**BREAKFAST**

*(All rates exclude VAT)*

**HEALTHY BREAKFAST (v)**
For a minimum of 10 people
Detox shot – Charcoal, celery, mint, turmeric, ginger (vegan)
Greek yoghurt, honey oatmeal granola & berry compote
Soya yoghurt, banana, toasted coconut flakes & cocoa nibs (vegan)
Acai berry pot, toasted coconut flakes, banana & berries (GF)
*Served with Fairtrade coffee, teas and herbal teas*

£13.00
per person

**PASTRIES AND CHARCUTERIE**
For a minimum of 10 people
Freshly baked selection of mini Danish pastries & croissants
Baskets of French breads & continental rolls
Selection of preserves, marmalade & butter
British charcuterie (GF)
Artisanal cheese (LF)
*Served with Fairtrade coffee, teas and herbal teas*

£14.50
per person

**BREAKFAST BOWL FOOD**
For a minimum of 10 people
Pastries & breads served on platters with jams & marmalade
Greek yoghurt & seasonal berries
Seasonal cut fruit served on platters
Breakfast burrito bowl, spiced rice, soft egg & avocado salsa (V)
Smoked salmon scrambled eggs, sourdough soldier
Chorizo & potato hash, sliced jalapenos, cucumber yoghurt (GF)
*Served with Fairtrade coffee, teas and herbal teas*

£16.75
per person

**DOUGHNUTS & SMOOTHIE BAR (v)**
For a minimum of 10 people
Donuts & cronuts to include a selection of glazed rings, cronuts & donut pops
House made seasonal fruit smoothies (vegan options available)
*Served with Fairtrade coffee, teas and herbal teas*

£13.50
per person

Vegan options are available to pre-order
BREAKFAST

BREAKFAST SANDWICH (v) £4.00
We recommend a selection of up to 3 options for your event
Bakery rolls with a choice of:
Sussex sweet-cured back bacon (LF)
Londoner sausage (LF)
Montgomery’s Cheddar omelette (V)
Roasted Portobello mushroom (VG)
Forman’s London cure smoked salmon & cream cheese bagel
Cave aged cheddar & tomato English muffin (V)
Spiced avocado bap (VG)
Served with Heinz tomato ketchup & HP brown sauce

HOT TOASTIES £4.00
We recommend a selection of up to 3 options for your event
For a minimum of 10 people
Ham, cheddar & chutney
Mozzarella & tomato (V)
Smoked cheese & red onion marmalade (V)
Garlic mushroom rarebit (V)
Turkey, cranberry & gouda

ADD FAIRTRADE TEA AND COFFEE £2.75
per person

FRESH JUICES £8.60
per litre
Freshly Squeezed Orange Juice
Multivitamin Nectar juice
Cloudy Apple juice
Apple & Elderberry organic juice
BREAKFAST

BREAKFAST ADD-ONS:

- per person (minimum 10)
- All add-ons are vegetarian unless otherwise stated
- Quinoa fruit salad pot
- Blueberry & almond overnight oats
- Quinoa and oat muffins
- Pancakes with a selection of toppings and sauces
- Waffles with syrup & vanilla cream

RAW JUICE & SHOTS SERVED IN JUGS OR GLASSES

- Hydrate – cucumber, celery, parsley, lemon & stem ginger
- Rejuvenate – pineapple, kale, spinach, coriander, jalapenos
- Apple chia – apple juice & chia seeds
- Glow – carrot, orange, orange pepper, turmeric, black pepper
- Energizer - beets, apple, carrot, lemon, ginger

SMOOTHIES

- Strawberry shake – almond milk, strawberries, goji berries, pitted dates, coconut oil
- Creamy coconut craze – raw coconut, coconut water
- Green giant – coconut water, celery, cucumber, coriander, parsley, romaine (lettuce), ginger, mint, lime, coconut butter

(All rates exclude VAT)

£4.00
per person

£9.50
per litre jug

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Autumn Winter Menus 2019-2020

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VENUES FROM: IET