

# SMALL PLATES CATERING MENU



Cracking  
Good Food



**NOURISHING LIVES, FEEDING FUTURES**  
a profit for purpose social enterprise

## JOIN OUR MISSION

Our mission is to help **everyone** access good, healthy, nutritious and delicious food, made from scratch.

We are aware of the barriers many face when accessing food, whether that be: nutrition knowledge, cooking confidence, disability, budget, fuel costs and/or kitchen equipment. Every session is designed with this in-mind, so that **no one** is left behind when it comes to accessing good food.

## WHY BOOK US?

- **Support your community** - a minimum of **15%** of your booking fee contributes directly to our community outreach initiatives
- **Everything from scratch** - our food is homemade, whether it's made in our certified home-kitchen or one of our partner community kitchens
- **Nutritious & delicious!** - Every recipe has been chosen and hand-crafted by our in-house AfN certified Nutritionist. Every dish supports a nutritious and healthy diet with slow-release energy to keep your team fuelled for the whole day!
- **Largely plant-based** - For inclusivity, sustainability and in support of a healthy, balanced diet with a few meat and fish options. We are also dietary and allergen friendly.
- **For the environment** - Reduced carbon delivery for Manchester via e-bike, through our partnership with Bee Pedal Ready . We are passionate about sustainability which is why we are constantly researching plastic-free, recyclable packaging options and also offer the use of our preloved crockery/plates provided through our Kitchen Kit Community Shop.



# SMALL PLATES

All food is accompanied by international bread selection, olives and a fruit platter.

## MENU

### CHOOSE 7 ITEMS

#### Wraps, Sandwiches and bagels (Choose 2)

- Harissa roasted chickpea and feta
- Pesto avocado mozzarella
- Jerk Chicken with mango salsa
- Egg chive mayonnaise
- Cauliflower Caesar
- Smoked salmon cream cheese herby caper dressing
- Rainbow roasted vegetables with green goddess dressing
- Pastrami sauerkraut pickle



DESIGNED WITH DIETARY REQUIREMENTS IN MIND, THIS MENU CAN EASILY BE EDITED TO ACCOMMODATE DIETARY NEEDS.



The best catering provider with an excellent cause! We love the attention to detail, Cracking Good Food are always our first choice!

#### Sides (Choose 2)

- Lemon fennel garlic roast potatoes
- Zesty herb potato salad
- Purple slaw
- Pea and herb frittata
- Malaysian style tofu pastry rolls
- Jeera Rice
- Fiery ginger vegetable skewers with mango glaze
- Samosa inspired pinwheels
- Harissa red pepper cous cous
- Grilled vegetable and feta cous cous
- Mexican style pasta salad
- Zesty pea and asparagus orzo
- Sweetcorn Halloumi fritters with hot honey



#### Salads (Choose 1)

- Greek salad
- Tahini green bean salad
- Carrot ginger sesame
- Tabbouleh
- Crudites

#### Dips (Choose 1)

- Hummus
- Lemon Coriander hummus
- Red pepper hummus
- Raita

#### Sweet Treats (Choose 1)

- Flapjacks
- Raspberry white chocolate flapjacks
- Pineapple upside down cake
- Blueberry scones with lemon glaze
- Apricot Jam shortbread sandwiches
- Beetroot brownies
- Chocolate chip oat cookies



Minimum 15% of catering profits fund our community outreach initiatives



"Cracking Good Food, is exactly what they provide. The service, food and delivery was impeccable"



# MORE THAN FOOD



## CONNECT YOUR TEAM WITH MORE THAN FOOD

We believe in the power food has to unite, forge community and create long-lasting connections. Boost your team's wellbeing as we support them to cook nutritious meals together as a team! Bring far-reaching teams together or support pre-existing team-building skills.

We offer this to you whilst also supporting those at-risk of food poverty and low nutrition through the following initiatives.

## BUSINESS LUNCH/SUPPER

- **Cook together** - Have your team cook and eat their lunch or supper together - there's no better way to connect than chopping, cooking and eating around a table. 2 hours up to 30 people.

## COOK, SHARE & CARE

- **Cook & Share** - Unite your team as you cook your lunch, creating surplus for those at-risk of hunger. Make up to 100 meals. 4 hours up to 30 people.

## CARNIVAL/ FESTIVE COOK-UP!

- **Cook-Up** - Join the party! As you come together with over 100 corporate volunteers to network and make 2000+ meals for homeless communities using food saved from waste

## COOKERY SCHOOL

- Cultural or Nutrition-led Cookery Classes - After-work class taught by those at the heart of the culture or specific nutritional need.

## BE A VOLUNTEER

- £30 per person to volunteer to support our work. Whether helping at a community cooking session or supporting our Kitchen Kit Community Shop.

