



# DMH Menu

## Winter 2023

All prices listed are exclusive of VAT





### **A bit about Eden...**

Eden have been delivering seasonal, stylish, and sustainable food to companies across Central London since 1993. This has placed us in good stead to know what our customers want, and we do it in a uniquely sustainable way, with a team of passionate foodies behind every decision.

We offer a range of menus featuring a fantastic mixture of vegetarian, vegan, meat and fish items. Our food is suitable for a wide variety of events – from business breakfasts for 6 to awards ceremonies for 2000.

Each weekday day we feed over 2000 people. In fact, last year we fed over 330,000 people altogether. This included over 1100 organisations, one of which who placed 3000 orders alone.

We are proud to have a 3-star rating, the highest possible, from the Sustainable Restaurant Association, positioning us as London's most sustainable caterer.





# Refreshments

## Tea & Coffee

*Freshly brewed filter coffee and a selection of fine teas*

## Tea, Coffee & Luxury Biscuits

*Freshly brewed filter coffee and a selection of fine teas, served with luxury wrapped biscuits*

## Tea, Coffee & Cake

*Freshly brewed filter coffee and a selection of fine teas, served with a selection of home-made cake slices.*

## Tea, Coffee & Pastries

*Freshly brewed filter coffee and a selection of fine teas, served with a selection of pastries*

## Juice

*Orange and/or apple (please specify)*

## Bottled Water

*Still and/or sparkling (please specify)*



# Breakfast



## DMH Pastries

*Minimum order of 3*

*A selection of current seasonal pastries x 1 per person*

## Fresh Fruit

*Minimum order of 3*

*A selection of current seasonal cut fruit x 1 fruit salad pot per person*

## Fresh Fruit Platter

*A selection of seasonal whole fruit on a platter, suitable for 10 – 12 people*

## Mini Bacon Roll Breakfast Platter

*15 mini glazed brioche rolls with streaky bacon*

## Mini Mushroom Roll Breakfast Platter

*15 mini glazed brioche rolls with butter fried button mushrooms, tomatoes and cheddar*

## Breakfast Savoury Platter

*A selection of mini filled breakfast rolls & croissants to include smoked salmon & cream cheese mini bagels, emmenthal & ham mini croissant, emmenthal & salami cereal roll, brie & cranberry mini flutes. Suitable for 10 – 12 people*



# Sandwich Lunch

## DMH Sandwich Bronze Lunch

*Minimum order of 3*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1.25 round per person*

### **Whole Fruit**

*x 1 per person*

## DMH Sandwich Silver Lunch

*Minimum order of 3*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1.25 round per person*

### **Crips**

*x 0.5 portion per person*

### **Cut Fruit**

*x 1 mini pot per person*

## DMH Sandwich Lunch Gold

*Minimum order of 3*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1 round per person*

### **Finger Buffet**

*A selection of current seasonal finger items x 2 items per person*

### **Cut Fruit**

*x 1 mini pot per person*



# Finger Buffet



## DMH Finger Buffet Bronze

*Minimum order of 3*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1 round per person*

### **Finger Buffet**

*A selection of current seasonal finger items x 4 items per person*

### **Cut Fruit**

*x 1 mini pot per person*

## DMH Finger Buffet Silver

*Minimum order of 3.*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1 round per person*

### **Finger Buffet**

*A selection of current seasonal finger items x 4 items per person*

### **Cake**

*x 0.5 portion per person*

### **Cut Fruit**

*x 1 mini pot per person*

## DMH Finger Buffet Gold

*Minimum order of 3*

### **Sandwiches**

*A selection of current seasonal sandwiches x 1 round per person*

### **Finger Buffet**

*A selection of current seasonal finger items x 4 items per person*

### **Cheese**

*Selection of seasonal cheeses x 0.5 portion per person*

### **Cake**

*x 0.5 portion per person*

### **Cut Fruit**

*x 1 mini pot per person*





# Meze Lunch



## DMH Meze Lunch

*Minimum order of 6*

*A selection of eight different, seasonal salads all in one large bowl. Served with dressings and artisan rolls.*

**Whole Fruit**  
*x 1 per person*

## DMH Vegan Meze Lunch

*Minimum order of 6*

*A selection of eight different vegan, seasonal salads all in one large bowl. Served with dressings and artisan rolls.*

**Whole Fruit**  
*x 1 per person*

## DMH Vegetarian Meze Lunch

*Minimum order of 6*

*A selection of eight different vegetarian, seasonal salads all in one large bowl. Served with dressings and artisan rolls.*

**Whole Fruit**  
*x 1 per person*



# Winter ABC + W

Dietary legend:  
g: no gluten ingredients d: dairy free  
n: contain nuts v: vegetarian

## A Monday & Friday

### Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain  
Falafel, Houmous with homemade pickles in a Wrap (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a  
Piedmont Baguette (vegan, d)  
Brie & Spiced Cranberry in a Piedmont Baguette (v)  
Roast Mushroom and Mozzarella on Multi Seed Bloomer (v)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Salmon Teriyaki on Malted Grain

### Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)  
Samosa (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Cheesy Paprika Puff (v)  
Panko Chicken Goujon (d)  
Homemade Thyme & Caramelised Onion Sausage Roll (d)  
Salmon Teriyaki Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

### Cakes

Lemon Polenta Cake (v, g, n)  
Healthy Seed Bar - Free From (vegan, g, d)  
Spiced Raisin Loaf Cake (vegan, d)  
Mini Muffins - 2 per portion (v)  
Orange, Ginger & Miso Cake (v)

## B Tuesday & Thursday

### Sandwiches

Roast Chicken Salad on Malted Grain (d)  
Smoked Mackerel & Rocket in a Tomato Wrap  
Falafel, Houmous with homemade pickles in a Wrap (vegan, d)  
Brie & Spiced Cranberry in a Piedmont Baguette (v)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Salmon Teriyaki on Malted Grain  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a  
Piedmont Baguette (vegan, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Salmon & Lemon on Malted Grain  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Mushroom and Mozzarella on Multi Seed Bloomer (v)

### Finger Buffet

Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Queen Olives - 4 per portion (vegan, g, d)  
Cheesy Paprika Puff (v)  
Stilton & Caramelised Red Onion Tart (v)  
Panko Chicken Goujon (d)  
Cocktail Sausages with Honey - 3 per portion (d)  
Salmon Teriyaki Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

### Cakes

Chocolate Brownie (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Cranberry Fruit Fool Tart - 2 per portion (v)  
Carrot Cake (v, n)  
Spiced Raisin Loaf Cake (vegan, d)

## C Wednesday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a  
Piedmont Baguette (vegan, d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Smoked Salmon & Lemon on Malted Grain  
Falafel, Houmous with homemade pickles in a Wrap (vegan, d)  
Roast Mushroom and Mozzarella on Multi Seed Bloomer (v)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Roast Chicken Salad on Malted Grain (d)  
Salmon Teriyaki on Malted Grain  
Brie & Spiced Cranberry in a Piedmont Baguette (v)

### Finger Buffet

Samosa (vegan, d)  
Moroccan Houmous & Pepperonata Crostini (vegan, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Stilton & Caramelised Red Onion Tart (v)  
Cocktail Sausages with Honey - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Roll (d)  
Salmon Teriyaki Brochette (g, d)  
Fish Cake with Lemongrass & Ginger

### Cakes

Chocolate Brownie (v)  
Healthy Seed Bar - Free From (vegan, g, d)  
Lemon Polenta Cake (v, g, n)  
Orange, Ginger & Miso Cake (v)  
Spiced Raisin Loaf Cake (vegan, d)

## W Weekend

### Sandwiches

Falafel, Houmous with Homemade Pickles in a Wrap (vegan, d)  
Moroccan Houmous with Pepperonata on Gluten Free Bread  
(vegan, g, d)  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Turkey with Sauerkraut & Blackberry in a Spinach Wrap (d)  
Roast Chicken Salad on Malted Grain (d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Smoked Mackerel & Rocket in a Tomato Wrap  
Salmon Teriyaki on Malted Grain  
Smoked Salmon & Lemon on Malted Grain

### Finger Buffet

Slow Cooked Tomato & Basil (vegan, g, d)  
Samosa (vegan, d)  
Queen Olives - 4 per portion (vegan, g, d)  
Baby Mozzarella & Cherry Tomato Brochette (v, g)  
Stilton & Caramelised Red Onion Tart (v)  
Cocktail Sausages with Honey - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Roll (d)  
Salmon Teriyaki Brochette (g, d)

### Cakes

Spiced Raisin Loaf Cake (vegan, d)  
Healthy Seed Bar - Free From (vegan, g, d)  
Orange, Ginger & Miso Cake (v)  
Carrot Cake (v, n)  
Chocolate Brownie (v)



## **Sustainability**

For us, sustainability is key. It informs everything we do, from where we source our ingredients, how we cook our food through to the lights we use in our head office.

Our knowledge and passion on the subject puts us in a good position to offer a free sustainability advice service to our clients.

Please see some of the fantastic things we do that contribute towards us receiving a 3-star rating, the highest possible, from the Sustainable Restaurant Association.

A handwritten signature in dark grey ink that reads "Nick".

Nick Mead,  
*Managing Director*





Our meat and fish are **sustainably sourced** and fruit & veg is sourced from our **local** markets



**No added sodium**  
in any  
of our products

We have a **zero-to-landfill** policy and dispose of our waste correctly



We actively work to reduce delivery miles by optimising routes and only serving clients local to us. We also now have 2 new

**Zero Emission Delivery Vans**



We have highly skilled chefs on site to prepare & cook our food within our state-of-the-art Waterloo kitchens. We prefer to poach, roast or steam - making most of our food

**HOMEMADE**

## **Eden Caterers**

We have **removed all beef** from our menu



**784 trees**

have been saved in the past year through sending our recycling to First Mile Recycling plant



PLANEAT

### **WE PLANT TREES**

within our local community, through our tree planting scheme at Eden Caterers and our sister company Planeat - helping to build a sustainable future for us all. With the help of We Are Waterloo, Letting Grow and eForests we hope to plant as many trees as possible. Find out more at [www.edencaterers.london](http://www.edencaterers.london) and [www.planeat.london](http://www.planeat.london)



We serve our food on naturally fallen **Palm Leaf Platters** & use PLA plastic film to cover and wrap our food. **PLA** stands for Poly Lactic Acid, a sustainable material made from **fermented corn sugars** or sugar beets

The majority of our food is vegetarian and vegan - approximately

**75%**

We are proud to pay all of our staff at least the **London Living Wage**



**Living Wage**  
Employer