

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

OUR FOOD MAKES A DIFFERENCE

COLD FORK BUFFET OPTIONS



If you like the idea of your guests coming to help themselves and seeing a feast laid out before them, then The Feed can provide wonderful spreads.

Fork Buffets provide ideal meals for the less formal occasion, we also now offer starter pots for a 3-course offering.









Please select the dishes you would like, or we have two set menus that we recommend covering a wide variety of tastes and dietary requirements.

MAIN ITEMS



Omni

- Sticky chicken drumsticks   
- Salmon and courgette tart     
- Creamy tarragon chicken with grapes (GF)   
- Lemon poached salmon with whole grain mustard and crème fraiche dressing* (GF)   
- Slices of smoked gammon ham with pickles (GF) 
- Mandarin chicken salad with edamame & noodles    
- Bang Bang chicken and rice noodle salad (GF)   
- Coronation chicken (GF)    
- Smoked mackerel, beetroot and puy lentil salad with horseradish dressing (GF)  
- King prawn, pepper, mangetout & mango and rice noodle salad (GF)   

Vegetarian




















- Red pepper, mushroom and basil frittata (GF)  
- Broccoli & blue cheese quiche   
- Caramelised red onion and goat's cheese tart   

Vegan

- Vegan Kofte with roasted red pepper dipping sauce
- Mediterranean vegetable tart 
- Bang Bang tofu and rice noodle salad (GF)   
- Coronation tofu (GF)   

* £1.50 supplement on cost per person



SALADS

- Potato salad with mayonnaise and spring onions (can be vegan)  
- Potato salad with lemon and olive oil dressing
- Tabbouleh (parsley, mint and bulgar wheat salad) 
- Lemony orzo pasta salad with artichokes, sun dried tomatoes and red peppers  
- Coleslaw (Can be vegan)   
- Rainbow Asian slaw   
- Basmati and wild rice, red grape and celery salad 
- Greek salad (can be vegan +25p per person supplement) 
- Fruity couscous with apricots, sultanas, flaked almonds  
- White bean and roasted red pepper salad with roasted tomato & basil dressing
- Roasted butternut squash and chickpea salad with tahini dressing 
- Pesto Pasta Salad (Nut Free)  
- Mixed leaf salad 

DESSERT POTS

- Eton mess (GF)  
- Lemon cheesecake  
- Brownie smash (GF)   
- Banoffee pot   
- Ginger & apricot trifle   
- Chocolate & raspberry smash (Vgn, GF) 

STARTER POTS

- Prawn cocktail pot (GF)   
- Smoked mackerel pate pot, served with bread sticks (or crudité's for GF)   
- Hummus pots, served with pitta bread (Vgn)  
- Crispy prosciutto & mozzarella salad (GF) 

COLD FORK BUFFET OPTIONS



SET MENU ONE – 3 mains, 3 sides, 1 dessert – £19.75 per person

- Mandarin chicken salad with edamame & noodles
- Red pepper, mushroom and basil frittata (V, GF)
- Coronation tofu (Vgn, GF)
- Potato salad with mayonnaise and spring onions (V, GF)
- Pesto Pasta Salad (can be vegan)
- Roasted butternut squash and chickpea salad with tahini dressing (GF)
- Eton mess pots (GF), with spoon

SET MENU TWO – 3 mains, 3 sides, 1 desserts – £19.75 per person

- Creamy tarragon chicken with grapes (GF)
- Salmon and courgette tart
- Broccoli & blue cheese quiche (V)
- Rainbow Asian slaw (GF, Vgn)
- Lemony orzo pasta salad with artichokes, sun dried tomatoes and red peppers (Vgn)
- Greek salad (GF) (can be vegan +25p per person supplement)
- Lemon cheesecake pots

PRICING OPTIONS:

- Cost per person – 3 mains, 3 salads, 1 dessert £19.75 (Minimum 20 guests)
- Add starter + £4.75
- Add additional main +£3.75
- Add additional salad +£2
- Add additional dessert choice £1.50
- Do you need serving spoons or tongs?
 - Serving spoons – £3
 - Tongs – £3

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)

Continued overleaf ...

ALLERGIES, DIETARY PREFERENCES & REQUIREMENTS

- 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 SO₂ 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