

POTAGE

eat well together

Menu Monday Feb 25 - Friday Mar 01

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
Red Pepper, Spinach & Goat's Cheese Quiche with Salad	£9.00
Roast Broccoli, Quinoa & Avocado	£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	£8.00
Kale, Sesame & Brown Rice Salad	£8.00

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 Laksa	£8.00
Mac N Cheese	£8.00
Red Lentil Dhal With Roasted Sweet Potato, Spinach & Brown Rice	£8.00
Winter Ribollita With Grated Parmesan	£4.00

SHARING BOARDS

Seared Scottish Beef Fillet (48 hrs notice)	£64.00
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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
Seasonal 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
Spinach, Lime, Cucumber & Pineapple Organic Juice, 200ml	£5.00
Turmeric, Ginger, Apple & Lemon Organic Shot, 60ml	£2.50

BREAKFAST

Quinoa & Buckwheat Granola, Yoghurt &	£3.50
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Free Range Welsh Chicken Satay Thigh	£4.00	Blueberries (gluten free)	
Free Range Welsh Chicken Breast	£4.00	Greek Yoghurt & Fresh Fruit (gluten free)	£3.50
Scottish Salmon Whole Side With Fresh Dill & Lemon	£32.00	Mango & Almond Bircher (dairy free)	£3.50
Honey Glazed Salmon Fillets	£4.00	Seasonal Fruit Salad	£4.00
Scottish Hot-Smoked Salmon	£4.00	Breakfast Pastries (48 hrs notice)	£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	Breakfast Rolls (box of 15)	£30.00
Sun-Dried Tomato & Fresh Coriander Dip	£4.00	Garden Veg Sticks	£3.00	Mixed Rolls (box of 15)	£30.00
Roast Smoked Almonds	£4.50	Whole Avocado	£2.00	Vegetarian Rolls (box of 15)	£30.00
Chilli Tortilla Crisps/Veg Crisps/Mini Poppadoms	£1.00	Tyrrells Crisps	£1.50	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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