

We are passionate about food and passionate about people, so we run cafés and a catering enterprise which produce delicious homemade food to generate much of our income.

All profits from our catering business and cafés support our mission to empower communities in Norwich, ensuring each and every person has the support to eat well, live well, and feel connected. Everything we do works towards our vision of 'communities where everyone thrives'.

By providing safe spaces at the heart of the community and a holistic programme of projects and 1:1 support, we can reduce inequalities, raise aspirations, and create a shared culture of strength and kindness.

Our food is prepared fresh to order and made in our commercial kitchen at the Norfolk Showground.

We deliver your food in our signed vehicle so you can be confident in who is entering your business premises.

We provide the 'know how' and confidence to fulfil any of your catering requirements so whether it's a working lunch for the office, refreshments during training, an event or private reception, you can be sure of one thing – The Feed will deliver great fresh food and make it a success which is why our clients come back again and again!

Our menus are comprehensive and offer options for all dietary requirements. For your convenience we also offer some set menus and recommendations.

## **Order Deadline**

We ask that orders are with us at least **five working days before the event.**

We will always try to fulfil any last-minute requests, but this will be subject to resource availability.

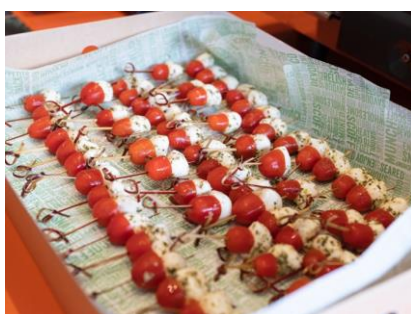
Please email your order form (downloaded from The Feed website) to [kitchen@thefeed.org.uk](mailto:kitchen@thefeed.org.uk)

# CANAPÉ OPTIONS






















Small but memorable, canapés are a delight to the eye and the taste buds. A selection of canapés can replace a meal and add to the wow-factor of your event. We provide beautifully presented items, in rustic cardboard presentation boxes ready to serve.

Choose which ones you like or select one of our set menus to make things even easier!



## SAVOURY:










- Caprese salad (mozzarella, cherry tomato and pesto) on a skewer (V, GF)  
- Skewer of salmon rilette and cucumber (GF)  
- Anti-pasti skewer (GF, can be V) 
- Goat's cheese on crostini with Candi's parsnip & chilli chutney (V)   
- Chilli and lime king prawn skewers (GF) 
- Vegan cream 'cheese' and sun-dried tomato on crostini (Vgn) 
- Parma ham and melon ball (GF)
- Feta, pea and mint mash on cucumber slice (v, GF)  
- Ploughman's crostini (V) (Can be vegan)  
- Skewer of smoked mackerel and beetroot with creamy horseradish dip (GF)  
- Cheesy pesto stars (V)    
- Crostini with brussels paté  



# CANAPÉ OPTIONS












## SWEET:
















- Cookie dough with chocolate dip   
- Chocolate brownie cubes (GF)   
- White chocolate dipped strawberries  
- Dark chocolate dipped strawberries (Vgn, GF) 

## SET MENUS

### Set Menu One – 5 canapés

- Caprese salad (mozzarella, cherry tomato and pesto) on a skewer (V, GF)  
- Cucumber bites with smoked and fresh salmon rillettes (GF)  
- Parma ham and melon ball (GF)
- Cheesy pesto stars (V)    
- Vegan cream 'cheese' and sun-dried tomato on crostini (Vgn) 

### Set Menu Two – 8 canapés

- Anti-pasti skewer (GF, can be V) 
- Chilli and lime king prawn skewers (GF) 
- Caprese salad (mozzarella, cherry tomato and pesto) on a skewer (V, GF)  
- Crostini with brussels paté  
- Skewer of smoked mackerel and beetroot with creamy horseradish dip (GF)  
- Ploughman's crostini (V) (Can be vegan)   
- Vegan cream 'cheese' and sun-dried tomato on crostini (Vgn) 
- Cheesy pesto stars (V)   

## PRICING OPTIONS

- Selection of 5 per head £5.25 + VAT (Minimum 20 guests)
- Selection of 8 per head £8.00 + VAT (Minimum 20 guests)

For a 2 hour drinks party, allow 8 – 10 pieces per guest and choose at least 4 different canapés.

For a canapés only party served in place of a meal, allow 12 – 14 pieces per guest and choose at least 6 different canapés.

If you require vegan canapés do let us know and we can advise on which ones can be adapted.

Continued overleaf ...

## ALLERGIES, DIETARY PREFERENCES & REQUIREMENTS

It is the client's responsibility to notify The Feed well in advance of any special requirements arising from dietary preferences, requirements (Dairy- or gluten- or wheat- free, vegan, vegetarian, halal, kosher etc.) or guest's allergies/intolerances in relation to:

- i) Cereals containing gluten namely wheat (such as spelt and Khorasan wheat), rye, barley, oats and their hybridised strains and products thereof
- ii) Crustaceans and products thereof (for example prawns, lobster, crabs and crayfish)
- iii) Egg and products thereof
- iv) Fish and products thereof
- v) Peanuts and products thereof
- vi) Soybeans and products thereof
- vii) Milk and products thereof (including lactose), except:
- viii) Nuts (namely almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut and Macadamia nut (Queensland nut)) and products thereof except for nuts used for making alcoholic distillates including ethyl alcohol of agricultural origin)
- ix) Celery and products thereof
- x) Mustard and products thereof
- xi) Sesame seeds and products thereof
- xii) Sulphur dioxide and sulphites at concentrations of more than 10mg/kg or 10mg/L (litre) in terms of the total SO<sub>2</sub> which are to be calculated for 12 products as proposed ready for consumption or as reconstituted according to the instructions of the manufacturers
- xiii) Lupin and products thereof
- xiv) Molluscs and products thereof (for example mussels, clams, oysters, scallops, snails and squid)

## FOOD ALLERGY/INTOLERANCE KEY:



Peanuts



Nuts



Crustaceans  
(Shellfish)



Molluscs  
(Shellfish)



Fish



Eggs



Milk



Cereals  
containing  
Gluten



Soya



Sesame  
seeds



Celery



Mustard



Lupin



Sulphur  
Dioxide