

DF: Dairy Free GF: Gluten Free
VG: Vegetarian V: Vegan
NF: Nut Free

Menu

Prices are not inclusive of VAT

Breakfast

Merguez Sausage Sandwich (Min. order 4)	£6.60	Freshly Baked Croissant (Min. order 4) VG, NF	£2.40
Merguez Sausage Sandwich on Barley and Sesame Wholemeal Bread		Pistachio and Pecan Granola Pot (Min. order 4) VG, GF	£2.40
Selection of Mini Pastries (Min. order 4, 2 pastries p/p) VG, NF	£2.40	Berry Compote with Yoghurt (Min. order 4) VG	£2.40
A mini Pain Aux Raisin and a Mini Croissant			
Freshly Baked Almond Croissant (Min. order 4) VG	£2.40		

Sandwiches & Salads

Our Favourite Mixed Sandwiches Min. order 4 sandwiches, a combination of: Chicken Caesar sandwich on Barley and Sesame Wholemeal Bread	£6.00 p/p	Grilled Vegetable Sandwich on Barley and Sesame Wholemeal Bread NF, VG	£4.80
Salt Beef sandwich on freshly baked Sourdough Bread		Merguez Sausage Sandwich on Barley and Sesame Wholemeal Bread	£6.00
Grilled vegetable sandwich on Barley and Sesame wholemeal Bread		Crispy Tofu Burger (No min. order) A Gluten free Bun with crispy Tofu, Pickled Vegetables and Tofu Mayonnaise NF, GF, DF, VG	£8.40
Moroccan spiced Aubergine on Barley and Sesame wholemeal Bread		Gluten Free Caesar Sandwich (No min. order) A Gluten free bun with Sous Vide Chicken breast, Caesar dressing and crunchy romaine NF, GF	£9.00
Our Favourite Meat Sandwiches NF Min. order 4 sandwiches, a combination of: Chicken Caesar Sandwich on Barley and Wholemeal Bread	£7.20 p/p	EatFirst's Favourite Salads Min. order 3 ppl, served individually Thai Beef Salad NF, DF, GF	£8.10
Chicken and Bacon Sandwich on freshly baked Sourdough Bread		Chicken Caesar Salad NF	
Rare Roast Beef Sandwich on Rye and Linseed wholemeal Baguette		Butternut Squash and Hummus Salad V, NF, DF, GF	
Salt Beef Sandwich on freshly baked Sourdough Bread			
Moroccan spiced Aubergine on Barley and Sesame wholemeal Bread	£4.80		

Afternoon Tea

Lemon Zest All Butter Shortbread	£2.40	Cream Cheese Frosted Carrot Cake (Served in 10 slices) <i>VG</i>	£30.00
Millionaire Shortbread (Min. order 4) <i>VG, NF</i>	£3.00	Blueberry Crumble Cake (Served in 10 slices) <i>VG</i>	£21.60
Lemon Drizzle Cake (Served in 10 slices) <i>NF, VG</i>	£21.60		

Boxes & Bites

“Bento” Box (Serves 4-6 as a snack) Chicken Kara-Age with Chilli Mayonnaise <i>NF, DF</i>	£36.00	Vegetarian Mezze Box (serves 4) Hummus, artichokes, olives, sun dried tomatoes, grilled courgettes and fresh pitta bread <i>NF, VG, DF</i>	£34.80
Shitake & Leek Gyoza with Soy & Pepper dipping Sauce <i>NF, DF, V</i>	£1.20	Turkish Flatbreads, Crudités & Hummus (serves 4) <i>V, NF, DF</i>	£16.80
Chicken Yakitori with Shichimi Pepper <i>NF DF</i>	£1.20	Roasted Squash Salad Box (serves 5) <i>V, NF, DF, GF</i>	£42.00
Takoyaki with Tonkatsu sauce <i>NF</i>	£1.20	Thai Beef Salad Box (serves 5) <i>NF, DF, GF</i>	£48.00
Chicken Kara-Age with chilli mayonnaise (Min. 20 items) <i>NF, DF</i>	£1.20	Chicken Caesar Salad Box (serves 5) <i>NF</i>	£48.00
Chicken Yakitori with Shichimi pepper (Min. 20 items) <i>NF, DF</i>	£1.20	Artisan Cheese Board (serves 5)	£48.00
Shitake & Leek Gyoza with soy & pepper dipping sauce (Min. 20 items) <i>NF, DF, VG</i>	£1.20	Aged English Cheddar, French Brie and crackers. Served with Rubies in the Rubble Piccalilli <i>NF, VG</i>	£48.00
Takoyaki with Tonkatsu sauce (Min. 20 items) <i>NF</i>	£1.20	Seasonal Whole Fruit Box (serves 10 to 12) <i>NF, V, DF, GF</i>	£24.00
Grilled Miso Chicken Box (serves 4)	£1.20		
Slices of Miso marinated grilled Chicken, with pickled Vegetables, fresh Herbs, Chicken Pate and sweet Chilli Garlic dressing and fresh Sourdough. <i>NF, DF</i>	£38.40		
Make it Gluten free	£45.60		
Make it Carb free	£30.00		

Deserts & Pots

Triple Chocolate Brownie (Min. order 4) <i>NF, VG</i>	£2.40	Original Beans Chocolate Bars (No min. order, 3 pieces p/p) <i>VG</i>	£3.60
Triple Chocolate Brownie Bites (Min. order 4) <i>NF, VG</i>	60p	Yuzu Chilli Truffles (Min. order 4) <i>VG, NF</i>	£3.60
Chocolate Chunk Cookies (Min. order 4) <i>NF, VG</i>	£2.40	Mango and Pineapple Fruit Pot with Lime (Min. order 4) <i>V, GF, NF, DF</i>	£3.00
All Butter Shortbread (Min. order 4, 2 pieces p/p) <i>VG, NF</i>	£2.40	Superfruit Pot (Min. order 4) <i>V, GF, NF, DF</i>	£2.40

Sides & Snacks

Sweet and Salty Popcorn (Min. order 4) <i>GF, DF, NF, V</i>	£1.80	Spare Fruit Apple Crisps (Min. order 4) <i>V, NF, GF, V, DF</i>	£2.40
Salted Crisps (Min. order 4) <i>GF, DF, NF, V</i>	£1.80	Goji + Coconut Protein Balls (Min. order 4) <i>V, GF, V, DF</i>	£2.40
Salt & Vinegar Crisps (Min. order 4) <i>GF, DF, NF, V</i>	£1.80	Beef Jerky Protein Snack (Min. order 4) <i>DF</i>	£3.60
Pitta Chips (Min. order 4) <i>V, NF, V</i>	£1.80		

Drinks

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