

THE *good eating* CO.

HOSPITALITY MENU  
Autumn & Winter 25/26



## Allergens

If you have a specific allergy or dietary requirements, please do make us aware and we will do our best to assist you.

The Good Eating Company uses a wide range of products including nuts, gluten, seeds and other allergens. As such there may be traces of various allergens present across our product range.



# BREAKFAST ITEMS

*Minimum numbers is 10 persons. All our prices are net and priced per person.*

## Beverages

|                                    |       |
|------------------------------------|-------|
| Tea & Coffee                       | £4.25 |
| Tea, Coffee & Biscuits             | £5.50 |
| Tea, Coffee & mini sweet treat     | £6.75 |
| Tea, Coffee & Mini Pastries (2 pp) | £7.95 |
| Bottled Water – 750ml              | £4.80 |
| Orange or Apple Juice – Litre      | £6.90 |

## Sweet Treats

|  |       |
|--|-------|
| Brownie, Granola Bar, or Raspberry Blondie | £4.90 |
| Giant Cookie                               | £4.90 |
| Muffin of the Day                          | £5.20 |

## Pastries

|   |       |
|---|-------|
| Selection of Large Freshly Baked Croissant & Danish | £4.50 |
|---|-------|

## Breakfast Rolls

|   |       |
|---|-------|
| Selection of Bacon, Sausage and Vegan Rolls, with GEC Brown Sauce & Ketchup | £7.80 |
| Mini Open Bagels (egg, smoked salmon, mushrooms & avocado)                  | £8.10 |

## Breakfast Pots

|                        |       |
|------------------------|-------|
| Granola Yoghurt Pot    | £5.35 |
| Coconut Bircher Muesli | £5.35 |
| GEC Fruit Pot          | £5.60 |

## Whole Fruit Bowl

*Minimum order 10*

£4.80pp





# SANDWICH LUNCH

*Minimum numbers is 10. Prices listed are per person & net. All platters include a selection of soft drinks.  
All sandwich lunches will comprise of a selection of fish, meat, vegetarian and vegan fillings.*

## **Sandwich Platter One** £23.50

A Selection of sandwiches with a variety of fillings,  
served with crisps

## **Sandwich Platter Two** £27.50

A Selection of sandwiches with a variety of fillings,  
served with crisps and a Whole Fruit

## **Sandwich Platter Three** £30.20

A Selection of sandwiches with a variety of fillings,  
served with crisps, Whole Fruit and sweet treat

## **Meat and Cheese Boards** Starts from £24.50

Meat and Cheese Boards with freshly made breads . A selection of English cheeses  
and local charcuteries served with pickles, grapes and chutneys.



# HOT FORK BUFFET

*Choose 2meat/ fish, 1 vegetarian/ vegan, 2 salads & a mix of 2 desserts. Seasonal Green Leaves & House dressing included. Minimum numbers is 20 persons and includes a soft drinks per person. £51.50 per person net.*

*Please note: Lunch service is a stand-up buffet in one specified catering area only. Seated lunches will incur additional surcharges.*

## Meat

Beef Massaman, Sticky Coconut Rice. Som Tam Slaw

Cuban Mojo Chicken, Black Bean Citrus Quinoa

Beef Moussaka

Zaatar Roasted Chicken, Warm Farro & Courgette, Feta Yogurt

Persian Lamb Shoulder, Sweet Peppers with Saffron Rice

Brisket Mac & Cheese, Crispy Shallots

## Vegetarian & Vegan

Sweet & Sour Tofu with Singapore Rice (V)

Pomegranate Glazed Aubergine on Courgette Tabbouleh(V)

THIS isn't Sesame Chicken , Steamed Rice & Crispy Chilli Broccoli (V)

Lentil Ragu Baked Pasta, Leek & Garlic Crumb (VG)

Chipotle Sweet Potato & Bean Stew with Mexican Rice (V)

Aubergine Parmigiana (VG)

## Fish

Jerk Salmon, Rice & Peas with Mango Salsa

Classic GEC Fish Pie

Coconut Fish Curry With Cauliflower Pilaf

Roast Cod with Olive Crumb & Smokey Tomato Lentils

Oven Baked Pollock with lemon & thyme potatoes served with Ratatouille

Cajun Shrimp Jambalaya

## Salads

Chef Seasonal Market Salad

We select our salads closer to your event to ensure fresh, seasonal produce is always used.



# HOT FORK LUNCH

## Desserts

Lemon & Almond Tart

Brownie

Carrot Cake

Salt Caramel Tart

Orange & Polenta Cake

Cherry Bakewell

Blackberry and Coconut Cake

GEC Fruit Pot (VG)





# CANAPES

*Minimum number is 20 persons with 5 items per person. 23.50 ex vat per person or £5.50 net and per item. . Our canapes are perfect for a pre-dinner selection or A standing party. All canapes' parties will comprise of a selection of Meat, Fish, Vegan and Vegetarian items.*

## Meat

GEC Mini Sausage Roll  
Beef Shin Croquette & Tarragon Mustard  
Reuben Crispbreads  
Chicken Kebab, Naan Bread

## Fish

Crab & Avocado Tartlet  
Hot Smoked Salmon, Rye Toast  
Cajun Prawn Pinchos  
Smoked Salmon & Cream Cheese Crepe

## Vegetarian & Vegan

Goats Cheese & Red Pepper Tart (V)  
Popponcini Pepper, Labneh, Zaatar(V)  
Nosausage Roll (VG)  
Pea & Mint Crostini (VG)





# BOWL FOOD

4 items from the selection below. Minimum numbers is 20 persons. Tray service only.  
£45.00 net per person or £12.00 net per bowl.

## Meat

Pulled Chicken Tagine & Cous Cous Rice Bowl  
Smoked Chicken & Egg Caesar  
Maple Glazed Pork, Mustard Crushed Potatoes  
Chunky Chilli Beef with Cumin Rice

## Fish

Honey Roast Salmon Poke Bowl  
Hit Smoked Salmon Nicoise Salad  
Hake, Sesame Green Beans, Soy & Ginger Dressing  
Beer Battered Haddock, Chunky Chip & Tartare Sauce

## Vegetarian & Vegan

Grilled Aubergine, Fregola, Courgette & Parmesan Crisp (V)  
Vegan Paella (V)  
Falafel Tabbouleh Bowl (VG)  
Miso Aubergine, Soy Yoghurt, Cucumber & Crispy Shallots (VG)





# FINE DINNING

*Minimum numbers is 50 persons. Surcharge of £12.00 net will be added for numbers less than 50. Starting from £130.00 net per person.*

This package includes a three-course dinner along with a drink allowance of 1/2 bottle of wine and 1/2 bottle of water per person.

This is a sample menu. Following a consultation we will write a bespoke menu for your event.

The price would be on application, taking into consideration the numbers and service required.

## Sample Menu

A Selection of Artisan Bread and Butter

Amuse Bouche

Jerusalem Artichoke Velouté, Crispy Parmesan, Truffled  
Trompette Mushrooms

Crispy Pork Belly, Pickled and Roasted Apple, Heritage  
Carrots and Mustard Dressing

Apple Tart Tatin, Vanilla Ice Cream

Selection of Petit Fours served with variety of teas and coffee



# DRINKS PACKAGES

*Packages based on a 1-hour drinks reception. Times can be extended but will be subject to additional costs.*

*All our prices are net and priced per person. Minimum numbers 20 pax.*

## Package One

£18.85 per person

House Wines

Bottled Beers

Soft Drinks Selection

Plus Nibbles selection £20.70 per person

Plus three Canapes selection £28.80 per person

## Package Two

£23.50 per person

House Sparkling

House Wines

Bottled Beers

Soft Drinks Selection

Plus Nibbles selection £24.20 per person

Plus three Canapes selection £33.50 per person

## Nibbles

£7.50 for 3

Select up to 3 from the selection below:

Salted Crisps

Nut & Cracker Mix

Marinated Greek Olives

GEC Homemade Cheddar Cheese Straws

Sea Salted Peanuts

Dry Roasted Peanuts

## Cocktails

£15.00 each

Sangria/Pimms

Bellini

Negroni

Espresso Martini

Frozen Strawberry Margarita

English Garden (Non-alcoholic)

Pre-batch options are available at a cheaper price. Ask to the team for bespoke options.





# BEVERAGES

*The following beverages include the provision of glassware and service. Please note drinks are sold on a consumption only basis. Please enquire for requests regarding wines not listed. All our prices are net and priced per item.*

## White Wines

Parajes de Paniza, Chardonnay / Garnacha Blanca £32.00

*Very subtle nose, elegant and fresh, with floral and citrus notes that give away to fine and elegant creamy toasted memories. Creamy, delicate and silky on the plate with honeyed notes, balsamic hints and a long finish with hints of Werthers Original.*

Les Genêts Colombard/Sauvignon Blanc £36.00

*Pale lemon with green tints, the nose is grassy with just hints of apples, guava and capsicum, it finishes fresh and bone dry.*

## Red Wines

Les Bêtes Rousses Carignan/Grenache £32.00

*Ruby coloured with hints of spice and red berry on the nose. Well rounded and balanced, with gentle tannins.*

Les Genets Syrah/Grenache £36.00

*Medium deep colour with a lovely nose of black fruit and spices. The palate is medium bodied, fruity and smooth and framed by ripe gentle tannins.*

## Sparkling Wine

N.V. Louis Changarnier Chardonnay 'Blanc de Blancs' £38.00

*The Chardonnay Brut is made from grapes grown in the Burgundy region and is a pleasant, dry fruity fizz, with a surprising amount of depth in this price bracket.*

*An excellent all-rounder, with a refreshing, lively flavour and much finesse. Pure, fresh Chardonnay fruit with bubbles.*

## Champagne

N.V. Laytons Brut Reserve £75.00

*Medium lemon colour, fine mousse. The nose has good richness and depth of toasty fruit, showing elements of lemon zest and brioche. The palate is refreshing yet also quite full, with a long and balanced finish developing nice yeasty notes.*

## Beers

Meantime Lager, Meantime Pale Ale, Asahi, Peroni £6.20

Moretti, Stella, Budweiser £5.80

Heineken 0% £3.90

## Drinks

Mineral Bottled Water (750ml) £4.80

Mineral Bottled Water (330ml) £2.50

Fresh Orange & Apple Juice (1L) £6.90

Coca Cola, San Pellegrino £3.00

Diet Coke , Coke Zero £2.70

# IMPORTANT INFORMATION

## Confirmation Of Numbers

For organisational purposes we would like to know the approximate number of guests two weeks prior to your event. The final guaranteed number of guests is required three working days prior to the event. The final figure will be regarded as the minimum number.

## Event Details

All catering details, final costings etc should be arranged directly through The Good Eating Company office approximately twenty one working days prior to the date of the event. These details will be entered into an "Event Order/Quote", duplicate copies of which will be forwarded to you promptly for approval and signature a minimum of fourteen days prior to the event taking place. Please refer to our full terms and conditions for payment details.

## Payment

A payment request for the total charge of a function will be issued by the company for the total balance payable, which must be settled PRIOR to the event commencing or within fourteen days of the date of request, whichever is earlier.

## Please Note

Our policy, as exclusive caterers to the Business Design Centre does not allow for food and beverage to be brought onto the premises. This applies to organisers, guests and other persons. Food and beverage remains the property of The Good Eating Company here at the Business Design Centre and cannot be removed from the premises without prior approval.







THANK YOU

*for more information contact*  
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