



DMH Menu Summer 2024

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

A, B, C + W



A

Monday + Friday

Sandwiches

Egg Mayonnaise & Cress on Malted Grain (v, d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Prawn Cocktail on Malted Grain (d)
 Falafel & Baba Ganoush Wrap (vegan, d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
 Veggie New Yorker on Multi Seed Bloomer (v)
 Cajun Chicken & Tomatade Wrap (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)

Finger Buffet

Bella Lodi Chicken Strip
 Chicken Brochette with Chilli & Oregano (g, d)
 Free From Tapenade Bruschetta (vegan, g, d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Samosa (vegan, d)
 Pizza with Mozzarella & Sunblush Tomatoes (v)
 Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Mini Muffins - 2 per portion (v)
 Orange Polenta Loaf (v, g, n)

B

Tuesday + Thursday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Falafel & Baba Ganoush Wrap (vegan, d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)
 Cajun Chicken & Tomatade Wrap (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Prawn Cocktail on Malted Grain (d)
 Veggie New Yorker on Multi Seed Bloomer (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
 Chicken Brochette with Chilli & Oregano (g, d)
 Chorizo & Red Onion Sausage Rolls (d)
 Queen Olives - 4 per portion (vegan, g, d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Pizza with Mozzarella & Sunblush Tomatoes (v)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)

Cakes

Coconut & Passion Fruit Drizzle Cake (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Raspberry Tartlet - 2 per portion (v)
 Blondie Brownie (v)

C

Wednesday

Sandwiches

Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Cajun Chicken & Tomatade Wrap (d)
 Prawn Cocktail on Malted Grain (d)
 Falafel & Baba Ganoush Wrap (vegan, d)
 Veggie New Yorker on Multi Seed Bloomer (v)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Roast Chicken & Cucumber on Malted Grain (d)
 Hot Smoked Salmon & Chickpea with Chilli Mustard in a Cereale Baguette (d)
 Mozzarella, Tomato, Olive & Basil in Ciabatta (v)

Finger Buffet

Feta, Cherry Tomato & Basil Tart (v)
 Bella Lodi Chicken Strip
 Chorizo & Red Onion Sausage Rolls (d)
 Salmon Brochette with Chilli & Ginger (g, d)
 Smoked Mackerel Crostini
 Samosa (vegan, d)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)
 Chilli Cheese Corn Muffins (v, g)

Cakes

Cherry Flapjack (v)
 Healthy Seed Bar - Free From (vegan, g, d)
 Strawberry Crumble Slice (vegan, d)
 Orange Polenta Loaf (v, g, n)
 Blondie Brownie (v)

W

Weekend

Sandwiches

Falafel & Baba Ganoush Wrap (vegan, d)
 Houmous & Green Olive Tapenade on Malted Grain (vegan, d)
 Cheddar & Rhubarb Chutney on Malted Grain (v)
 Egg Mayonnaise & Cress on Malted Grain (v, d)
 Cajun Chicken & Tomatade Wrap (d)
 Roast Chicken & Cucumber on Malted Grain (d)
 Blythburgh Farm Gammon Ham & Mustard on Malted Grain (d)
 Smoked Mackerel in a Spinach Wrap Prawn Cocktail on Malted Grain (d)
 Prawn Cocktail on Malted Grain (d)

Finger Buffet

Samosa (vegan, d)
 Chestnut Mushroom Vegan Sausage Roll (vegan, d)
 Queen Olives - 4 per portion (vegan, g, d)
 Chilli Cheese Corn Muffins (v, g)
 Feta, Cherry Tomato & Basil Tart (v)
 Chicken Brochette with Chilli & Oregano (g, d)
 Chorizo & Red Onion Sausage Rolls (d)
 Salmon Brochette with Chilli & Ginger (g, d)

Cakes

Strawberry Crumble Slice (vegan, d)
 Healthy Seed Bar - Free From (vegan, g, d)
 Cherry Flapjack (v)
 Coconut & Passion Fruit Drizzle Cake (v)
 Orange Polenta Loaf (v, g, n)
 Blondie Brownie (v)
 Mini Muffins (v)

Dietary Legend: g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan
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