

# POTAGE

eat well together

Menu until Friday Mar 29

## SALADS

|  |       |
|--|-------|
| Chicken Satay Salad with Coriander & Pickled Cucumber        | £9.00 |
| Lemon Chicken Salad with Tarragon, Quinoa & Basil Pesto      | £9.00 |
| Hot-Smoked Salmon, Avocado & Brown Rice Salad                | £9.00 |
| Salmon Fillet with New Potatoes, Chives, Olives & Pea Shoots | £9.00 |
| Cheddar Cheese, Leek & Butternut Quiche with Salad           | £9.00 |
| Roast Broccoli, Quinoa, Egg & Avocado with Basil Pesto       | £9.00 |
| Garden Leaf Salad with Toasted Soy Seeds                     | £8.00 |
| Raw Rainbow Salad with Sesame & Ginger Dressing              | £9.00 |
| French Green Bean Salad with Edamame & Fresh Mint            | £9.00 |
| Butternut Squash with Buckwheat & Pumpkin Seeds              | £9.00 |
| Kale, Sesame & Brown Rice Salad                              | £8.00 |
| New potatoes, Chives, Parsley & Capers                       | £7.00 |

## MEAT / FISH

|  |        |
|--|--------|
| Seared Scottish Beef Fillet (48 hrs notice)        | £64.00 |
| Free Range Welsh Chicken Satay Thigh               | £4.00  |
| Free Range Welsh Chicken Breast                    | £4.00  |
| Scottish Salmon Whole Side With Fresh Dill & Lemon | £32.00 |
| Honey Glazed Salmon Fillets                        | £4.00  |
| Scottish Hot-Smoked Salmon                         | £4.00  |
| Breckland Brown Eggs                               | £1.50  |

## HOT POTS

|   |       |
|---|-------|
| Spaghetti Bolognese   | £8.00 |
| Classic Lasagne Al Forno  | £8.00 |
| Chicken Tikka Masala with Chutney & Poppadoms                   | £8.00 |
| Chicken & Rice Noodle Laksa With Butternut Squash               | £8.00 |
| Red Lentil Dhal With Roasted Sweet Potato, Spinach & Brown Rice | £8.00 |
| Rustic Ribollita Soup With Grated Parmesan                      | £4.00 |
| Red Lentil & Coconut Soup With Roast Tomato                     | £4.00 |

## SHARING BOARDS

Seared Scottish Beef Filler (48 hrs notice)



Our goal is to bring people together by delivering delicious meals in a sustainable way.

Our Founder, Georgia, started potage with £1,000 in October 2012 and spent the first year cooking in her mum's kitchen, delivering locally on a bicycle and with a Saturday market stall. Today we deliver to hundreds of offices and homes across central London.

## DESSERTS

|  |        |
|--|--------|
| Mini Double Choc Brownie                 | £3.50  |
| Mini Raw Brownies                        | £4.00  |
| Mini Carrot & Walnut Cake                | £3.50  |
| NEW Hot Cross Buns                       | £7.00  |
| Anna Jone's Elderflower & Pistachio Cake | £50.00 |
| Seasonal Fruit Salad                     | £4.00  |
| Fruit Box                                | £20.00 |
| Doughnuts (48 hrs notice)                | £32.00 |
| Jude's Mini Ice Cream                    | £1.50  |
| Cookie Dough                             | £4.50  |

## DRINKS

|  |       |
|--|-------|
| Belu Water   | £1.50 |
| Cawston Press  | £1.50 |
| Coke   | £1.50 |
| San Pellegrino   | £1.50 |
| Spinach, Lime, Cucumber & Pineapple Organic Juice, 200ml | £5.00 |
| Turmeric, Ginger, Apple & Lemon Organic Shot, 60ml       | £2.50 |

## BREAKFAST

|  |        |   |        |
|--|--------|---|--------|
| Free Range Welsh Chicken Satay Thigh               | £64.00 | Buckwheat & Quinoa Granola, Yoghurt & Blueberries | £3.50  |
| Free Range Welsh Chicken Breast                    | £4.00  | Greek Yoghurt & Chia Seeds With Seasonal Fruit    | £3.50  |
| Scottish Salmon Whole Side With Fresh Dill & Lemon | £32.00 | Bircher Muesli with Mango & Almond                | £3.50  |
| Honey Glazed Salmon Fillets                        | £4.00  | Seasonal Fruit Salad                              | £4.00  |
| Scottish Hot-Smoked Salmon                         | £4.00  | Breakfast Pastries                                | £20.00 |
| Breckland Brown Eggs                               | £1.50  | Blueberry & Almond Muffins (48 hrs notice)        | £30.00 |

### SNACKS

|   |       |                                       |       |  |        |
|---|-------|---------------------------------------|-------|--|--------|
| Chickpea Hummus                                 | £1.50 | Fresh Chilli, Garlic & Lime Guacamole | £4.00 | NEW Hot Cross Buns                                       | £7.00  |
| Sun-Dried Tomato & Fresh Coriander Dip          | £4.00 | Garden Veg Sticks                     | £3.00 | Breakfast Rolls (box of 15)                              | £30.00 |
| Roast Smoked Almonds                            | £4.50 | Whole Avocado                         | £2.00 | Mixed Rolls (box of 15)                                  | £30.00 |
| Chilli Tortilla Crisps/Veg Crips/Mini Poppadoms | £1.00 | Tyrrells Crisps                       | £1.50 | Vegetarian Rolls (box of 15)                             | £30.00 |
|   |       |                                       |       | Freshly Squeezed Orange Juice, 1 litre                   | £5.00  |
|   |       |                                       |       | Pressed Cloudy Apple Juice, 1 litre                      | £5.00  |
|   |       |                                       |       | Spinach, Lime, Cucumber & Pineapple Organic Juice, 200ml | £5.00  |
|   |       |                                       |       | Turmeric, Ginger, Apple & Lemon Organic Shot, 60ml       | £2.50  |

"7 Best Healthy Food Delivery Services" - Women's Health

"Top 8 food delivery services in the UK" - GQ

"13 Best lunch delivery services in London" - Evening Standard

020 7498 5759 | [potage.co.uk](http://potage.co.uk) | @potage\_