

Life Water is the original British, ethical choice in bottled water: 100% recyclable and carbon neutral.

Together with their charity partner drop4drop, Life Water also helps to fund crucial clean water projects for communities in need. Every bottle you buy helps to build fresh water wells, and increase access for some of the 750 million people who need it.

The company recently updated its packaging to make it more eco-friendly. Bottles have been redesigned to reduce their weight, resulting in a 12-month saving of 33 tonnes of plastic, and easier-to-recycle cans are now available.



#### ORDER VIA THE TEAM

You can place an order directly with your Catering Manager.
They'll provide you with a simple order form to complete and return.

If you have any special requests or dietary requirements, just let us know.

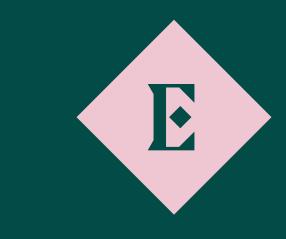
Please note that orders should be received and confirmed 72 hours before your event.

#### ORDER VIA THE APP

Use the time2eat app to place your order in just a few taps.

Start by selecting 'hospitality', then follow the simple step-by-step directions.

You can choose delivery of collection, set the date and time you want your food, and pay directly via the app.



FRESH - BY EUREST