

# MENU

## BREAKFAST

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**Merguez Sausage Sandwich** £6.60  
(Minimum order 4)

Merguez lamb sausage, with harissa yoghurt, marinated tomatoes and rocket. [NF](#)

**Selection of Mini Pastries** £2.40  
(Minimum order 4, 2 pastries pp)

A mini Pain Aux Raisin and a Mini Croissant. [Vg](#), [NF](#)

**Freshly Baked Almond Croissant** £2.40  
(Minimum order 4) [Vg](#)

**Freshly Baked Croissant** £2.40  
(Minimum order 4) [Vg](#), [NF](#)

**Pistachio and Pecan Granola Pot** £2.40  
(Minimum order 4) [Vg](#), [GF](#)

**Berry Compote with Yoghurt** £2.40  
(Minimum order 4) [Vg](#), [NF](#), [GF](#)

## SANDWICHES & SALAD

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**EatFirst's Favourite Sandwiches** £7.20  
(Min. order of 4 ppl, served as a buffet)

Chicken Caesar Sandwich [NF](#)

Salt Beef Sandwich [NF](#), [DF](#)

Moroccan Spiced Aubergine Sandwich [NF](#), [Vg](#)

Grilled Vegetable Baguette [Vg](#), [NF](#)

**EatFirst's Meat Sandwiches** £8.70  
(Min. order of 4 ppl, a combination of:)

Chicken Caesar Sandwich [NF](#)

Salt Beef Sandwich [NF](#), [DF](#)

Roast Beef Sandwich [DF](#)

Club Sandwich [DF](#), [NF](#)

**Grilled Vegetable Baguette with herby Ricotta** £5.40  
(no minimum order) [NF](#), [Vg](#)

**Moroccan Spiced Aubergine Sandwich** £5.40  
(no minimum order) [NF](#), [Vg](#)

**Crispy Tofu Burger** £8.40  
(no minimum order)

A Gluten Free Bun with crispy tofu, pickled vegetables and tofu mayonnaise [NF](#), [GF](#), [DF](#), [Vg](#)

**Gluten Free Caesar Sandwich** £9.00  
(no minimum order)

A Gluten Free Bun with Sous Vide Chicken breast, Caesar dressing and crunchy romaine [NF](#), [GF](#)

**EatFirst's Favourite Salads** £8.10  
(min. order of 3 ppl, served individually)

Thai Beef Salad [NF](#), [DF](#), [GF](#)

Chicken Caesar Salad [NF](#)

Butternut Squash and Hummus Salad [V](#), [NF](#), [DF](#), [GF](#)

## AFTERNOON TEA

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**All Butter Shortbread** £2.40  
(Minimum order 4, 2 pieces pp) [Vg](#), [NF](#)

**Millionaire Shortbread** £3.00  
(Minimum order 4) [Vg](#), [NF](#)

**Lemon Drizzle Cake** £21.60  
(Served in 10 slices) [NF](#), [Vg](#)

**Cream Cheese Frosted Carrot Cake** £30.00  
(Served in 10 slices) [Vg](#)

**Blueberry Crumble Cake** £21.60  
(Served in 10 slices) [Vg](#)

## BOXES & BITES

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<b>"Bennto" Box</b> (Serves 4-6 ppl as a snack) Chicken Kara-Age with chilli mayonnaise <a href="#">NF, DF</a> Shitake & Leek Gyoza with soy & pepper dipping sauce <a href="#">NF, DF, V</a> Chicken Yakitori with shichimi pepper <a href="#">NF DF</a> Takoyaki with tonkatsu sauce <a href="#">NF</a>	<b>£36.00</b>	<b>Vegetarian Mezze Box</b> (serves 4 ppl) Hummus, artichokes, olives, sun dried tomatoes, grilled courgettes and fresh pitta bread <a href="#">NF, Vg, DF</a>	<b>£34.80</b>
<b>Chicken Kara-Age with chilli mayonnaise</b> (minimum 20 items) <a href="#">NF, DF</a>	<b>£1.20</b>	<b>Turkish Flatbreads, Crudités &amp; Hummus</b> (serves 4 ppl) <a href="#">V, NF, DF</a>	<b>£16.80</b>
<b>Chicken Yakitori with shichimi pepper</b> (minimum 20 items) <a href="#">NF, DF</a>	<b>£1.20</b>	<b>Roasted Squash Salad Box</b> (serves 5 ppl) <a href="#">V, NF, DF, GF</a>	<b>£42.00</b>
<b>Shitake &amp; Leek Gyoza with soy &amp; pepper dipping sauce</b> (minimum 20 items) <a href="#">NF, DF, Vg</a>	<b>£1.20</b>	<b>Thai Beef Salad Box</b> (serves 5 ppl) <a href="#">NF, DF, GF</a>	<b>£48.00</b>
<b>Takoyaki with tonkatsu sauce</b> (minimum 20 items) <a href="#">NF</a>	<b>£1.20</b>	<b>Chicken Caesar Salad Box</b> (serves 5 ppl) <a href="#">NF</a>	<b>£48.00</b>
<b>Grilled Miso Chicken Box</b> (serves 4 ppl) Slices of miso marinated grilled chicken, with pickled vegetables, fresh herbs, chicken pate and sweet chilli garlic dressing and fresh sourdough. <a href="#">NF, DF</a>	<b>£38.40</b>	<b>Artisan Cheese Board</b> (serves 5 ppl) Aged English Cheddar, French Brie and crackers. Served with Rubies in the Rubble Piccalilli <a href="#">NF, Vg</a>	<b>£48.00</b>
<b>Make it Gluten Free</b>	<b>£45.60</b>	<b>Seasonal Whole Fruit Box</b> (serves 10 to 12 ppl) <a href="#">NF, V, DF, GF</a>	<b>£24.00</b>
<b>Make it Carb Free</b>	<b>£30.00</b>		

## DESERTS & POTS

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<b>Triple Chocolate Brownie</b> (Minimum order 4) <a href="#">NF, Vg</a>	<b>£2.40</b>	<b>Original Beans Chocolate Bars</b> (No minimum order, 3 pieces p/p) <a href="#">Vg</a>	<b>£3.60</b>
<b>Triple Chocolate Brownie Bites</b> (Minimum order 4) <a href="#">NF, Vg</a>	<b>60p</b>	<b>Yuzu Chilli Truffles</b> (Minimum order 4) <a href="#">Vg, NF</a>	<b>£3.60</b>
<b>Chocolate Chunk Cookies</b> (Minimum order 4) <a href="#">NF, Vg</a>	<b>£2.40</b>	<b>Mango and Pineapple Fruit Pot with Lime</b> (Minimum order 4)) <a href="#">V, GF, NF, DF</a>	<b>£3.00</b>
<b>Quadruple Chocolate Chunk Cookies</b> (Minimum order 4) <a href="#">NF, Vg</a>	<b>£2.40</b>	<b>Superfruit Pot</b> (Minimum order 4)) <a href="#">V, GF, NF, DF</a>	<b>£2.40</b>

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## SIDES & SNACKS

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<b>Sweet and Salty Popcorn</b> (Minimum order 4) <a href="#">GF</a> , <a href="#">DF</a> , <a href="#">NF</a> , <a href="#">V</a>	<b>£1.80</b>	<b>Spare Fruit Apple Crisps</b> (Minimum order 4) <a href="#">V</a> , <a href="#">NF</a> , <a href="#">GF</a> , <a href="#">V</a> , <a href="#">DF</a>	<b>£2.40</b>
<b>Salted Crisps</b> (Minimum order 4) <a href="#">GF</a> , <a href="#">DF</a> , <a href="#">NF</a> , <a href="#">V</a>	<b>£1.80</b>	<b>Goji + Coconut Protein Balls</b> (Minimum order 4) <a href="#">V</a> , <a href="#">GF</a> , <a href="#">V</a> , <a href="#">DF</a>	<b>£2.40</b>
<b>Salt &amp; Vinegar Crisps</b> (Minimum order 4) <a href="#">GF</a> , <a href="#">DF</a> , <a href="#">NF</a> , <a href="#">V</a>	<b>£1.80</b>	<b>Beef Jerky Protein Snack</b> (Minimum order 4) <a href="#">DF</a>	<b>£3.60</b>
<b>Pitta Chips</b> (Minimum order 4) <a href="#">V</a> , <a href="#">NF</a> , <a href="#">V</a>	<b>£1.80</b>		

## DRINKS

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<b>Only Fresh Orange Juice</b> (250ml)	<b>£2.40</b>	<b>Belu Sparkling Water</b> (330ml)	<b>£1.80</b>
<b>Simply Apple Juice</b> (250ml)	<b>£2.40</b>	<b>Belu Still Water</b> (330ml)	<b>£1.80</b>
<b>Carrot Elixir Juice £3.00</b> Carrot, Apple, Sweet Potato, Fresh Lemon Juice, Fresh Lime Juice, Tarragon		<b>Coca Cola</b> (330ml)	<b>£2.40</b>
<b>Green Detox</b> Curly Kale, Celery, Cucumber, Romaine Salad, Baby Spinach, Fresh Lemon Juice	<b>£3.60</b>	<b>Diet Coca Cola</b> (330ml)	<b>£2.40</b>
<b>Citrus Cooler</b> Apple Juice, Yuzu Juice, Sea Salt, Fresh Lemon Juice, Fresh Lime Juice, Cayenne Pepper	<b>£3.60</b>	<b>Vita Coco Coconut Water</b> (330ml)	<b>£2.40</b>
<b>Sparkling Elderflower</b> (275ml)	<b>£2.40</b>	<b>Peroni Nastro Azzuro</b> (330ml)	<b>£2.40</b>
<b>Ginger Beer</b> (275ml)	<b>£2.40</b>	<b>Madregale Rose Wine</b> (0.75L)	<b>£12.00</b>
<b>Cloudy Lemonade</b> (275ml)	<b>£2.40</b>	<b>Madregale Bianco 2015 Cantita di Tollo</b> (0.75L)	<b>£15.60</b>
<b>Rhubarb Soda</b> (275ml)	<b>£2.40</b>	<b>Madregale Red Wine</b> (0.75L)	<b>£12.00</b>
		<b>Prosecco Extra Dry Frassinelli</b> (0.75L)	<b>£22.80</b>