



Breakfast

Boxed Breakfasts

Continental (served in a moulded clear box for ease of serving with disposable cutlery pack)

Fruit and berries
Cold meat and cheese selection
Danish pastries
Croissant and jam

VIP Continental

(served on individual dishes set on a lined tray with VIP cutlery pack)

Exotic fruits and berries
Mini danish pastries
Mini croissants
Continental ham, cured meats and European cheese
Baby smoked salmon bagel with cream cheese
Yogurt and fresh orange juice

VIP Healthy Options

(served on individual dishes set on a lined tray with VIP cutlery pack)

Low fat or fruit yogurt
Fan of seasonal melon and grapes with fruit coulis
Mini sliced bagels with low fat cream cheese
Platter of sliced egg, tomato and smoked salmon
Fresh orange juice

Hot Breakfasts

VIP Traditional English Breakfast

Large oven foil containing :-
Eggs – choice of: scrambled, poached, omelette or fried

Prime back bacon
Cumberland sausages
Mushrooms
Grilled tomatoes
Hash browns

Hot Breakfast Combinations

Cumberland sausages
Beef sausages
Prime back bacon
Streaky bacon
Black pudding
Grilled tomatoes
Sautéed mushrooms
Hash browns
Breakfast steaks
Smoked salmon with scrambled eggs on English muffins
Fried eggs
Boiled eggs
Poached eggs
Scrambled eggs
Baked beans
Egg and bacon rolls
Cumberland sausage & grain mustard filled baguette

Breads and Pastries

American style assorted muffins
Danish pastries
Croissants
Toast - white or brown
Bagels
English muffins

Breakfast Basket

Muffin, croissant, Danish pastry, bagel with cream cheese and preserves

Fruit and Juices

Crown of melon filled with exotic fruits
Fruit salad cup
Fresh grapefruit
Exotic sliced fruits
Seasonal berries
Freshly Squeezed Juices:-
Orange, apple, grapefruit, lemon, carrot, mixed berry, paw paw, mango and other seasonal juice

Dairy

Milk :-Whole fat, semi skimmed, skimmed

Sandwiches

Thick Filled Sandwiches

White or wholegrain, select from the fillings below or choose your own:-

- Chicken and mayonnaise
- Chicken and apple
- Thai chicken
- Turkey, stuffing and cranberry
- Honey roast ham with or without mustard
- Topside of beef with horseradish
- Egg and mustard cress
- Brie and French jambon
- Cheddar and pickle
- Bacon, lettuce and tomato
- Tuna mayonnaise
- Smoked salmon with cream cheese
- Prawns with seafood sauce and Continental lettuce
- Stilton and English bacon
- Brie and avocado

Open Sandwiches

Set on toasted brioche, all individually garnished

- Medley of seafood
- Smoked salmon with cream cheese
- Lobster with basil mayonnaise
- Smoked trout with horseradish dressing
- Smoked chicken with fresh peach
- Italian salad with Parma ham
- Continental cheeses
- Continental meats
- Char-grilled Mediterranean vegetables with shaved parmesan

Tortilla Wraps

the wrap can be plain or tomato

- Mozzarella, rocket, roast peppers, basil
- Lebanese chicken
- Chicken caesar
- Roast vegetable and pesto
- Feta cheese and cous cous
- Chicken tikka
- Tuna and sweetcorn
- Chicken salsa
- Chicken Thai
- Chilli bean and tomato

Grilled Panini

simply warm through in the oven or microwave

Char-grilled chicken and cheese with pesto
Cheese, ham and grain mustard
Char-grilled vegetables with cheese and herbs

Filled Baguettes

with any of the listed sandwich fillings

Canapes

Hot

Thai king prawns
Kibbeh yogurt dressing
Mini Thai fish cakes with chilli sauce
Petit pizza
Greek stuffed mushrooms
Mediterranean vegetable filled pastry puffs
Skewers - chicken Thai, yakitori chicken, sweet chilli chicken
Satay - chicken, fish, beef
King prawn skewers
Dim sum selection
BBQ chicken wings
Thai fish cakes with mango and green chilli salsa
Spanacopittes and tyropittes
Cocktail samosas with plum sauce
Tiger prawns in a coriander tempura batter
Salted potato skins with curried pineapple, coriander and sour cream dipping sauce

Cold

Assorted filled blinis individually garnished
Assorted sushi with accompaniments (notice required)
Chargrilled chicken with guacamole
Goats cheese and tapenade
Cherry tomato and feta cheese pesto
Mini asparagus tartlets
Smoked trout mousse on pumpkinnickel bread
Malaysian spicy chicken kebab sticks with a cucumber and mint dip
Mini pitta breads filled with falafel, shredded lettuce and houmous
Asparagus and prosciutto with basil mayonnaise

Classic Canapés

Butter pastry cup filled with caviar
Sliced lobster with basil mayonnaise
Quails egg, asparagus and hollandaise sauce
Foie gras d'oie with redcurrant jelly
Marinated king prawns
Caviar: Beluga, Oscietra, Sevruga with full accompaniments
(24 hour notice)

We have more ideas if you would like an extended selection

Platters

Beautifully presented, garnished and ready to serve

Riviera Seafood Platter

A delicious combination of seafood favourites including dressed lobster, Cornish dressed crab, large peeled Mediterranean shrimps, finest Scotch smoked salmon, smoked trout and mackerel. All beautifully garnished and served with a creole seafood dip, lemon tartar dip and bouchet noir bread. Finished with petit lemon muslin parcels

Canape Platter

A selection of beautifully presented canapés from our menu selection with some choice seasonal additions from our chef's favourites

Mezze Platter

A wide selection of falafel, stuffed vine leaves, warm savoury filled pastries, flatbreads and kibbeh accompanied by marinated olives, vegetables and cheeses

Sushi and Sashimi Platter

Freshly prepared maki, iso, nigiri and daily fresh sashimi served with soy sauce, wasabi, pickled ginger and chopsticks

Crudites Platter

Freshly prepared seasonal vegetable batons served with a selection of fresh dips and finished with exotic sprouting salads and cresses

European Meats Platter

The finest smoked and cured meats from across Europe served with crispy white sour dough baguette and olive bread with black kalamata olives. Accompanied by spiced mission olives, smoked chutneys, baby vine tomatoes and marinated sweet peppers and pickles

Roast Meats Platter

Prime sliced chicken and turkey, roasted Aberdeen Angus beef, roasted quail stuffed with rice and apricots, roasted and sliced poussin cooked with garlic and herbs. All served with English savoury pickles, sweet chutneys and crusty savoury breads

British and Continental Cheese Platter

From our extensive range of fine cheeses we select the best flavoured and textured cheeses and garnish them with dried fruits, nuts, celery and grapes. Our local Suffolk pickle and range of savoury breads and gourmet biscuits complete this popular platter

Exotic Fruits and Berries Platter

A beautifully presented colourful platter of ripe sliced mango, pawpaw, melon, pineapple, citrus fruits and seasonal soft fruits and berries served with a Greek yogurt and honey dip

Classic Sandwich Platter

A wide selection of freshly prepared thick filled sandwiches on seeded, white and brown bread

Mixed Breads Sandwich Platter

A lovely combination of mini filled bagels, petit baguettes, open and closed sandwiches and our classic Lebanese crab and avocado club sandwich. Choose your own selection or we can do it for you

English Afternoon Tea Platter

A delightful indulgent platter of dainty cucumber, organic egg and cress, and smoked salmon sandwiches together with Devon mini fruit scones, Cornish clotted cream and thick strawberry jam. Our classic English mini pastries including Victoria sponge, rich fruit and apple cinnamon cake and glazed fruit and lemon tarts complete this traditional platter

Soups & Starters

Soups

Vegetable broth
Pumpkin and almond
Laksa - coconut soup with chicken and rice noodles
Cream of asparagus
Mushroom and wild mushroom
Chicken and sweetcorn
Tomato and basil
Morrocan spiced lentil
Leek and potato
Chicken and sweetcorn chowder
Pumpkin and orange
Watercress and stilton
Tom yam spicy Thai soup - shrimp or chicken
Tuscan bean minestrone
Cucumber and mint (served cold)
Lobster bisque

Starters

Fine Scotch salmon with granary bread and fresh lemon
Italian Salad, buffalo mozzarella, sliced tomatoes, fresh basil and virgin olive oil
Char-grilled Mediterranean vegetable salad with bresola and shaved parmesan
Thai fish cakes with sweet chilli dip
Avocado pear, crab and shrimp salad with sweet chilli and fresh wild rocket
Green Thai tiger prawn noodles
Prosciutto ham, asparagus, shaved parmesan and char-grilled peppers with a balsamic dressing
Foie gras d'oe on toasted brioche with baby beetroot, caramelized onions and a primivere salad
Italian Parma ham, wrapped around buffalo mozzarella and served on a peppery rocket salad with balsamic dressing

Main Dishes

Beef

Classic fillet au poivre
Grilled fillet steak
Beef kebabs
Fillet steak with stilton and croutons
Beef curry with spinach
Beef steak and mushroom pie
Stir fried beef strips, Chinese vegetables with avocado salsa
Beef stroganoff with three mustards
Meatballs in goulash sauce
Cheese and leek crusted cottage pie served in a ceramic dish
Thai stir fried chilli beef with pok choi

Chicken

Chicken with preserved lemon
Corn fed chicken with brie and tarragon in a grain mustard sauce
Chicken cacciatora
Chicken tandoori
Chicken cajun
Chicken Kiev
Thai red curry
Pesto stuffed chicken breast on mustard mash
Sautéed baby chicken with baby spinach and honey jus
Chicken Catalan
Thai green curry
Supreme corn fed chicken with morel and thyme jus
Roast garlic and lemon rotisserie chicken
Lebanese chicken (chicken breast with cumin, coriander and natural yogurt)

Lamb

Best end of lamb roasted with a parsley and olive crust with pesto gravy
Honey and mustard lamb cutlets
Roast fillet of lamb with wild mushrooms
Lamb and prune tagine
Lamb paprika
Shepherds pie
Braised lamb with flageolet beans
Lamb chops with roasted vegetables
Greek lamb on the bone with aubergines and rice pilau
Aubergine stuffed lamb moussaka
Roast rack of lamb with thyme
Pan fried fillet of lamb, rosemary roast potatoes and wild mushroom sauce

Veal

Veal escalope with lemon sauce
Veal with mozzarella, Parma ham and sage roasted tomatoes
Veal meatballs in tomato and basil sauce

Duck and Game

Breast of duck with black cherry sauce
Duck in port and ginger marinade
Duckling with peppercorn sauce
Honey glazed duck breast with steamed pok choi
Fillet of venison with celeriac mash
Guinea fowl with red wine and tarragon

Fish

Baked cod tagine
Pan fried salmon fillets with basil and mustard mayonnaise
Moroccan style roast salmon with saffron, onion compote and preserved lemon
Grilled Dover sole
Steamed salmon on wok fried Chinese leaves and a soy jus
Japanese black cod
Seasonal sea bass on a chick pea ragout
Teriyaki char-grilled whole sea bass
Cajun seasoned salmon on almond cabbage and a light cream sauce
Oven roasted monk fish wrapped in pancetta served on an onion sauce
Deep fried English cod fillet
Dover sole
Blackened spiced fish
Spicy Mediterranean prawns
Lobster thermidor
Garlic tiger prawns

Vegetarian

Grilled flat mushrooms filled with spinach
Vegetable biryani
Vegetarian lasagne layered with ricotta and pesto
Red peppers with pesto risotto
Wild mushroom risotto
Portobello mushrooms filled with roasted vegetables and emmenthal cheese roasted with basil scented olive oil

Pasta

Ravioli with wild mushrooms and asparagus
Mediterranean lasagne - meat or vegetarian
Spaghetti bolognese
Spaghetti with meatballs in a basil and tomato sauce

Pasta Sauces

Neapolitan

Carbonara
Bolognese
Arrabiata
Tomato and basil
Wild mushroom
Fresh red or green pesto
Chilli and tomato
Al fredo

Served with your choice of spaghetti, tagliatelle, penne or linguine

Vegetables and Rice

Vegetables

Mange tout
Glazed baby carrots
Petit pois
Fine green beans
Fresh asparagus
Spinach
Broccoli florets
Baby corn
Cauliflower cheese
Roasted parsnips
Roasted root vegetables
Char grilled Mediterranean vegetables

Potatoes

New minted potatoes
Pommes noisette
Baked potato
Pommes dauphinoise
Roast potatoes
Creamed potatoes
Potato lyonnaise
Baby roast red potatoes with rosemary, garlic and tomato
French fries

Rice

Basmati
Saffron rice
Risotto
White rice
Pilaf rice

Fresh Salads and Dressings

Fresh Salads

Caesar
Greek
Tuna niçoise
Tomato and onion
Waldorf
Italian - tomato and mozzarella with fresh basil
Pasta
Three bean
Coleslaw
Potato
Mixed leaves only
Mixed garden salad
Garnish packs
Rocket
Lemon and herb couscous

Salad Bowls

All ready to serve with dressings and disposable cutlery

Tuna niçoise
Chicken Caesar
Avocado prawn salad
Chicken tarragon with red grapes and walnuts
Thai beef salad
Green Thai vegetable noodle salad
Exotic spiced salad
Lobster, crevettes and German potato salad
Cobb salad
Seafood
Chef's salad

Dressings

Italian	Caesar
Mayonnaise	French
Thousand island	Ranch
Vinaigrette	Greek
Blue Cheese	
Balsamic	
Honey mustard	

Children's Menu

Your most important passengers, leave it to us to make them smile or,
if they have firm favourites, simply add these to your order

Macaroni Cheese

Little tubes of organic pasta combined with a tasty fresh cheese sauce and served with a petit crunchy salad

Chilli Con Carne

A mild organic chilli for delicate taste buds, served with crispy corn chips and side pots of sour cream and grated cheese

Chicken, Carrot and Noodle Salad

A fresh, nutritious salad, fun to eat and filled with goodness

Mini Fish Pie

An individual creamy fish pie, mild flavours with a cheesy potato top and a side serving of crunchy baby vegetables

Mini Organic Burger

Delicious homemade burger with 'build your own' topping pots and potato wedges or fries

Treasure Lunch Tray

A fun individual tray of pinwheel sandwiches, crunchy vegetable dips, potato crisps, sparkly cupcake and sweetie treaty fruit skewers

Treats

Strawberry and Marshmallow Skewers

With a milk chocolate dip

Rocky Road

Sparkly Star Cupcakes

Chocolate Brownie

Mini Ben and Jerry's Ice Cream Pots

Desserts and Pastries

Whole Desserts

Pecan and toffee cheesecake (whole or per slice)

Wild berry cheesecake (whole or per slice)

Double chocolate cheesecake (whole or per slice)

American style chocolate cheesecake
Double chocolate gateau
Chocolate caramel and banana gateau
Chocolate truffle torte
Amerena cherry torte

Individual Desserts

French apple tart
Maple and pecan tart
Baby pear and baked almond tart
Exotic fruit tart
Banana and honeycomb flan
Crème caramel
Cambridge crème brûlée
Caramelised banana torte
Dark chocolate torte
Sharp lemon torte
Chocolate marquise cheesecake
Sticky toffee pudding (served hot)
Bread and butter pudding (served hot)
Cornish clotted cream rice pudding (served hot)

Ice Cream

Haagen-Daz ice cream (individual or 500ml tubs)
Fruit Sorbets
Coulis :- Raspberry, Strawberry, Exotic

Cakes and Pastries

Assorted doughnuts
English scones with Cornish clotted cream and preserves
Individual seasonal fruit tarts with crème patissiere
Chocolate éclairs
Passion cake
Luxury chocolate fudge cake
Carrot cake
Banana cake
Rich fruit cake
Chocolate fudge brownies
Assorted cookies

Cocktail Desserts

Banoffee tartlets
Lemon tartlets
Little treacle tartlets
Nougat cups with butterscotch
Mini soufflé cups
Mini cream horns
Profiteroles

Petit Fours

Assorted petit chocolates and pastries
Afternoon tea selection (36 bite size patisseries)
Chocolate dipped strawberries

Complete Boxed Meals

When convenience is key, our boxed meal trays are ideal because each serves a complete meal for one person. The below menus are designed to give you an idea of the hot and cold selections we can provide, however, we are happy to make up any menu to order. Boxes include a napkin, cutlery, salt & pepper, bread roll & butter, creamers, sugars, cheese and biscuits and a petit four.

Cold Menu Examples

Tray One

Mozzarella, roast vegetable and basil salad
Pan fried salmon with rocket salad
Exotic sliced fruits and berries

Tray Two

Seafood salad with dressing
Wild mushroom couscous filled chicken supreme with balsamic glaze
Dark chocolate torte

Tray Three

Paté de foie gras with brioche and red onion chutney
Thai chilli beef in sesame noodle salad
Dolcelatte soft berries and biscuits

Tray Five

Assorted finger sandwiches
Mini smoked salmon blinis
Exotic sliced fruits and berries
English scones, clotted cream and preserves

Tray Six

Cobb salad
Fresh berries with Greek yogurt
Carrot cake, brownies

Hot Menu Examples

Tray Seven

Smoked salmon, melon and king prawn salad with dressing
Lebanese chicken
Salmon, apricot and almond fragrant rice
Cool mint yoghurt
Chocolate cake

Tray Eight

Italian salad - buffalo mozzarella, tomatoes and basil with balsamic dressing
Fillet of beef with a trio of peppercorn butter, medley of fine vegetables and sauté potatoes
Sliced exotic fruits

Tray Nine

Salsa avocado and chilli seafood salad
Lamb fillet with wild mushroom jus, grain mustard mash, spinach and baby glazed carrots
Lemon cheesecake

Tray Ten

Assorted canapés (cold)
Whole lobster tail thermidor
Mediterranean rice
Melon and paw paw salad

Placing an Order

You can order online via our website www.foodwiththought-uk.com or email your order to us at orders@foodwiththought-uk.com. If you would like to discuss your requirements with a member of our kitchen team do please contact us direct on +44(0)1279 661241 or +44(0)7785 543486 and we will be happy to help you with suggestions if you are undecided on your choice.

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