

POTAGE

eat well together

Menu Monday Jan 21 - Friday Jan 25

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
Red Pepper, Spinach & Goat's Cheese Quiche with Salad	£9.00
Roast Aubergine with Bulgur Wheat & Pomegranate	£9.00
Garden Leaf Salad with Toasted Soy Seeds	£7.00
Raw Rainbow Salad with Sesame & Ginger Dressing	£7.00
French Green Bean Salad with Edamame & Fresh Mint	£7.00
Roast Broccoli, Quinoa & Avocado	£7.00
Butternut Squash with Buckwheat & Pumpkin Seeds	£7.00
New potatoes, Chives, Parsley & Capers	£7.00

HOT POTS

Spaghetti Bolognese	£8.00
Classic Lasagne Al Forno	£8.00
Chicken Laksa	£8.00
Chicken Curry with Chutney & Mini Poppadoms	£8.00
Red Lentil Dhal With Roasted Sweet Potato, Spinach & Brown Rice	£8.00
Mac N Cheese	£8.00
Winter Ribollita With Grated Parmesan	£4.00

SIDES & SNACKS

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		
Chickpea Hummus	£2.50	Fresh Chilli, Garlic & Lime Guacamole	£6.50
Sun-Dried Tomato & Fresh Coriander Dip	£4.00	Garden Veg Sticks	£3.00
Chilli Tortilla Crisps/Veg Crisps/Mini	£1.00	Whole Avocado	£2.00



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

Mini Double Choc Brownie	£3.50
Mini Raw Brownies	£4.00
Mini Carrot & Walnut Cake	£3.50
Mango, Kiwi & Blueberry Fruit Salad	£4.00
Whole Cakes	£45.00
Mini Doughnut Bites (48 hrs notice)	£25.00
Jude's Mini Ice Cream	£1.50
Cookie Dough	£4.50
Fruit Box	£12.00

Drinks

Belu Water	£1.50
Cawston Press	£1.50
Coke	£1.50
San Pellegrino	£1.50

Breakfast

Toasted Hazelnut Granola, Yoghurt & Blueberries	£3.50
Buckwheat Granola, Yoghurt & Raspberries (gluten free)	£3.50
Greek Yoghurt & Fresh Fruit (gluten free)	£3.50

Poppadoms				Mango & Almond Bircher (dairy free)	£3.50
Tyrrells Crisps	£1.50	Propercorn	£1.00	Mango, Kiwi & Blueberry Fruit Salad	£4.00
PANTRY					
Mont D'or Terrior Vacherin 400g	£12.50	Clawson Stilton Wedge 450g	£5.00	Organic Breakfast Pastries (48 hrs notice)	£50.00
Quickes Mature Cheddar 150g	£3.50	Petit Munster Hennart 125g	£4.00	Blueberry & Almond Muffins (48 hrs notice)	£30.00
Rosary English Goats Cheese 275g	£6.00	Tunworth Soft Cows Milk 250g	£7.00	Breakfast Rolls (box of 15)	£30.00
Cocoa Dusted Almonds	£8.95	Dark Chocolate Honeycomb	£7.50	Mixed Rolls (box of 15)	£30.00
Potage Hamper	£75.00	Potage Cotton Bag	£5.00	Vegetarian Rolls (box of 15)	£30.00
				Freshly Squeezed Orange Juice, 1 litre	£5.00
				Pressed Cloudy Apple Juice, 1 litre	£5.00

"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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