

Menus for Special Occasions

Menu A

- Selection of Sandwiches, Baguettes and Rolls with deluxe fillings
- Vegetable Quiche (V)
- Savoury Vol-au-vents (V)
- Vegetable Samosas (V)
- Sausage Rolls
- Black Pudding
- Cheese Puffs (V)
- Baby Salted Potatoes (V)
- Salad Bowl (V)
- Crisps, Veggie Sticks & Dips (V)
- Home-made Cookies & Brownies
- Fruit Basket

£10.00 per person

Special Occasions

Menu B

- Canapés
- Selection of Sandwiches, Baguettes and Rolls with deluxe fillings
- Home-made Pear & Roquefort Quiche (V)
- Quality Pork Pie
- Savoury Vol-au-vents (V)
- Smoked Salmon & Cream Cheese Bagels
- Vegetable Samosas (V)
- Spicy Chicken Drumsticks
- Baby Salted Potatoes (V)
- Continental Salad (V)
- Crudités, Crisps & Dips (V)
- Mini Cream Cakes
- Fruit Basket
- Cheese Board

£15 per person

Examples of Deluxe Fillings: Chicken Tikka, Roast Beef & Horseradish, Ham & Dijon Mustard, Hummus & Roast Vegetables (V), Brie & Avocado (V), Smoked Salmon & Cream Cheese

Mini - cake platter to share (for 4 people)

Chocolate éclairs, strawberry cream scones, meringues, macarons, muffins.

£16 per platter.

Large cakes - to slice!

Honey, lemon drizzle, carrot cake, fruit, gingerbread, coffee & walnut, dark chocolate & orange.

£12 each (about 16 large slices)

Lemon Polenta cake £14 - lovely with crème fraiche!

Decorated cup cakes £3 for 4

All of our cakes are home-made.



Eden Food was established in January 2009 by Judith Palfreyman with help and support from Breathing Space (Walsall) and The Wesley Centre for All Ltd in Spring Head, Wednesbury.

Eden Food can cater for events large and small, on and off the Wesley Centre premises.

We are well placed to cater for Luncheon Clubs and Business Breakfasts.

Judith believes in sourcing seasonal, local produce, supporting local businesses and producing as much home-made food as possible; specialities include breads, cakes, quiches and soups. We use Fair Trade products where available.

Eden Food
@ the Wesley Centre

Spring Head
WEDNESBURY
West Midlands
WS10 9AD

Phone: 07968 508 797

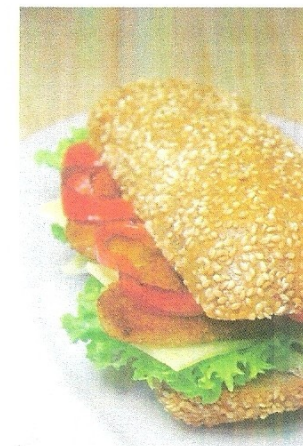
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Website: www.edenfoodwednesbury.co.uk

All menu items subject to availability
Prices subject to change



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Buffet Selection
&
Price List
September 2010

Buffet Menus

Menu 1 - Premium

- Selection of Soft Rolls with assorted Meat & Vegetarian Fillings
- Home-made Quiche (V)
- Sausage Rolls
- Cheese Puffs (V)
- Vegetable Samosas (V)
- Baby Salted Potatoes (V)
- Crisps, Veggie Sticks & Dips
- Cherry Tomato Salad
- Assortment of Home-made cakes with Fruit garnish

Menu 2 - Vegetarian (V)

- Selection of Soft Rolls with assorted Vegetarian Fillings
- Cheese Puffs
- Home-made Mini Pizzas
- Vegetable Samosas
- Vegetable Spring Rolls
- Crisps, Veggie Sticks & Dips
- Baby Salted Potatoes
- Home-made crunchy Coleslaw
- Home-made Cookies or Fruit Basket

Menu 3 - Ploughman's

- Crusty Cobs with various fillings
- Quality Pork Pie
- Black Pudding Slices
- Cheese Puffs (V)
- Sausage Rolls
- Crisps, Veggie Sticks & Dips (V)
- Baby Salted Potatoes (V)
- Selection of Pickles (V)
- Doughnut Selection

Menu 4 - Spicy

- Spicy Chicken Drumsticks
- Samosas
- Spring Rolls & Sweet Chilli Dip (V)
- Jalapeno Peppers (V)
- Sweet Potato Wedges (V)
- Crisp Green Salad (V)
- Fruity Jelly Shorts (V)
- Fruit Basket (V)

Menu 5 - Healthy Option

- Granary Rolls with various fillings
- Chicken Goujons
- Home-made Smoked Mackerel Pate
- Continental Salad (V)
- Home-made low-fat Coleslaw (V)
- Home-made low-fat Potato Salad (V)
- Veggie Sticks & low-fat Dips (V)
- Fresh fruit kebabs (V)

Menu 6 - Mediterranean

- Filled demi-Baguettes
- Home-made Quiche Lorraine
- Home-made Mini Pizzas
- Bruschetta
- Continental Salad
- Baby Salted Potatoes
- Crisps, Veggie Sticks & Dips
- Lemon Polenta Cake & Crème Fraiche

All of the above menus (1-6) are **£6.50 per head** and this includes all disposables and cutlery. If served at The Wesley Centre, crockery and table cloths are provided.

At the Wesley Centre, Tea, Coffee, Fruit Juice are provided for **£1.20 per head** - bottomless!

*Alcohol is not permitted on Methodist premises.

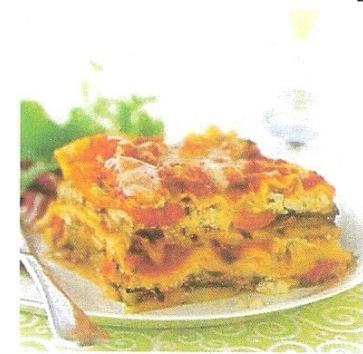
Want to mix a menu? Ask us for a quote!
All special dietary requirements accommodated.

Menu 7 - Budget

- Sandwich selection
- Sausage Rolls or Vegetable Samosas
- Home-made crunchy Coleslaw
- Crisps
- Mini-muffins **£4.00 per head**

Warm up your cold buffet!

Hot Buffet Extras - £5 per head for all 5
Mini Shepherd's Pies, Vol-au-vents, Tortilla wraps, Chicken & Chorizo Skewers, Pitta pockets



Hot Meals

- Home-made Vegetable Soup & Roll **£2**
- Jacket Potatoes with fillings **£3**
- Vegetable Lasagne & Ciabatta **£5**
- Ratatouille & French Baton **£4**
- Chilli Beef & Corn Bread **£5**
- Tuna Rice Bake **£4**
- Chicken Tikka & Rice **£5**



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