

POTAGE

eat well together

Menu Monday May 27 - Friday May 31

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
NEW Salmon Fillet with New Potatoes, Radish & Watercress	£9.00
Cheddar Cheese, Leek & Butternut Quiche with Salad	£9.00

SIDE SALADS

NEW Cauliflower, Red Rice, Pomegranate & Parsley	£7.50
NEW Heritage Tomato, Mozzarella, Avocado & Basil	£7.50
NEW Roasted Fennel with Couscous, Sun-Dried Tomato & Feta	£7.50
Garden Leaf Salad with Toasted Soy Seeds	£7.50

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
NEW Honey Roast Ham	£4.00
Scottish Salmon Whole Side with Micro Rocket & Lemon	£32.00
Honey Glazed Salmon Fillets	£4.00
Scottish Hot-Smoked Salmon	£4.00
NEW Parmesan, Roasted Tomato & Fresh Basil Quiche with Salad	£7.50
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

SHARING BOARDS

Tortilla Chips, Crudités & Dips	£35.00
Artisan British Cheese Box	£45.00
Mixed Rolls (box of 12)	£24.00



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	£15.00
Mini Double Choc Brownie	£3.50
Mini Raw Brownies	£4.00
Mini Carrot & Walnut Cake	£3.50
Choc Chip Cookies (48 hrs notice)	£1.50
Chocolate Florentines (48 hrs notice)	£7.50
Nut, Seed & Fruit Flapjack (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
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Vegetarian Rolls (box of 12)	£24.00	Cawston Press	£1.50
Mini Handmade Sausage Rolls	£4.50	Coke	£1.50
Mini Spinach & Feta Rolls	£4.50	San Pellegrino	£1.50
Mini Cheese Straws (48 hrs notice)	£4.00	Freshly Squeezed Orange Juice, 1 litre	£5.00
Scotch Quail's Egg (24 hrs notice)	£9.60	Pressed Cloudy Apple Juice, 1 litre	£5.00

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
Whole Avocado	£2.00	Chilli Tortilla Crisps/Veg Crisps/Mini Poppadoms	£1.00
Tyrrells Crisps	£1.50	Roast Smoked Almonds	£4.50

BREAKFAST

Buckwheat & Quinoa Granola, Yoghurt & Blueberries	£3.50
Greek Yoghurt & Chia Seeds With Seasonal Fruit	£3.50
Bircher Muesli with Mango & Almond	£3.50
Seasonal Fruit Salad	£4.00
Fruit Box	£15.00
Breakfast Pastries	£20.00
Mixed 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 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

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