



# **Business Catering Menu 2023**

**“There is no love sincerer than the love of food ”**

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# About Our Caterers

Our caterers have been established since 1974 and they are one of the longest standing business caterers in London. They are a caterer with heritage, tradition and flair who specialise in all types of office, institutional, government and event catering. Their knowledge and experience means that they can be trusted by us to deliver the finest quality of food, beautifully prepared and presented each and every time.

Our caterers are dedicated to providing catering for all types of meetings and events and have established relationships and 'know how' at all levels within the organisations they support. At their most recent food hygiene inspection, they received (again) the highest award of 5 stars by the Food Standards Agency and Environmental Health.

## Independence and Integrity

MBM Omega have chosen to partner with an independent caterer who is able to respond quickly to changing requirements. We have ensured that our caterers will always put the interests of our clients at the heart of their catering business. Their ambition is simple – they want to be the best at what they do!

This menu has been planned in consultation with our caterer, MBM Omega and our clients. Our commitment to you is that we will always endeavour to vary and improve our menus so do let us know if you have any feedback.



# Breakfast

Minimum Order for 6 people

## Seasonal Fairtrade Fruit Platter

Our fresh & seasonal fruit platter is made with a combination of melon, juicy pineapples, the brightest oranges of the season, seedless grapes with freshly sliced mangoes and of course, fresh strawberries!

## Hand Crafted Fresh Fruit Skewers

One of our signature healthier options - a vibrant and fresh accompaniment to any of our menus.

## French Pastry Selection

In this selection there is a plain croissant, pain au chocolat, pain au raisin, maple and pecan or chocolate twist and a vanilla custard Danish.

## Mini Viennoiserie Selection

This selection consists of various little apple & sultana strudels, mini vanilla whirls and other superb filled pastries with fruit fillings.

## Mini Danish Pastries

Freshly baked to order on the morning of your meeting and consisting of mini raspberry & vanilla crème, apple strudel, mini vanilla whirl filled with vanilla crème, mini cherry lattice.

## Freshly Baked Mini Croissants with Strawberry Conserve

Freshly baked mini croissants served with strawberry conserve & butter portions.

## Selection of mini filled muffins

A selection of chocolate, lemon and blueberry mini muffins.



# Breakfast

## Minimum Order for 6 people

### Mini Open Bagels

Freshly baked mini bagels consisting of 4 varieties : Scottish smoked salmon finished with light lemon mayonnaise and dill, Smoked cheddar finished with a cherry tomato and a smidgen of plum chutney, hand carved traditional ham finished with asparagus spears and a light dijon mustard.

### Demi Filled Croissant Selection

Beautifully filled croissants with a variety of fillings from egg mayo with streaky smoked bacon, plain smoked salmon with a little cream cheese, freshly sliced ham and our own mixed egg mayo. We hand cut each croissant and present them on our porcelain platters for you to enjoy.

### Granola Pot Selection

Seasonal berries with low fat yoghurt & granola  
Organic honey with low fat yoghurt & granola  
Fresh strawberries with low fat yoghurt & granola  
Fairtrade banana, honey with low fat yoghurt & granola

### Hot Sausage Bap

#### Minimum Order for 10 people

Soft white baps filled with premium pork sausages and mixed herbs. This will be delivered warm and we will also serve this with brown sauce and tomato ketchup

### Hot Bacon Bap

#### Minimum Order for 10 people

We use the finest smoked bacon that is char-grilled to perfection. Please note that the bacon will have a beautiful char-grilled flavour, however it will not be all the way crispy such as pan-fried bacon.

Once the bacon is off the grill it is placed in a soft, floured white bread roll, also including separate sachets of barbeque sauce and tomato ketchup for extra flavour.

# Breakfast

Minimum Order for 24 people

## Fairtrade Ground Filter Coffee

Minimum Order for 24 people

All our coffee is Fairtrade – it's great coffee and highly recommended as part of your meeting.

## Decaffeinated - Freshly Ground Coffee

Minimum Order for 24 people

If you're hosting a meeting, remember some people prefer decaf coffee. Our coffee is both ethical and Fairtrade and freshly ground to your order.

## Ethical Tea

Minimum Order for 24 people

We have a wide selection of ethical tea. Our standard delivery is English breakfast tea but please advise us if you require a wider selection such as peppermint, Earl Grey or green tea.

## Fresh Orange Juice

1 litre should be sufficient for 4 people.

**Fresh Apple Juice** 1 litre should be sufficient for 4 people.



# Working Lunch Menus

Minimum Order for 6 people

## The Topaz

*Vegetarian options are included*

A selection of sandwiches and wraps made from white bread, wholemeal brown bread and half tortilla wraps, all generously filled with our weekly selection of meat, fish and vegetarian options.

All served with a side order of potato crisps.

To complete your lunch we include one of our freshly prepared fruit skewers created from six different seasonal fruits.



## The Emerald

*Vegetarian options are included*

A selection of sandwiches made from white bread, wholemeal brown bread, granary bread and half tortilla wraps, all generously filled with our weekly selection of meat, fish and vegetarian fillings.

All served with a side order of potato crisps.

To complete your lunch we include one of our freshly prepared fruit skewers created from six different seasonal fruits accompanied by a selection from our mini premiere cake range.



# Working Lunch Menu

## The Sapphire

*Vegetarian options are included*

A selection of our speciality tortilla wraps combined with our brown and white baguettes all generously filled with our weekly selection of meat, fish and vegetarian fillings.

Accompanied with 3 varieties of our chefs daily seasonal savouries selection.

To complete your lunch we finish off with one of our homemade cake selections together with the freshest fruit presented carefully on a bamboo skewer.



Why not add one of our seasonal fresh fruit platters to your order?

## The Ruby

*Vegetarian options are included*

A selection of our baguettes combined with half a round of sandwiches all generously filled with our weekly selection of meat, fish and vegetarian fillings.

Accompanied with 3 varieties of our daily seasonal savouries selection.

To complete your lunch we finish off with one of our seasonal fruit skewers hand crafted and filled with colour and vibrant flavours – comes with a small bowl of velvety Belgian chocolate for you to dip and a selection of our mini sweet tartlettes.





# Working Lunch Menus

Minimum Order for 6 people

## The Pearl

*Vegetarian options are included*

A selection from our premiere range of finger cut sandwiches beautifully designed to create an amazing display of artisan and culinary excellence.

Accompanied with selection of 3 of our daily changing savouries.

To complete your lunch we finish off with our very own home-made chocolate brownie triangles. Delicately accompanied with a strawberry marshmallow canapé dipped in Belgian chocolate!



## The Aquamarine

*Vegetarian options are included – Minimum order 8 people*

This is a remarkably vibrant and fresh menu - RIP triangular sandwiches & crisps!!

Shared Platter of Open Lunch Bagels (2 halves pp)

Platter of Fine British Meats & Artisan Rolls

Large Bowl of Mixed Salad (V)

Homemade Quiche Slices (V)

Fresh Fruit Platter with Seasonal Berries

Please note all the Open Lunch Bagels are mixed together.

**Vegetarian** options are included and served separate

# Working Lunch Menus

## The Amber

*Vegetarian options are included – Minimum order 3 people*

- One round of our Premiere Triangular Cut Sandwiches
- 3 varieties of our chef's daily changing finger food
- A Selection of Individually Wrapped Handmade Crisps 40g
- A Selection of Strawberry & Fresh Fruit Skewers
- A Small Triangular Chocolate Brownie

Please note we used to send a bowl of crisps with this order but as a way of removing our plastic usage, we have switched now to a selection of individual bags of crisps.



## The Diamond

*Vegetarian options are included – Minimum order 8 people*

*2 Days' Notice Required*

- One & a Half Rounds of Freshly Baked Premium Sandwiches
- 4 Varieties of Our Chefs Daily Changing Finger Foods
- A Luxury Fresh Platter of Sushi
- A Selection of Mini Dessert Pots (1pp)
- Seasonal & Fair-Trade Fresh Fruit Platter



# Sandwich Selection

Minimum order 6 people.

1.5 rounds per person - this will be a chef's choice of fillings.

## The Great British Classic Sandwich Platter

Classic all-time favourites with handmade fillings freshly made to order!

## The Seasonal Baguette Platter

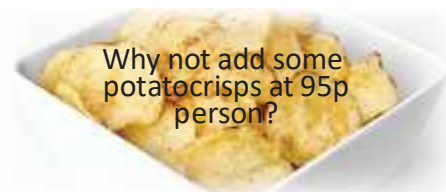
Baked on the day of your order.

## Speciality Wraps Platter

The specialty wraps platter is made using the finest fresh tortilla wraps consisting of plain white wraps, spinach wraps and sun-dried tomato wraps.

## The Combination Platter

Half the platter is made up of our fantastic sandwich range and the other half are wraps, this will be a chef's choice of fillings.



## The Healthy Option (1.5 rounds per person)

This selection is made up entirely of our fantastic range of fillings BUT with no spreads, no butter and light mayonnaise only, using only the finest wholemeal brown bread. It will be our chef's choice of fillings.

## The Vegan Salad

A mixed leaf salad with grated carrots, coriander, freshly chopped tomatoes, cucumbers and a sprinkling of black olives. (daily changing salads)

## Gluten Free Individual Platter

Individually prepared gluten free salads. A gluten free dessert such as a chocolate brownie or caramel shortbread will be included together with a fresh fruit skewer.

## Gluten Free Sandwiches

Sliced white bread with a natural home baked taste – no wheat and no gluten!

# Individual Salad Selection

## Individual salad bowls for lunch

Grande chicken salad

Char-grilled chicken Caesar salad

Mozzarella, pasta & tomato salad

Fresh greek salad

Chicken & mozzarella salad

Tuna niçoise salad

Oak smoked salmon salad with prawn's

Cajun chicken salad with avocado

Malaysian chicken salad

Grilled Chicken Salad With Mediterranean Roasted Vegetables

Roasted vegetable salad

Tricolored Salad

The Vegan Salad

Tofu and French green bean salad



# Finger Food

## Minimum Order for 8 people

Aromatic crispy duck pancakes  
Chicken goujons with tomato ketchup dip  
Chicken tikka brochettes with chopped coriander  
Crostini of goats cheese with red onion marmalade  
Falafel with yoghurt mint dip  
Grilled vegetarian skewers with oriental marinade  
Lemon sole goujons with cracked black pepper  
Malaysian chicken skewer  
Mini canapé pizzas  
Mini crab cakes with sweet chilli  
Mini Indian savoury vegetarian selection  
Mini Thai style savouries  
Mozzarella with sun blush tomato on crostini  
Onion bhajis with mint raita  
Organic pork chipolatas  
Pigs in blankets with light mustard dip  
Roasted salmon brochettes  
Mini Leek & Gruyere Tartlets  
Sawadee Tempura king prawns with plum sauce  
Vegetarian quiche  
Vegetarian samosas  
Vegetarian spring rolls  
Baby Mozzarella & tomato skewers



# Hot Soup

## Minimum Order for 8 people

We prepare classic recipes that we think you couldn't live without - our chefs have perfected the recipes over time, so we can deliver direct to your office.

The soup will be delivered in a special thermo flask so it retains its temperature. All you need to do is simply open the lid, pour serve and eat.

We'll send you some bread rolls and butter with your soup (as well as some insulated cups to serve the soup if you want!)

Leek & potato soup with fresh bread rolls

Carrot & coriander soup with fresh bread rolls

Tomato & fresh basil soup with fresh bread rolls

Wild mushroom soup with fresh bread rolls

Pea & Mint soup with fresh bread rolls

Roasted Mediterranean Vegetable Soup with Fresh Bread Rolls

# Nachos Crisps and Pringles Selection

## Minimum Order for 8 people

A Selection of nachos, crisps and Pringles all served with guacamole and spicy salsa. It's a really colourful display of nibbly things and with an authentic guacamole and salsa - we like to mix the hot with the smooth! It's the simple and popular menu selections that are always a success and we think this fits very well into that category! Crunch, munch & dip all night lo



# Platters for Sharing

## Minimum Order for 8 people

### **Crudities** | Vegetarian

Carrot batons, mixed green, red & yellow peppers, celery sticks and baby asparagus with a selection of hummus, sour cream with chives and salsa.

### **Classic Cheeseboard**

A selection of 4 types of cheese with chutneys, crackers, mixed nuts and grapes.

### **Continental Charcuterie Platter**

Slices of Parma ham, salami Milano, chorizo, smoked ham, gherkins & wood roasted piquillo peppers & balsamic oil.

Served with a selection of artisan rolls & butter.

### **Premiere Seafood Platter**

This is a wonderful fresh display of only the finest fresh fish that we can get buy on the morning of your delivery. You'll always have the finest Scottish smoked salmon, gravlax and large peeled king prawns served with a variety of sauces and dips.

Served with a selection of artisan rolls & butter.

### **Fine Sliced British Meat Selection**

Sliced British gammon ham with English mustard

Free range sliced turkey with homemade cranberry sauce

Roast topside of prime beef with horseradish

Sliced chargrilled breast of assured farmed chicken

Served with a selection of artisan rolls & butter

### **A Selection of Nibbles & Olives**

MINIMUM ORDER 10 PEOPLE Ideal for pre-dinner drinks or pre-canapé/reception nibbles.

Our selection consists of the following varieties, salted peanuts, dry roasted peanuts, cashew nuts, marinated black olives, marinated green olives and Kettle Chips.



# Cold Bowl Food

**Minimum Order 10 bowls for 10 people**

A new addition to our range of menus, small individual porcelain bowls beautifully presented. Please select any 3 different bowls per person for a light meal. Priced individually.

## Meat

Cajun spiced chicken with soft noodles  
Strips of roast Beef with niçoise salad  
Char-grilled chicken Caesar with smoked bacon  
Oriental beef salad with mango



## Fish

Seared tuna on a bed of mixed leaves with spring onion and baby tomatoes  
King prawn cocktail, sun blush tomato, bed of mixed leaves and chives  
Skewer of wild salmon with penne pasta  
Poached salmon on watercress salad with light citrus mayonnaise  
Avocado with crab mayonnaise on potato salad

## Vegetarian

Mini Greek salad & feta cheese, black olives  
Mediterranean roasted vegetables with pasta  
Asparagus spears, lemon & honey dressing, shaved parmesan  
Ratatouille with garlic crostini  
Mini mozzarella, sun blush tomatoes, penne pasta

## Handmade Desserts - minimum order 6 people

Eton Mess with a twist  
Tiramisu  
Fresh strawberries with vanilla whipped cream & mint  
Individual Fresh Fruit Salad with gently whipped cream





# Hot Bowl Food

## Minimum Order 10 bowls for 10 people

Please note that hot bowl food will require a chef to attend at your location. Please contact us so we can discuss the associated costs for this service. 48 hours' notice is required for this service.

Small individual porcelain bowls beautifully presented. Please select any 3 different bowls per person for a light meal.

### Meat

Assured farmed breast of chicken chasseur on rice

Sausages with mash and caramelized shallot gravy

Mini shepherd's pie with a hint of mint jelly

South Asian chicken curry with basmati rice and mango chutney

Coq au vin on a tarragon mash

Lamb moussaka & chopped aubergines

Fillet of beef bourguignon with rice

### Fish

Fisherman's pie finished with a duchess potato

Thai greenking prawn curry on a bed of fragrant rice with coriander

Salmon florentine with rustic carrots baked with red onions

### Vegetarian

Ratatouille with Garlic Crostini

Vegetarian South Indian curry



# Cold Fork Buffet Menus

## Minimum Order for 8 people

## Please contact us for further menu options

If you're holding a meeting over the next few weeks and want to serve up a 'less bread style' Cold Fork Menu, then look at the menu below.

### The Tanzanite

Chicken with Avocado & Mozzarella

Roasted Vegetable Quiche (Vegetarian Option )

Roasted Salmon Fillets served with a Tarragon Creme Fraiche

A Large bowl of Mixed Salad

A Large Bowl of Pasta Salad with Fresh Olives & Vegetables

Speciality Bread Rolls with Individual Butter Portions

A selection of Luxury & Individual Italian Desserts

A vegetarian selection is included and we always serve the vegetarian options separately.



# Sushi Platters for Sharing

**48 hours' notice is required for all Sushi dishes**



## The Akana Vegetarian Platter

**Minimum Order 8 people**

This selection is proof that sushi is not all raw fish and contains approximately 43 pieces of **vegetarian sushi only**. We serve a large selection of vegetarian California rolls, inari fried tofu nigiri and a selection of vegetarian hosomaki rolls. All served with chopsticks, wasabi, light soy sauce and pickled ginger.

## The Oshino Platter

**Minimum Order 8 people**

This is a selection for the sushi connoisseur and contains only the highest quality fish nigiri with some small rolls. A beautifully fresh selection of fish nigiri and an assortment of large and small maki rolls. All served with chopsticks, wasabi, light soy sauce and pickled ginger.

## The Saroma Platter **Minimum Order 8 people**

This continues to be our most popular tray of sushi - A beautifully fresh selection of fish nigiri and an assortment of large and small maki rolls. This adds colour to any meeting or party All served with chopsticks, wasabi, light soy sauce and pickled ginger.

## The 'We Lurve' Sushi Platter

**Minimum Order for 10 people**

A Fine Selection of Fresh Sushi and all the great things you'd expect from this great selection. It's a vast display of colour, freshness and all that is great about the most authentic sushi you'll find. Healthy. Tasty. Fresh. All served with chopsticks, wasabi, light soy sauce and pickled ginger.

# Mini Sweet Desserts

Minimum Order for 6 people

## Chocolate brownies

A soft gooey fudge centre brownie made with real Belgian chocolate and a sprinkling of walnuts.

## Mini Premiere Cake Selection

Our catering menu of miniature pastries include, but are not limited to: mini chocolate eclairs, small cream slices filled with raspberry jam and topped with fondant icing, little chocolate and cherry Swiss rolls, mini brownies, mini macaroons etc.

## Carrot cake triangles

Carrot Cake Triangles cut beautifully and frosted with a light icing - always a popular choice!

**Strawberry marshmallow skewers** Strawberries pierced with a perspex canape skewer against a soft marshmallow. The whole dessert is sealed together with rich Belgian chocolate, so it can be eaten in one bite, with white Belgian chocolate drizzled over the top to add a little bit of extra sweetness.

**Seasonal Fairtrade fruit platter** Our Fairtrade seasonal fruit platter is made with the best selection of seasonal Fairtrade fruits we can source on the day of your order.

## Mixed sweet platter (2 per person)

A selection of the chef's sweet creations such as Millionaire short bread, coconut & raspberry triangles, passion cake squares, carrot cake triangles, home-made granola triangles, chocolate brownie triangles, passion and walnut cake and many, many more!

## Fresh Fruit Skewers

A beautiful selection of neatly cut seasonal fruits placed on bamboo skewers and delivered on white porcelain plates. This assortment of fruits is a great healthy option that will make all of your guests happy. The fruit on the skewers is changed to get the best seasonal fruit to



# Drinks

## **Fresh Orange Juice**

1 litre should be sufficient for 4 people.

## **Fresh Apple Juice**

1 litre should be sufficient for 4 people.

## **Glass Bottle Still Water**

1 bottle should be sufficient for 4 people.

## **Glass Bottle Sparkling Water**

1 bottle should be sufficient for 4 people.

## **Coca Cola**

## **Diet Coke**

## **Fanta**

## **Sprite**

## **White Wine Les Boules**

1 bottle should be sufficient for 4-5 people.

Les Boules Blanc 2013 Vin de France is a fresh, yet subtly exotic southern French blend of Vermentino (Rolle) grapes with Sauvignon Blanc. It shows ripe citrus character with mouth-watering floral overtones. On the palate, there is enough body to pair well with a variety of foods and canapes.

## **Red Wine Les Boules**

1 bottle should be sufficient for 4-5 people.

Les Boules Rouge 2013 Vin de France is a fantastic southern French blend of Syrah and Grenache grapes. It shows blackberry and bramble flavours, with a hint of raspberry; a spicy, perfumed, peppery blend that will pair well with a variety of foods & canapes.

# Drinks

## Prosecco

1 bottle should be sufficient for 4-5 people.

Prosecco is a lighter, crisper alternative to Champagne – and at a fraction of the price, it's no wonder it's growing so fast in popularity. It is made from white Prosecco (Glera) grapes from the Valdobbiadene/Conegliano region of Italy

## Peroni **Minimum Order for 12 people**

The refreshing elements of Peroni Nastro Azzurro's taste complement the saltiness of cured meats, while the cleanness of Peroni Nastro Azzurro's taste helps to cut through the richness of meats and cheeses.

We also offer the following bottled beers below - if you would like alternatives then please get in touch.

- Corona
- Becks
- Sol
- Budweiser

## Wine Coolers

Clear Perspex wine cooler. Please note that ice is not included.

## Ice

Ice - Comes in 2.5 Kg bags