

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 international dishes are homemade, whether 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. Where possible we utilise **homegrown** produce from our growing plot. 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. Our meat comes from a range of high quality local butchers. 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 and offer the use of our pre-loved crockery through our Kitchen Kit Community Shop.



SMALL PLATES

All food is accompanied by International breads, hummus, olives & fruit platter.

MENU

CHOOSE 6 ITEMS

Wraps, Sandwiches and bagels (Choose 2)

'Marry me' Butterbean & Sundried tomato
Pesto, Avocado & Mozzarella
Jerk chicken with Mango salsa
Egg chive mayonnaise
Cauliflower or Chicken Caesar
Rainbow vegetable & Green Goddess
Pastrami, Gouda & Sauerkraut
Cheddar & Caramelised Red onion
Falafel & Tzatziki

Sides (Choose 2)

Lemon Fennel & Garlic roast potatoes
Harissa Honey roast potatoes
Zesty herb potatoes with Crispy capers
Beetroot, Apple and Red cabbage Slaw
Broccoli, Leek and Blue cheese Frittata
Spinach and Ricotta puff pastry squares
Herb couscous with Garlic-roasted vegetables
Pesto Grain Salad with Cavolo Nero
Butternut Squash & Sage Orzo
Samosa Pinwheels
Harissa & Red pepper Farfalle
Jeera, Pilau OR Jollof Rice

Salads (Choose 1)

Carrot, Ginger & Sesame
Lemon, Herb & Bulgar (Tabbouleh)
Butternut Squash & Kale
Chargrilled Sprout & Clementine
Miso Crunch
Beetroot, Sweet potato & Goat cheese
Tahini Green Bean

Sweet Treats (Choose 1)

Flapjacks
Cranberry Dark Chocolate Flapjacks
Beetroot Brownies
Cinnamon Apple Oat cookies
Chocolate Orange Date Loaf
Carrot Cake
Spiced Pear Upside down Cake

Ask us about our high protein or low carbohydrate dish options



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



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



Minimum 15% of catering profits fund our community outreach initiatives



We can make most menu items **vegan, vegetarian, gluten free & halal**



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 1500+ 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 CORPORATE VOLUNTEER

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

