

# OPEN KITCHEN

## CATERING MENU

**We work with a range of food businesses to stop beautiful food from being wasted, and also purchase ingredients, working only with local, sustainable, and ethical suppliers. Our chefs use this ever-changing mix to produce delicious, thoughtful, seasonal menus that offer the lowest carbon catering possible, while maintaining great quality.**

### MAIN MENUS – LUNCH & EVENING

#### Simple Sandwich Platter (cold)

A selection of freshly prepared sandwiches, with a minimum of 3 delicious filling options. Range of breads will vary.

£7.50 per person

#### Mixed Buffet (cold)

A delicious sandwich platter accompanied by a filling salad (pasta, potato or rice), a seasonal vegetable-based salad, and crisps.

£10 per person

#### Hearty Helpings Menu (hot)

A traditional, hearty main meal, street food bites, a scrumptious side (e.g. rice, wedges, pasta), and vegetable-based salad. Examples of menu themes include: Indian, Mediterranean, Mexican, British, Middle Eastern & more.

£12 per person

#### Canapés & Small Bites

Delicious canapés and elegant small bites perfect to start the evening, accompany a drinks reception, or offer a lighter food alternative. (Minimum 4 varieties, 4 canapés per guest)

£9.50 per person

#### Bespoke Menus Available on Request

Open Kitchen offer larger celebration menus starting from £20 per person, and our team are happy to develop bespoke menus for your special event.

#### All Occasions Menu (cold)

A wider menu offering more variety for meetings, events or celebrations. Includes;

- Selection of sandwiches (min 3 fillings)
- Party pieces platter - a selection of starters and small bites based on a culinary theme. Example themes include Middle Eastern (falafel, filo parcels, mini kebabs), Indian (bhajis, samosas, pakoras), Mexican (mini burritos, tacos, quesadillas), British (sausage rolls, mini pies, scotch eggs), and more.
- A filling salad (e.g. pasta, rice or potato)
- Fresh market veg slaw
- Crisps

£14 per person

#### All Occasions Menu (mixed hot & cold)

A wider menu offering more variety for meetings, events or celebrations. Includes;

- Two hot main dishes based on a culinary theme - examples of themes include Middle Eastern, Mediterranean, Indian, British, Mexican and more.
- Two hot side dishes to accompany mains - examples include rice dishes, pasta dishes, spiced wedges, cous cous, and more.
- A selection of sandwiches (min 3 fillings)
- Party pieces platter - a selection of starters and small bites based on a culinary theme. Example themes include Middle Eastern (falafel, filo parcels, mini kebabs), Indian (bhajis, samosas, pakoras), Mexican (mini burritos, tacos, quesadillas), British (sausage rolls, mini pies, scotch eggs), and more.
- Fresh market veg slaw
- Crisps

£17 per person

**All dietary requirements catered for including vegetarian, vegan & gluten free  
All prices exclude VAT**

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### BREAKFAST MENUS

#### Healthy Breakfast (cold)

A mix of lighter breakfast menu items including;

- Breakfast bakes - examples include flapjacks, granola bars, breakfast muffins, croissants, pain au chocolate.
  - Fruit - fresh fruit bowl (whole pieces of fruit) or mixed chopped fruit salad
  - Breakfast pots - individual pots including ingredients like yoghurt, granola, fruit, overnight oats, or muesli
- Number of options provided dependent on number of guests. Minimum of 2 options per person.

£6 per person

#### Traditional Breakfast (hot)

Selection of breakfast sandwiches. Examples include sausage, bacon or egg bagels / sandwiches / barmes, salmon & cream cheese bagels, scrambled tofu & mexican bean burrito, vegan breakfast wrap, and more.

Number of options provided dependent on number of guests. Minimum of 2 options per person.

£6.50 per person

### CROCKERY, CUTLERY & NAPKINS

#### Reusable (most sustainable)

For just £1.50 per person our team will provide lightweight reusable plates, bowls and cutlery to accompany your catering. Napkins are 100% compostable, recycled and unbleached. Losses chargeable. Also incurs a one off £13.50 fee for collection of crockery and cutlery (one fee per order for all reusables used).

#### 100% Compostable Disposable

For 75p per person - 100% compostable plates, bowls, cutlery & napkins.

Other options available for more formal events.

### REFRESHMENTS & DESSERTS

#### Hot Refreshments

A selection of teas, freshly brewed coffee, milk & sugar. Milk alternatives available on request.

£3 person, as an addition to any catering order.

Reusable cups & teaspoons (reusable is the more sustainable option) - £1.50 per person.

100% compostable disposable cups and spoons - 75p per person.

£13.50 charge for collection of tea and coffee canisters (one fee per order for all reusables used).

#### Cold Refreshments

**Water** - Reusable swing top bottles (1ltr) of water (still or sparkling) with glasses- 50p per person

**Fruit Juice** - Reusable swing top bottles (1ltr) of assorted fruit juices with glasses - £1.20 per person

**Fizzy drinks** - A range of ethically sourced canned soft drinks (Cawston Press & Karma Cola). Delivered chilled, no glasses unless requested (surcharge incurred for glasses). £1.75 per 330ml can.

Use of reusable bottles & glasses incurs a one off fee of £13.50 for collection of reusable items (one fee per order for all reusables used).

#### Home-Made Cake Platter

A selection of tasty, home-made cake bites like banana cake, root veg cake, fruit tart or rocky road. Mix of cake & fruit platter also available. Minimum 2 varieties.

£3.50 per person, as an addition to any catering order.

All dietary requirements catered for including vegetarian, vegan & gluten free

All prices exclude VAT

# OPEN KITCHEN

## ETHICS & VALUES

**Our mission is to reduce food waste, support a sustainable future and provide nutritious food to people living with food insecurity.**

### **Intercepting perfectly edible food that will otherwise go to waste**

In the UK around 15 million tonnes of food is wasted every year, and the vast majority of it is perfectly edible. Food taken to landfill decays and produces the potent greenhouse gas, methane. Over 20% of the UK's carbon footprint is related to food and food waste.

The most sustainable thing we can do with perfectly edible food that is going to go to waste is put it in a belly, rather than a bin. That's where we come in! We work with a huge range of food businesses and intercept fresh, beautiful food that would otherwise go to waste, and turn into delicious meals. For every tonne of food intercepted, we stop around 4.2 tonnes of CO<sub>2</sub>e from being emitted.

### **A sustainable food future**

We purchase exclusively from organisations that share our environmental and ethical values. This means we support local, independent, sustainably produced, seasonal and fair-trade companies.

### **Access to enough food and great food for all**

As a social enterprise, our pay-it-forward model means that profits from our catering allows us to provide ingredients and meals to people across Greater Manchester who are struggling with food insecurity. We support local independent food pantry and community grocer schemes who help individuals and families by making essential products more affordable, in dignified settings.

### **Dignity, choice and social inclusion - a positive community future**

Along with a huge range of campaigning and support organisations, Open Kitchen is fighting for a future where food banks are no longer needed. We support the work of groups like Greater Manchester Poverty Action and the Independent Food Aid Network, who seek to end the need for emergency food provision, by supporting people and families in getting out of poverty in real and long lasting ways.

#### **Individual (COVID-safe) Packaging Options**

In line with COVID-safe practices, or just to make life easier, all menus can be delivered in individual 'single-serve' containers for an extra £1.75 per person.

#### **Good-Eggs Discount**

We offer a 10% discount to charity, community or not-for-profit groups.

**Chat to our lovely team;**  
[bookings@openkitchenmcr.co.uk](mailto:bookings@openkitchenmcr.co.uk)  
07851 080 342

**Find out more about us;**  
[www.openkitchenmcr.co.uk](http://www.openkitchenmcr.co.uk)  
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