

# POTAGE

eat well together

Menu Monday Apr 29 - Friday May 03

## MAIN SALADS

Lemon Chicken Salad with Tarragon, Quinoa & Basil Pesto	£9.00
Chicken Satay Salad with Coriander & Pickled Cucumber	£9.00
Hot-Smoked Salmon, Avocado & Brown Rice Salad	£9.00
Salmon Fillet with New Potatoes, Chives, Olives & Pea Shoots	£9.00
Parmesan Cheese, Mushroom & Courgette Quiche with Salad	£9.00

## SIDE SALADS

Roast Broccoli, Quinoa & Avocado	£9.00
Butternut Squash with Buckwheat & Pumpkin Seeds	£9.00
Raw Rainbow Salad with Sesame & Ginger Dressing	£9.00
Garden Leaf Salad with Toasted Soy Seeds	£8.00
French Green Bean Salad with Edamame & Fresh Mint	£9.00
Kale, Sesame & Brown Rice Salad	£8.00
New potatoes, Chives, Parsley & Capers	£7.00

## PROTEIN

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
Parmesan Cheese, Mushroom & Courgette Quiche	£4.50

## HOT POTS

Chilli Con Carne With Brown Rice, Fresh Coriander & Tortilla Crisps	£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
Chicken Soup with Spring Herbs	£4.00
Red Lentil Dhal With Roasted Sweet Potato, Spinach & Brown Rice	£8.00



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

Seasonal Fruit Salad	£4.00
Fruit Box	£20.00
Mini Double Choc Brownie	£3.50
Mini Raw Brownies	£4.00
Mini Carrot & Walnut Cake	£3.50
NEW Choc Chip Cookies (48 hrs notice)	£5.00
NEW Chocolate Florentines (48 hrs notice)	£7.50
NEW Flap Jack Bar (48 hrs notice)	£25.00
Mixed Muffins (48 hrs notice)	£30.00
Doughnuts (48 hrs notice)	£32.00
Sweet Tarts (48 hrs notice)	£28.00
Whole Cakes (48 hrs notice)	£35.00
Jude's Mini Ice Cream	£1.50
Cocoa Dusted Almonds	£8.95
Hokey Pokey Chocolate Honeycomb	£7.50
Cookie Dough	£4.50

## DRINKS

Belu Water	£1.50
Cawston Press	£1.50

Rustic Ribollita Soup With Grated Parmesan

£4.00

Coke

£1.50

## SHARING BOARDS

Tortilla Chips, Crudités & Dips

£35.00

Artisan British Cheese Box

£45.00

Mixed Rolls (box of 12)

£24.00

Vegetarian Rolls (box of 12)

£24.00

Mini Handmade Sausage Rolls

£4.50

Mini Spinach & Feta Rolls

£4.50

NEW Mini Cheese Straws (24 hrs notice)

£4.00

Scotch Quail's Egg (24 hrs notice)

£9.60

## SNACKS

Chickpea Hummus

£1.50

Fresh Chilli, Garlic & Lime Guacamole £4.00

Sun-Dried Tomato & Fresh Coriander Dip

£4.00

Garden Veg Sticks

£3.00

Roast Smoked Almonds

£4.50

Whole Avocado

£2.00

Chilli Tortilla Crisps/Veg Crisps/Mini Poppadoms

£1.00

Tyrrells Crisps

£1.50

San Pellegrino

£1.50

Spinach, Lime, Cucumber & Pineapple

£5.00

Organic Juice, 200ml

Turmeric, Ginger, Apple & Lemon

£2.50

Organic Shot, 60ml

## BREAKFAST

Buckwheat & Quinoa Granola, Yoghurt &

£3.50

Blueberries

Greek Yoghurt & Chia Seeds With Seasonal

£3.50

Fruit

Bircher Muesli with Mango & Almond

£3.50

Seasonal Fruit Salad

£4.00

Breakfast Pastries

£20.00

Blueberry & Almond Muffins (48 hrs notice)

£30.00

Breakfast Rolls (box of 12)

£24.00

Mixed Rolls (box of 12)

£24.00

Vegetarian Rolls (box of 12)

£24.00

Freshly Squeezed Orange Juice, 1 litre

£5.00

Pressed Cloudy Apple Juice, 1 litre

£5.00

Spinach, Lime, Cucumber & Pineapple

£5.00

Organic Juice, 200ml

Turmeric, Ginger, Apple & Lemon

£2.50

Organic Shot, 60ml

"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

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