



Seasoned.

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Royal College of
Anaesthetists (RCoA)



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OLD
SPIKE

NEMI



BREAKFAST & REFRESHMENTS

DRINKS

Richly roasted Benedict Blend coffee from Old Spike Roastery in Peckham	£3.92
NEMI London ethical teas, semi-skimmed milk, honey & lemon	£3.92
Chilled juices – Orange , Apple , Cranberry per litre	£5.50
Mixed berry & banana breakfast smoothie jug (serves 6)	£18.50

BAKERY

A selection of freshly baked mini Danish pastries	£3.50
Freshly baked croissants	£3.50
Morning muffins – blueberry; chocolate; lemon & poppy seed	£3.50
Homemade fruity flapjacks	£3.95
Chocolate brownie boards - chocolate & salted caramel; rocky road; dark chocolate	£3.95
Home-baked giant cookies	£2.20
Lemon & poppy seed cake or banana & toffee cake	£4.00
Biscuits (1 packet per person)	£1.55

FRUIT

Fresh fruit kebabs, passion fruit crème fraiche dip	£3.10
Granola, seasonal berries & yoghurt	£3.25
Sliced fruit platter	£4.15
Piece of fresh fruit.	£2.90

HOT OFFER

Floured bap, served with brown sauce or ketchup	
Farm-assured back bacon	£4.65
Butcher's sausage	£4.65
Vegetarian sausage	£4.25
Smoked salmon, cream cheese, cracked black pepper, lemon	£4.75
Scrambled egg, mushroom & beef tomato	£4.48

All prices are exclusive of VAT

(v) vegetarian, (vg) vegan, (gf) gluten free, (h) hot

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WORKING LUNCHES

AUTUMN/WINTER MENU

SIMPLE WORKING LUNCH

A choice of meat, fish or vegetarian sandwich, piece of fruit & Vegetable crisps £13.90

FRESH DELI WORKING LUNCH

A choice of meat, fish & vegetarian wraps and pitta pockets £15

Lightly salted vegetable chips (gf, v)

Lemon & garlic chicken skewer (gf) or marinated salmon skewer (gf) or Mozzarella, cherry tomatoes & fragrant basil leaves (gf,v)

Fruit kebabs with yoghurt (gf, v)

Selection of fruit juices (Orange, Apple or Cranberry)

Additional skewer, add £2.65pp

CLASSIC WORKING LUNCH

One round of classic sandwiches per person filled with a variety of meat, fish & vegetarian option. Served with vegetable crisps & orange juice, apple juice or cranberry juice £16.25

DELUXE WORKING LUNCH

One round of luxe sandwiches per person on home baked breads & mini bagels filled with a variety of meat, fish & vegetarian options and served with vegetable crisps. Selection of fruit juices (orange, apple or cranberry) & a slice of lemon & poppy seed or banana & toffee cake £18.50

WINTER WARMER SOUP

Winter warmer of chef's choice of soup to go with any of our working lunches £4.95

All prices are exclusive of VAT

Gluten free & vegan sandwiches can be made on request

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(Working Lunches continued)

SAVOURY FINGER FOOD ADD-ONS

- Smoked tofu & paprika lollipop with soya dipping sauce (vg, h)
- Mini spinach & feta filo parcels (v, h)
- Beetroot falafel with coconut yoghurt tzatziki (vg, h)
- Lemon & thyme chicken skewer (h)
- Salmon & dill burger with wasabi crème fraîche (h)
- Crispy sole goujon with tartare sauce (h)
- Thai salmon skewer with sweet chilli & lime (gf)
- Smoked haddock & watercress tartlet (h)
- Sweet potato & chickpea falafel with sweet chilli sauce (h, vg)
- Smoked tomato croquette with basil pesto (h, v)
- Butternut squash & sage arancini (h, v)
- Vegetable spring roll with sweet chilli sauce (h, v)

£2.90

SWEET FINGER FOOD ADD-ONS

- Mini assorted fruit tarts (v)
- Mini passion fruit tarts (v)
- Mini fruit macarons (v)
- White & dark chocolate dipped fruits (v)

£3.75

SOUP SHACK

- Chilled watermelon gazpacho (vg) or creamy roasted tomato gazpacho (vg)
- Served with artisan breads

£6.70

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WORK FINGER BUFFET AUTUMN/WINTER MENU

Minimum 10 people. Select 6 items

£23.20

SERVED HOT

Below is a sample selection but a chef's choice can be provided on the day.

FROM THE SEA

Thai fish cake with sweet chilli dipping sauce (h)
Filo wrapped prawns with sweet Thai dressing (h)
Poached salmon & leek tart (h)
Arancini of cod with basil mayo (h)

FROM THE FARM

Chilli BBQ chicken in a mini brioche bun (h)
Mini beef burgers in a brioche bun with relish dipping sauce (h)
Mini cheeseburger in a brioche bun with relish dipping sauce (h)
Chicken satay with peanut sauce (gf, h)

FROM THE FIELD

Pea, spinach & mint arancini (v, h)
Vegetable pakora with coconut yoghurt tzatziki (vg, h)
Arancini of wild mushrooms (v, h)
Vegetable samosa (v, h)
Panko cauliflower with red pepper mayo (v, gf, h)
Vegetable spring rolls with plum dipping sauce (v, h)

SWEET BITES

Mini assorted fruit tarts (v)
Mini passion fruit tarts (v)
Mini fruit macarons (v)
White and dark chocolate dipped fruits (v)

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COLD FORK BUFFET

AUTUMN/WINTER MENU

Our cold fork buffet includes 2 mains & 3 salads

Below is a sample selection however a chef's choice can be provided on the day.

£31.75

FROM THE FARM

Grilled chicken, broccoli, red gem, raisin, walnut pesto (gf)

Peri-peri chicken, cauliflower rice salad, piquillo pepper sauce (gf)

Asian shredded duck salad, purple carrots, buckwheat noodles

Korean spiced pork, kimchi, brown rice, Asian greens (gf)

FROM THE SEA

Maple mackerel, lentils, courgette noodles, butternut squash (gf)

Salmon tataki, Asian vegetables, buckwheat soba noodles

Miso salmon, rice noodles, sugar snaps, ginger, chicory, mixed seeds

SALAD SELECTION

Roast tender stem broccoli, cauliflower, red onion with half dried tomato & watercress (vg, gf)

Red quinoa tabbouleh (vg, gf)

Greek salad (v)

Caesar salad – baby gem lettuce, cherry tomatoes, toasted garlic ciabatta, shaved Parmesan

Mixed quinoa, cashew nuts, pomegranates, red onion, mint & parsley (vg)

Watermelon, cucumber, baby spinach, feta, mint & toasted almond flakes (v)

Grilled halloumi, rocket, orange & pine nuts (v)

Healthy slaw with raspberry vinaigrette (vg)

FROM THE FIELD

Vegetable samosas (vg)

Vegetable spring rolls (vg)

Potato and leek croquettes (v)

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HOT FORK BUFFET

AUTUMN/WINTER MENU

Our hot fork buffet includes 2 mains, 2 sides & 1 dessert, artisan bread selection, tea & coffee. Below is a sample selection however a chef's choice can be provided on the day.

£37.65

FROM THE FARM

- Thai green chicken & water chestnut curry (gf) (halal)
- Turkey & chestnut mushroom stroganoff (gf) (celery)
- Jerk chicken with aromatic jerk sauce (gf) (halal)
- Tandoori chicken with mango chutney (gf) (halal) (celery)
- Cumberland sausage ring with red onion gravy (soya, eggs, milk, mustard, wheat)

FROM THE SEA

- Parsley & lemon crusted tilapia with tartare sauce (tilapia, egg, mustard, wheat)
- Salmon Thai red coconut & lime curry (gf) (salmon, egg, mustard, sulphites)
- Ocean pie with puff pastry crust (fish, milk, wheat)

FROM THE FIELD

- Thai green smoked tofu curry with Chinese vegetables (vg, gf) (soya)
- Chilli five bean stew (vg, gf)
- Lentil & roast aubergine curry (vg, gf)
- Middle Eastern chickpea, sweet potato & butternut squash casserole, with mint & pomegranates (vg, gf)
- Turkish style vegetarian mince & butterbean stew (v, gf) (eggs)

FROM THE VEGETABLE PATCH

- Olive oil mashed potato (vg, gf)
- Chilli & thyme rice (vg, gf)
- Broccoli & cauliflower (vg, gf)
- Chef's seasonal salad (v, gf)
- Baked potato wedges (vg, gf)
- Healthy rice & pea option, with quinoa (vg, gf)
- Rosemary roast carrot (vg, gf)
- Sautéed garlic cabbage (vg, gf)

PUDDING DELIGHTS

- Apple & cinnamon crumble (v) (wheat, milk)
- Plum cake & butter crumble, with toffee butter sauce (v) (wheat, milk, egg)
- Coconut rice pudding with mango, lime & ginger compote (vg, gf)
- Winter fruit salad with lemon & pomegranate syrup (vg, gf)
- Chocolate bread & butter pudding (v) (wheat, milk, egg, soya)

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SHARING PLATTERS

AUTUMN/WINTER MENU

All of the following menus offer a more interactive guest experience with some added food theatre. Below is an example of some creative ideas

One station for a minimum of 50 guests

£15.40

PIE SHOP FAVOURITES

Kraft boxes of square pies

Chuck Chuck Chicky - chicken, tarragon

The Cowshed - beef steak, cracked black pepper, British ale (gf)

Farmer's Trug - butternut squash, spinach, feta, piped cheesy mash, minted garden peas, kimchi (v)

Served with East End parsley liquor, cheeky chappy gravy

BRICK LANE CURRY PITSTOP

Murgh Makhani - otherwise known as butter chicken with its mild gravy & aromatic fragrance

Lamb Rogan Josh - originating in Persia with Kashmiri chillies, garam masala, green cardamom

Lasooni Bhindi - Tender okra, garlic, aromatic Indian spices (v)

Served with saffron rice (gf), Brick Lane potatoes (gf), classic kachumber, shredded cabbage, pomegranate seeds (gf), mayonnaise, vegetable samosas, naan & poppadom stacks with punchy mango chutney, fresh mint, coriander raita

THE BOROUGH BAR

Selection of cured meats including; chorizo, Iberian ham & serrano ham

Mixed flavoured arancini ball baskets

Griddled artichokes, baby peppers filled with cream cheese (v)

Selection of marinated olives in garlic rosemary, lemon (gf)

Selection of artisan breads - ciabatta, focaccia & ficelle, tapenade, flavoured oil

Cheese straws, handmade bread sticks

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(Sharing Platters continued)

GARDEN FORAGE STATION

Build your own Eton mess hampers

Classic strawberry swirl, chocolate dipped meringues

Bowls of clotted cream, lemon verbena crème fraîche, trugs of summer berries

Choose three options from the following options:

Shots strawberry & basil fool (gf), Pimm's jelly tea cups, chilled elderflower custard,

Strawberry & lemon verbena macaroons; white chocolate & raspberry cheesecake, raspberry pipettes;

Buckets of berries, cracked black pepper

ENGLISH HERB GARDEN

Brûlée shots - Lemon thyme brûlée; blackberry & rosemary brûlée; basil brûlée (gf)

Balsamic strawberries, lavender shortbread

Lemon curd & raspberry mousse, edible petals

Violet macaroons with a honey, lavender ganache

THE DOUGHNUT WALL

Custard filled doughnuts; classic ring doughnuts; diddy Nutella doughnuts

Toppings to include: Hot chocolate sauce, berry coulis, chopped nuts, cinnamon sugar shakers, mini mallows

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CANAPES

AUTUMN/WINTER MENU

Minimum of 20 people. Minimum of 5 bites per person. Price per bite:

£3.90

MEAT

Filo basket filled with Szechuan pulled pork
Chicken liver parfait, red onion marmalade (gf)
Chicken chorizo & Parma ham roulade with herb crème fraîche
Smoked back bacon, Cheddar & onion tartlet
Lamb kofta, raita

FISH

Smoked salmon, nori, wasabi & cream cheese roulade
Salmon & lemongrass fish cake with aioli
Prawn sesame toast
Smoked mackerel pate on melba toast with red onion & ginger marmalade
Prawn & sesame gyoza with hot chili sauce & crispy seaweed (gf)
Smoked haddock & dill croquettes

VEGETARIAN & VEGAN

Mini vegetable spring rolls with dipping sauce (v)
Tomato & basil bocconcini skewers (v, gf)
Macaroni cheese bites with a cool tomato salsa (v)
Artichoke & sun blushed tomato tart (v)
Vietnamese crispy salad rolls with sweet chili sauce (v)
Hot & sour tempura tofu with sweet soy dip (v)
Mushroom pâté with truffle mascarpone (v, gf)
Welsh rarebit, spring onion salad (v)

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DRINKS & NIBBLES

DRINKS

House white wine	£29.00
House red wine	£29.00
Prosecco	£30.80
Bottled lager	£6.85
Selection of sodas	£2.55

NIBBLES

Each item is for six people	£5.85
Marinated mixed olives (gf)	
Lightly salted kettle crisps (gf)	
Chilli rice crackers	
Smoked almonds	
Wasabi peas	
Japanese rice crackers	
Mature Cheddar cheese straws	
Vegetables crisps	
Black pepper cashew nuts	
Mexican chilli peanuts	

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3 COURSE LUNCHEES & DINNERS

Select one starter, one mains and one dessert

£67.75

STARTERS

Pepper seared tuna nicoise salad , micro herbs, lemon, parsley & caper dressing (gf) (tuna, egg)

Welsh rarebit-topped smoked haddock, brioche toast with orange, rosemary carrot & pea shoot salad (wheat, haddock, egg, milk, mustard)

Heritage & semi-dried tomatoes, black olive toast, Virgin Mary jelly & basil oil (vg) (wheat – olive bread can be removed for Gluten Free)

Goats' cheese, roast peaches, caramelised walnut, mint, basil & lollo rosso salad, balsamic glaze (v, gf) (walnut, milk, sulphites)

Garlic, basil & chilli marinated smoked tofu, rocket, celeriac, apple & chive roulade with coconut yoghurt & truffle oil (vg, gf) (soya, celery)

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3 COURSE LUNCHEES & DINNERS

MAINS

Chicken saltimbocca, tender stem broccoli, Lyonnaise potatoes, red wine chicken jus (gf) (sulphites)

Pan-seared duck breast, confit duck leg bon bon, celeriac & potato mash, thyme roast Chantenay carrots, sauce vierge (wheat, milk, celery)

Risotto & cannellini bean cake, baby vegetables, spinach, chunky tomato & basil oil (gf, vg)

Herb crusted forerib of beef, potato rosti, braised cabbage & bacon lardons & red wine jus (served medium) (wheat, mustard, sulphite)

Turkey crown, sage & onion stuffing, pigs in blanket, rosemary roast potatoes with sautéed Brussel sprouts (wheat, sulphite)

Butternut squash, spinach & cranberry Wellington, light bechamel sauce, rosemary roast potatoes with sautéed Brussels sprouts (vg) (wheat, oat, soya)

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3 COURSE LUNCHESES & DINNERS

DESSERTS

Lemon posset, blueberry purée, almond praline & lime biscuit with edible flowers (v) (wheat, almond, milk)

Gluten free Christmas pudding with brandy butter sauce & strawberry compôte (v, gf) (milk, soya)

Dark chocolate & orange terrine, crème pâtissière & chocolate foam

Spiced apple cake, caramel sauce (vegan, gf)

Rocky road cheesecake, berry gel, honeycomb. (gf)

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www.beseasoned.co.uk



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