



## **ABOUT US**

Open Kitchen work with local, independent and ethical suppliers to purchase the most sustainable ingredients on offer. We also work with a huge range of food businesses to stop beautiful food from going to waste. The result? Ever-changing menus that offer the lowest carbon catering possible, while maintaining excellent quality and flavour.

## **HOW WE WORK**

Our chefs create bespoke menus every single day using our unique mix of ethically and sustainably sourced ingredients and beautiful food stopped from going to waste. The framework of each menu remains the same, while the specific fillings and flavours change regularly to reflect sustainability and the seasons.

## **ALL DIETARY REQUIREMENTS CATERED FOR**

Whether your group is 100% vegan, vegetarian, or confirmed carnivores, our chefs will develop a menu to suit your guests. Menus that are free of gluten containing ingredients are also available, and a range of menu styles from traditional to modern can be created. Speak to our lovely bookings team today.

**SUSTAINABLE - ETHICAL - DELICIOUS**

# BREAKFAST MENUS



**OPEN  
KITCHEN**

## **PASTRY SELECTION**

**£3.50**

Selection of freshly baked sweet and savoury pastries, including: croissant, pain au chocolat, almond croissant, pain au raisin, cinnamon bun

## **SIMPLE BREAKFAST MENU**

**£6.20**

A mix of breakfast favourites including:

- Breakfast bakes
- Granola yoghurt pots
- Overnight oats

## **HIGH PROTEIN BREAKFAST MENU**

**£10.00**

A mix of breakfast favourites including:

- High energy flapjack
- Granola yoghurt pots
- Vegan protein overnight oats
- Protein energy bites
- Frittata

## **BOOST YOUR BREAKFAST**

- ADD whole fruit selection
- ADD mixed fruit box (serves 10)
- ADD 250ml fruit juice bottle

**70p**

**£35**

**£2.50**

All prices are per person unless otherwise stated. Minimum order 10 people. All prices exclude VAT at 20%



# REFRESHMENTS & CAKES



## HOT REFRESHMENTS

**£3.50**

Selection of teas, freshly brewed coffee, milks and sugar  
(includes 100% compostable disposable cups and spoons)

*\*Go more sustainable with reusable lightweight cups and spoons + £1*

## COLD REFRESHMENTS

### UK Natural Spring Water

**£1.50**

Still (330ml can)

Sparkling (330ml can)

### Fruit Juice (ethically sourced)

**£2.50**

Orange juice in glass bottle 250ml

Apple juice in glass bottle 250ml

### Soft Drinks (ethically sourced UK company)

**£1.80**

330ml can

Options include; lemonade, rhubarb, ginger beer, cherry, elderflower, peach soda, Karma cola, Karma cola (sugar free)

## CAKES

### Mixed Cake Box (serves 10)

**£36**

A selection of cake bites, examples include:

Brownie, vegan banana cake, root veg cake, cookies.

(Does not cater for Vegan or Gluten Free)

### VEGAN

Chocolate chip brownie (serves 10)

**£42**

Biscoff Brownie (serves 10)

**£42**

### NO GLUTEN (NGCI)

Triple chocolate brownie with organic cocoa and Belgian chocolate (serves 10)

**£42**

Chocolate Toblerone Brownie (serves 10)

**£42**

All prices are per person unless otherwise stated. Minimum order 10 people. All prices exclude VAT at 20%

# COLD LUNCH MENUS



## **SIMPLE SANDWICH PLATTER**

**£6.95**

Freshly prepared sandwiches with a minimum of 3 fillings on classic sandwich breads.

## **PREMIUM SANDWICH PLATTER**

**£8.75**

Freshly prepared sandwiches with a minimum of 3 fillings on a selection of premium breads such as sourdough, wraps, and farmhouse white.

## **INDIVIDUAL POKE (STYLE) BOWLS**

**£8.50**

Individual lunch bowls consisting of a portion of protein such as chicken, vegan beef, or falafel, a rice base and a veg based salad served in compostable bowl with recyclable clear lid.

## **INDIVIDUAL NOODLE BOWLS**

**£8.50**

Individual lunch bowls consisting of a portion of protein such as meat protein or vegan protein, a noodle base and a veg based salad served in compostable bowl with recyclable clear lid.

## **SHARED WORKING LUNCH**

**£11.00**

A shared buffet consisting of a delicious sandwich platter, a mixture of carb based salads and seasonal vegetable based salads and slaws.

## **PREMIUM SHARED WORKING LUNCH**

**£17.50**

A shared buffet consisting of a premium sandwich platter, an increased mixture of carb based salads and seasonal vegetable based salads and slaws.





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KITCHEN**

### **SIMPLE HEARTY HELPINGS**

**£16.00**

#### **Option 1 – Indian theme:**

Chicken balti curry/vegan balti curry, mixture of bites (e.g bhaji, pakora, chappati), seasonal vegetable salad and rice.

#### **Option 2 – South African & Portuguese fusion:**

Piri piri chicken/vegan alternative, pickled slaw, spicy rice, wings, paprika potatoes.

#### **Option 3 – Caribbean / African fusion:**

Jerk chicken /vegan alternative, jollof rice, sweet plantain & banana fritter, azifa salad, cucumber salad.

#### **Option 4 – Japanese-inspired:**

Chargrilled chicken or vegan alternative, katsu, steamed rice, vegan gyoza, shichimi togarashi shredded salad, cucumber & sesame salad.

#### **Option 5 – Mexican:**

Build your own taco bowls we provide all the fresh ingredients to build your own perfect taco/burrito, unique to you.

## **HOT LUNCH & DINNER MENUS**

All prices are per person unless otherwise stated. Minimum order 10 people. All prices exclude VAT at 20%



# BOOST YOUR BUFFET

## ADD ANY OF THESE EXTRAS TO YOUR CATERING TO CREATE YOUR PERFECT LUNCH OR EVENING MENU

Mixed leaf salad - serves 8 - £12  
 Mediterranean salad - serves 8 - £14  
 Pesto pasta salad - serves 8 - £14  
 Tikka rice - serves 8 - £14  
 Classic potato salad - serves 8 - £14  
 Classic coleslaw - serves 8 - £12  
 Cauliflower rice salad - serves 8 - £14  
 Vegan coleslaw - serves 8 - £14  
 Tomato & mozzarella salad - serves 8 - £12

### Bites & Snack Box

Falafel bites - serves 8 - £18  
 Root veg bhajis - serves 8 - £18  
 Vegan pakoras - serves 8 - £18  
 Frittata bites - serves 8 - £18  
 Chicken wings - choice of BBQ, Piri Piri, BBQ,  
 Jerk, or roasted with sea salt - serves 8 - £20  
 Vegan gyoza- serves 8 - £18  
 Hummus and crudité's box - serves 8 - £16  
 Tzatziki and breads box - serves 8 - £14

- ADD Individual bags of crisps - £1.50 each
- ADD Whole fruit selection - 70p per person
- ADD Mixed fruit box - (serves 10) - £35

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# EVENING EVENTS & BESPOKE MENUS



## OPEN KITCHEN

### SIMPLE CANAPÉS

**£12.00**

A selection of four canapés or small bites. Choose any four:

- Frittata, caramelised onion
- Falafel, hummus
- Pressed terrine of the week
- Pakora, pickle
- Shortcrust sausage roll, chutney of the moment
- Whipped cheese & cucumber

### PREMIUM CANAPÉS

**£15.00**

A selection of four canapés or small bites. Choose any four:

- Tart of the moment
- Pressed chicken, pancetta, cranberry terrine
- Smoked salmon, cream cheese sandwich
- Tandoori king prawn skewer
- Polenta, sun-dried tomato pesto
- Parmesan shortbread, mozzarella, cherry tomato

### PREMIUM BOWL FOOD

**£9.00**

A more refined option:

- Chargrilled chicken thigh, spiced grain, pea & spinach
- Teriyaki salmon, beetroot, beans
- Mojo picon cauliflower, pickled red cabbage, black lentil

Bespoke bowls from £11.00

### ALCOHOLIC DRINKS

Open Kitchen offer a range of sustainably sourced and vegan alcoholic and non-alcoholic drinks. Bespoke packages are available on request to suit a range of event styles and budgets.

Quoted prices do not include food and drinks service charge. Glass hire available. For a full quote contact our helpful team via [bookings@openkitchenmcr.co.uk](mailto:bookings@openkitchenmcr.co.uk)

# CROCKERY & CUTLERY



## REUSABLE

**£2.00**

### (OUR MOST SUSTAINABLE OPTION)

Our team will provide lightweight reusable enamel plates, bowls and metal cutlery to accompany your catering. Napkins are 100% compostable paper, recycled and unbleached. Losses chargeable. Also incurs a one-off fee for collection of crockery and cutlery (one fee per order for all reusables used).

## 100% COMPOSTABLE DISPOSABLE

100% compostable plates or bowls, cutlery & napkins

**£2.00**

Plate and napkin

**£1.20**

Individually wrapped cutlery and napkin pack

**£1.20**

## UP YOUR SUSTAINABILITY GAME, BOX UP THOSE LEFTOVERS!

Get full value from your catering, reduce food waste and increase sustainability by providing compostable take away boxes and encouraging your guests to take away any leftovers.

Pack of 10 take-away boxes with signage

**£10.00**

## MORE FORMAL EVENTS

A range of crockery, cutlery, linen and glassware options are available for more formal occasions.

Speak to our bookings team for a bespoke quote.

## DELIVERY

Standard catering delivery charge.

**£15.95**

Price may vary for larger events.

Additional fee for delivery or collection of reusable crockery or equipment.

**£15.95**

All prices exclude VAT at 20%





## EVERY EVENT CAN CUT WASTE & CREATE IMPACT

Menu for Change is a simple way for organisations to make events more sustainable while turning small catering choices into big impact.





**Imagine a future where every community has secure access to fresh, nutritious and sustainable food**

Your business can be part of the solution, funding food security and sustainability while making events more responsible.

## WHERE YOUR SUPPORT GOES

- 1 A sustainable, healthy future**  
Funds community growing projects through the Greater Manchester Green Spaces Fund, helping people grow fresh, local food and build long-term food security.
- 2 Providing better food now**  
We supply healthier and more sustainable food to community groups, moving beyond surplus, ultra-processed waste food supplies.

## HOW YOUR ORGANISATION CAN GET INVOLVED

-  **EXTRAS TO ESSENTIALS** Remove or reduce an item to cut waste, and donate the cost.
-  **ROUND-UP FOR CHANGE** Round up your catering bill and donate the difference.
-  **DIRECT DONATION** Make a one-off or ongoing contribution.
-  **ATTENDEE TOP-UPS** Engage your guests to chip in via QR code.

*We provide event signage, co-branding options and social media materials to celebrate your impact and ensure positive engagement from your event guests.*



## **SUSTAINABLE**

Everything we buy supports the positive food future we want to see. We buy local, sustainably produced food and drink from independent suppliers, and support a lot of organic, Fairtrade, and social enterprise producers.

In the UK, around 15 million tonnes of food is wasted every year. Around 30% of the UK's carbon footprint is related to food and food waste. That's where we come in! We intercept fresh, nutritious food that would otherwise go to waste and turn it into delicious meals.

## **ETHICAL**

As a social enterprise, profits from our catering operations subsidise our community focused work, providing meals and grocery parcels to people across Greater Manchester who are struggling with the cost of living.

## **OUR CHEFS**

Our kitchen operations are run by experienced and qualified chefs. Our menus are constantly changing to incorporate local, seasonal produce, and to use the beautiful ingredients that we stop from going to waste. Our menus are freshly prepared, and made from scratch.

# **OUR ETHOS**





# ALLERGY DECLARATION

If you or a member of your party have a food allergy or special dietary requirement, please inform a member of our team as part of your booking process.

Please note that while we make every effort to meet our customers' dietary requirements, our food is prepared in kitchens where allergenic ingredients may be present. Some of our ingredients are produced by manufacturers where allergens may be present in the production kitchen. This means we cannot guarantee our products to be completely free from any traces of any allergens.

## GET IN TOUCH

Visit our website: [www.openkitchenmcr.co.uk](http://www.openkitchenmcr.co.uk)

Email: [bookings@openkitchenmcr.co.uk](mailto:bookings@openkitchenmcr.co.uk)

Call: 07851 080 342

Follow us on social and tag us in all your foodie photos:



@openkitchenmcr