



# DMH Menu Winter 2024-25

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

**£2.30 per person**

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

## Tea, Coffee & Luxury Biscuits

**£2.90 per person**

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

## Tea, Coffee & Cake

**£5.10 per person**

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

## Tea, Coffee & Pastries

**£6 per person**

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

## Juice

**£3.90 per litre**

*Orange and/or apple (please specify)*

## Bottled Water

**£3 per 750ml bottle**

*Still and/or sparkling (please specify)*



# Breakfast



## DMH Pastries

**£4 per person**

*Minimum order of 3*

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

## Fresh Fruit

**£3.85 per person**

*Minimum order of 3*

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

## Fresh Fruit Platter

**£21 per platter**

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

## Mini Bacon Roll Breakfast Platter

**£47 per platter**

*15 mini glazed brioche rolls with streaky bacon*

## Mini Mushroom Roll Breakfast Platter

**£47 per platter**

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

## Breakfast Savoury Platter

**£55 per 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

**£9 per person**  
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

**£10.50 per person**  
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

**£13 per person**  
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**

**£17 per person**  
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**

**£19.10 per person**  
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**

**£21 per person**  
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**

**£16.50 per person**

*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**

**£16.50 per person**

*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**

**£16.50 per person**

*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 Salad on Malted Grain (d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous 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 Cereale Baguette (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain

### Finger Buffet

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

### Cakes

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

## B

Tuesday + Thursday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Blythburgh Gammon Ham with Celeriac Slaw on Malted Grain  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Malted Grain (d)  
Smoked Mackerel & Rocket in a Tomato Wrap  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Seeded Cereale Bagel with Brie & Cranberry (v)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Salmon Teriyaki on Malted Grain  
Cheddar with Plum & Ginger Chutney on Malted Grain (v)  
Smoked Salmon & Lemon on Malted Grain  
Roast Mushroom and Mozzarella on a Cereale Baguette (v)

### Finger Buffet

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

### Cakes

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

## C

Wednesday

### Sandwiches

Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, d)  
Egg Mayonnaise & Cress on Malted Grain (v, d)  
Roast Chicken Salad on Gluten Free Bread (g, d)  
Smoked Salmon & Lemon on Malted Grain  
Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Roast Mushroom and Mozzarella on a Cereale Baguette (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  
Seeded Cereale Bagel with Brie & Cranberry (v)

### Finger Buffet

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

### Cakes

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

## W

Weekend

### Sandwiches

Moroccan Fable Mushrooms & Houmous Wrap (vegan, d)  
Tomatade, Artichoke Hearts and Green Olive Tapenade in a Cereale Baguette (vegan, 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 (d)  
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 & Soy - 3 per portion (d)  
Homemade Thyme & Caramelised Onion Sausage Rolls (d)  
Lime, Chilli & Coriander Salmon 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)  
Lemon Polenta Cake (v, g, n)  
Chocolate & Orange Brownie (v)  
Mini Muffins (v)

**Dietary Legend:** g: no gluten-containing ingredients; d: no dairy-containing ingredients; n: contains nuts; v: vegetarian; vegan  
**WINTER 2024**