

## 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.


## 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 PHILLOSOPHY



## DELICIOUS FOOD

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.


## WELLNESS

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


## RESPONSIBLITY

Our focus is two-fold. Behind the cenes, 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.



## 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

Breakfast ..... 12
Breakfast balance boxes ..... 14
Drinks ..... 16-17
Lunch balance boxes ..... 18
Design your own balance box ..... 20-21
Working lunch ..... 22-23
Salad boxes ..... 24
Afternoon tea ..... 26


## BREAKFAST BALANEE BDXES <br> Fuel your day \& <br> boost your brain.

| BRIGT START | MORNNG BOOST | NATURALFRESHNESS |
| :---: | :---: | :---: |
| Coconut, Mango \& | Raspberry Compote, |  |
| Turmeric Bircher Pot | Greek Yoghurt topped | Apple Bircher with Chia Seeds |
| ~~ | with Seeded Granola | (VG) |
| Seasonal Fruit Slices | ~~ | $\sim \sim$ |
| ~~ | Seasonal Fruit Slices | Mini Blueberry Muffins |
| Mini Blueberry Muffins | ~~ | ~~ |
| ~ | Mini Danish Pastries | Seasonal Fruit Slices |
| Pressed Apple Juice | $\sim \sim$ | $\sim \sim$ |
|  | Wellness Shot 60ml | Orange Juice |

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

## Dillifs <br> Stay hydrated, stay sharp.

FRUIT POWER
Pressed Apple Juice 150 ml
$\sim \sim$
Kiwi Spinach Cucumber \&
Lime Super Smoothie 150ml
$\sim \sim$
Guava, Carrot \& Melon Super
Smoothie 150ml
$\sim \sim$
Mango, Rosehip \& Goji Berry
Smoothie 150ml
$\sim \sim$

| REFRESH | HOT DRINKS |
| :---: | :---: |
| Ginger Lemon Remedy | Tea \& Coffee |
| Kombucha 250 ml | (dietary requirements |
| ~~ | available upon request) |
| RaspLemonade Remedy | ~~ |
| Kombucha 250 ml | Tea, Coffee \& Biscuits |
| ~ | ~ |
| Water Still Life Glass 750 ml | Tea, Coffee \& Nourished Life |
| ~~ | No Added Suga, Energy Bites |
| Water Sparkling Life Glass 750ml | ~~ |
| ~ | Tea, Coffee \& Sweet Treats |
| Water Still Life Glass 330ml |  |
| $\sim \sim$ |  |
| Water Sparkling Life Glass 330ml |  |
| ~~ |  |
| Apple \& Mint Infused Water 250ml |  |

Grab an antioxidant hit to support a healthy immune system.

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        Moju Cold Pressed Ginger Shot
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            60 ml
    Moju Cold Pressed Turmeric Shot 60 ml

Moju Elderberry \& Acerola Cherry Vitamin C Shot 60ml


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

## BALANEE BOXES <br> Good mood food.

## EARTHIY GOODNESS

Mangetout, Smashed Hazelnut, Fennel, Orange \& Quinoa Salad

Tandoori Chicken Skewer with Raita Vegetable Crisps

Dark Chocolate \& Orange Indulgent Pot

## VIBRANTAND FRESH

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

Pork, Chorizo \& Fennel Seed Sausage Roll
Fava Bean \& Kobhez Grazing Pot
Coconut \& Mango Panna Cotta

## THE POWER OF PLANT BASED

Puy Lentil \& Crunchy Sumac Spiced Vegetables
Quinoa, Sweet Potato \& Butternut Squash Roll
Crudities \& Houmous Grazing Pot Fruit Salad

NOURISHED BRAZING

Chargrilled Broccoli Caesar Salad with Chickpea Croutons

Mushroom, Spinach, Onion \& Courgette Frittata
Marinated Olive \& Feta Pot

Brownie Bites

Giving you two of your five a day.


OHOOSE YOURSALAD

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

## GHOOSE 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 AGRAZING POT

Crudities \& Houmous
Marinated Olives \& Feta
Sweet Potato Falafel Bites with Sweet Chilli Dipping Sauce Mini Sausage Roll with Red Onion Chutney

Classic Prawn Baby Gem Lettuce Cups
Teriyaki Pulled Oats Baby Gem Lettuce Cups

Baba Ghanouj with Kobhez bread Shards
Fava (Broadbean Dip) with
Kobhez bread Shards
Scotch Egg
Black Pudding Scotch Egg
Sushi Selection with Wasab
\& Light Soy Dipping Sauces

## ANDTHEN SOMETHINGSWEET

## Brownie Bites

Fruit Salad
Miss Macaroon - Macaroons x 2 No Added Sugar Almond \& Berry bites

No Added Hazelnut Truffle
Popcorn bar bites (under 100 calories)

Indulgent Pots Coconut \& Mango Panna Cotta

Dark Chocolate \& Orange Po

## Lemon Posset with Fruits

 of the Forest Compote
## WOHKINE IUNEH <br> Keep on the front foot with food to take your ideas further.

SOURDOUCH 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

BLOOMER SANDWICHES

Super Greens Malted Bloomer Sandwich

Egg Mayonnaise, Spinach \& omato Malted Bloomer Sandwich

Bacon, Lettuce \& Tomato White Bloomer Sandwic

Chicken \& Bacon White Bloomer Sandwich

Citrus Tuna, Cheddar Cheese \& Spring Onion White Bloomer Sandwich

Avocado, Carrot \& Houmous Malted Bloomer Sandwich

[^0] Bloomer Sandwich


## SAILDD BDXES <br> Designed with impact in mind.

Bejewelled Salad with Falafel \& Houmous

Classic Chicken Pesto Salac with Vinaigrette

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)

Choice of sandwich or wrap
Afternoon tea dessert, Macaroons $\times 2$

Cornish Clotted Cream \& Strawberry Jam Scone x 2

Pot of Tea

2 - PANTB Y Collaborate over cake.

## AFTERNOONTEA BOXES

Available in Classic, Vegetarian
\& Vegan for 2 person.
Vanilla Scones with
Clotted Cream \& Jam Pot x 2
Selection of Cakes x 4
Sausage Roll or Spring Vegetable Rolls x 4

Savoury Tartlets x 2
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 ften care leavers experiencing difficulties - to provide pastry chef training, work experience and mentoring. This in turn provides genuine career opportunities and increased sef belief, which helps participants build a future for


## Miss <br> Macaroon <br> BAKING A BRIGHTER FUTURE




NATURAL SPRING WATER


## 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-bystep 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


[^0]:    Ham Salad White

