

POTAGE

eat well together

Menu Monday Sep 23 - Friday Sep 27

MAIN SALADS

Avocado & Chicken Salad With Tarragon Yoghurt Dressing	£9.00
Lemon Chicken Salad with Tarragon, Quinoa & Basil Pesto	£9.00
Chicken Satay Salad with Coriander & Pickled Cucumber	£9.00
Hot-Smoked Salmon, Avocado, Edamame & Brown Rice Salad	£9.00
Teriyaki Salmon Fillet with New Potatoes & Green Beans	£9.00
Seasonal Vegan Salad	£9.00
Goat's Cheese, Spinach, Red Pepper & Onion Quiche with Salad	£7.50

SIDE SALADS

Harissa Squash & Carrot with Quinoa & Spinach	£8.50
Couscous & Feta Salad with Spring Onion & Rocket	£8.50
New Potatoes, Chives, Parsley & Capers	£8.50
Broccoli & Green Beans with Toasted Hazelnuts	£8.50
Garden Leaf Salad with Avocado, Radish & Toasted Soy Seeds	£8.50

PROTEIN

Free Range Welsh Chicken Breast	£4.00
Honey Glazed Salmon Fillets	£4.00
Scottish Salmon Whole Side with Micro Rocket & Lemon	£32.00
Seared Scottish Beef Fillet (48 hrs notice)	£64.00
Breckland Brown Eggs	£1.50

HOT POTS

Classic Lasagne Al Forno	£8.00
Meatballs with Herby Bulgur Wheat & Broccoli	£8.00
Chicken & Rice Noodle Laksa With Butternut Squash	£8.00
Veggie Chilli with Brown Rice, Coriander & Tortilla Chips	£8.00

SHARING BOARDS

Tortilla Chips, Crudités & Dips	£25.00
Antipasti Board (48 hrs notice)	£40.00
Artisan British Cheese Box	£45.00
Mini Handmade Sausage Rolls	£4.50



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
Choc Chip Cookies (48 hrs notice)	£6.25
Chocolate Florentines (48 hrs notice)	£7.50
Whole Cakes (48 hrs notice)	£35.00
Nut, Seed & Fruit Bar (48 hrs notice)	£25.00
Box of 12 Mixed Muffins (48 hrs notice)	£30.00
Doughnuts (48 hrs notice)	£32.00
Cookie Dough	£4.50
Jude's Mini Ice Cream	£1.50

DRINKS

Organic Dulce Verde Juice, 300ml	£6.00
Freshly Squeezed Orange Juice, 300ml	£5.00
Organic Hot Shot, 60ml	£3.00
Belu Water	£1.50
Cawston Press	£1.50
San Pellegrino	£1.50
Coke	£1.50

Mini Spinach & Feta Rolls	£4.50
Mini Cheese Straws (48 hrs notice)	£4.00
Scotch Quail's Eggs (48 hrs notice)	£9.60

SNACKS

Chickpea Hummus	£1.50	Tomato & Red Pepper Hummus	£2.00
Fresh Chilli, Garlic & Lime Guacamole	£4.00	Garden Veg Sticks	£3.00
Chilli Tortilla Chips Individual Pot (40g)	£1.00	Tyrrells Crisps	£1.50
Veg Crisps Individual Pot (40g)	£1.50		
Mini Poppadoms & Chutney Individual Pot (40g)	£2.50		
Raspberry, Pineapple & Melon Fruit Salad	£4.00	Seasonal Fruit Box	£15.00

Freestar £2.50

BREAKFAST

Buckwheat & Quinoa Granola, Yoghurt & Blueberries	£3.50
Greek Yoghurt & Chia Seeds With Seasonal Fruit	£3.50
Bircher Muesli with Peach & Pistachio	£3.50
Raspberry, Pineapple & Melon Fruit Salad	£4.00
Seasonal Fruit Box	£15.00
Mixed Breakfast Pastries (box of 8) (48 hrs notice)	£20.00
Butter Croissants (box of 8) (48 hrs notice)	£16.00
Pain au Chocolat (box of 8) (48 hrs notice)	£16.00
Box of 12 Mixed Muffins (48 hrs notice)	£30.00
Freshly Squeezed Orange Juice, 300ml	£5.00
Organic Dulce Verde Juice, 300ml	£6.00
Organic Hot Shot, 60ml	£3.00

"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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