

Buffet & Function menu

We can cater for your function whatever the occasion.

Here are just few suggestions, *we have a complete Function Menu. Please ask staff.*

Sandwich Platters:

Traditional: £ 2.70 -1 round
Special: £3.70 -1½ rounds

Working Lunch Buffet £ 4.70
(24 hours notice required)

Mixed Special sandwich platter
Fresh seasonal fruit platter

Executive finger buffet
(24 hours notice required- min. order 10)

Menu A £7.00

Mixed Traditional sandwich platter
Assorted quiches
Cocktail sausages
Chicken satay & peanut sauce
Vegetable samosas & mango dip
Spring rolls and chilli dip
Seasonal fruit platter

Menu B £8.00

Mixed Traditional sandwich platter
Selection of mini bruschettas
Trio of Italian meats
Salmon & cream cheese canapes
Crudités & dips
Mozzarella, cherry tomatoes & basil mini kebabs marinated in balsamic dressing
Fresh seasonal fruit platter

Prices are per person, plates and napkins are included

Platters charged separately at: £1.00 each

Food for Thought



15, High Road, Willesden,
London, NW10 2TE

Tel/Fax: 020 8451 5350

We offer free delivery on
orders over £10.00

Please place your order by
11AM by phone or fax

We specialise in sandwiches,
paninis and salads.

We cater for buffets &
functions

The Extras

Tomato, lettuce, cucumber, onions or olives or any 3 for	£0.10
Sweetcorn, coleslaw, rocket, grilled peppers or sun-dried tomatoes	£0.20
Avocado	£0.30
Pickle, cranberry sauce or pesto	£0.10
Boiled egg	£0.30
Dolcelatte, Parma ham or smoked salmon	£0.60
Any other meat, fish or cheese per portion	£0.50
Toasted	£0.20

The Sweets

Muffin	£0.90
The Zestiest Lemon Cake of all	£1.00
Pastries	£1.00
Apple pie with custard	£1.50
Crisps	£0.40
Fresh fruit salad box	£1.80

The Hot Drinks

White coffe	£1.30
Espresso	£1.00
Double espresso	£1.20
Cafe latte	£1.20
Americano	£1.20
Cappuccino	£1.40
Mocha	£1.50
Hot choco ate	£1.50
Tea (English)	£0.60
Selection of herbal teas	£0.80
Decaf coffee (add extra)	£0.20
Soya milk (add extra)	£0.40

The Chilled Drinks

Bottle, Iced tea or Lucozade	£ 0.90
Cans or Ribena	£ 0.70
Still or sparkling water	£ 0.80
Fresh Juices (Apple, Carrot or orange)	£ 1.80
Fresh seasonal fruit juices (ask at the counter or see board for availability)	£ 2.00
Smoothies or Milk Shakes	£ 2.20

The Small Print

All our eggs are free range

All our food is prepared daily on the premises

We change the sandwich mixes every day, so you won't get bored!

Can't decide??? Ask us for more yummy options!

We encourage a vegetarian diet, if you want to try it, let us tantalise your taste buds!!

Saturday we offer a limited menu, so ask us before deciding!

Don't be shy! If you have any comments, let us know!

The Sandwiches

	Roll	Sandwich
VEGAN		
Salad	£0.90	£1.30
Mediterranean vegetables	£1.20	£1.60
Avocado & salad	£1.20	£1.60
Humous & salad	£1.20	£1.60
EGG		
Egg & Salad	£1.10	£1.50
Egg & mayo	£1.20	£1.60
Egg mayo, spinach & red onion	£1.60	£2.00
CHEESE		
Cheddar cheese	£1.50	£1.90
French Brie	£1.60	£2.00
Mozzarella	£1.60	£2.00
Dolcelatte cheese	£1.80	£2.20
Goats Cheese	£1.80	£2.20
MEATS		
Roast chicken	£1.50	£1.90
Ham (Honey Roast)	£1.50	£1.90
Italian Salami	£1.50	£1.90
Crispy bacon	£1.50	£1.90
Parma Ham	£2.10	£2.50
Chicken escalope	£2.50	£2.90
FISH		
Tuna mayo	£1.50	£1.90
Prawns	£1.80	£2.20
& avocado	£2.10	£2.50
Avocado & rocket	£2.20	£2.60
Smoked salmon	£2.10	£2.50
& avocado	£2.40	£2.80
Avocado & rocket	£2.60	£3.00

The Sandwich Mixes

Chicken, bacon & peppers	£1.90	£2.30
Chicken supreme	£1.90	£2.30
Chicken & pesto	£2.20	£2.60
Chicken, Bacon, avocado & Spinach	£2.20	£2.60
Crabstick, sweetcorn & spring onion	£1.80	£2.20
Tuna Mix (peppers & sweetcorn)	£1.80	£2.20
BLT (bacon, lettuce & tomato)	£1.70	£2.10

The Special Sandwich Mixes

All served with salad

Thai chicken	£2.30	£2.80
Italian Chicken	£2.30	£2.80
Lemon & pepper chicken	£2.30	£2.80
Coronation Chicken	£2.30	£2.80
Parmesan Chicken	£2.30	£2.80
Miami Chicken	£2.30	£2.80

Add ons:

Speciality breads (ciabatta, baguette, focaccia, bap)	£0.50
Salad (lettuce, tomato & cucumber)	£0.20
Mediterranean Salad (rocket, sun dried tomato, peppers)	£0.50

The Club Sandwich (triple Decker)

1. Chicken, cheese, coleslaw & mixed salad	£3.10
2. Cheese, ham, pickle, coleslaw & mixed salad	£3.10
3. Crispy bacon, tomato, egg mayo & lettuce	£3.10
4. Chicken, bacon, lettuce, cranberry & tomato	£3.10
5. Tuna, boiled egg, cress, cheese & salad	£3.10
6. Tuna, rocket, sun-dried tomato, cheese & grilled vegetables	£3.40
7. Salami, salad, mozzarella & grilled vegetable	£3.40

The Toasties (served on speciality bread)

Brie, bacon & cranberry	£3.30
Mozzarella, grilled vegetables & rocket	£3.40
Mozzarella, tomato, basil & olives	£3.00
Tuna mix melt	£3.40
Chicken escalope, mozzarella & roasted vegetables	£4.20
Mozzarella, Parma ham, sun dried tomato & rocket	£3.90

Ask at the counter for many more options

The Jacket Potatoes

Plain/ Butter	£1.70
Cheese, coleslaw, beans or sweetcorn	£2.20
or two of the above fillings	£2.50
Sliced meat (choose from plain chicken, ham or bacon)	£2.90
Tuna mayo	£2.90
Tuna mix	£3.10
Chicken supreme	£3.10
Chicken, bacon & peppers	£3.10
Chilli con carne	£3.30
Prawns	£3.30
Salmon	£4.00
Any one of the Special Mixes	£3.50
Extra filling (<i>cheapest filling will be counted as "The extra"</i>)	£0.50
Extra vegetable or salad	£0.30

The Omelettes

Plain	£2.40
Cheese	£3.10
Cheese & mushroom	£3.30
Cheese & tomato	£3.30
Cheese & ham	£3.50
Cheese & bacon	£3.50
Cheese, ham, tomato & onions	£3.90
Cheese, roasted peppers, aubergines	£3.90
Mozzarella, sun-dried tomatoes, rocket & herbs	£3.90
Extra portion	add £0.50

The Salad Boxes

Crispy lettuce, tomatoes, cucumber, sweetcorn, grilled peppers, olives, rocket, sun dried tomato, coleslaw, potato salad)

	Small	Large
Plain (as above)	£1.80	£2.50
Cheese	£2.50	£3.20
Chicken	£2.50	£3.20
Tuna	£2.50	£3.20
Ham	£2.50	£3.20
Egg mayo	£2.50	£3.20
Turkey	£2.50	£3.20
Crispy Bacon	£2.50	£3.20
Prawns	£3.20	£4.00
Salmon	£3.50	£4.20
Hot chicken escalope	£3.80	£4.50
Any other filling	£3.00	£3.80
Any extra filling or mix (per portion)		£0.50

The Soup (seasonal- October to May)

(see board or ask staff for daily options)

Tomato & basil	Carrot & coriander
Chicken & vegetables	Butternut squash
Mushroom and Dill	Potato & Leek

Served with Half baguette or sliced bread

Eat In (500ml)

£2.20

Take away (350ml)

£1.80

The Hot Food

Every day dishes:

Spaghetti bolognaise	£3.80
Spaghetti al pesto	£3.50
Mau's home made lasagne	£4.50

(check today's option: meat, chicken, Quorn or veggie)

For *The Dish of The Day* check board or ask staff.

The All Day Breakfast

The Full Breakfast-Egg (scrambled or fried), fried tomatoes, beans, mushrooms, bacon, sausage & 2 toasts	£3.90
The Veggie Breakfast-Egg (scrambled or fried), fried tomatoes, beans, mushrooms, 1 veggie sausage & 2 toasts	£3.10
The Breakfast bap (bacon, egg, sausage & fried tomatoes on large soft bap)	£3.10
Fried egg sandwich	£1.60
Bacon sandwich	£1.90
Sausage sandwich	£1.90
Scrambled eggs on toast	£1.90
Toast with butter (2 slices)	£0.60
Toast with spread (2 slices)	£0.70
Extra fried tomatoes	£0.20
Extra egg	£0.30
Extra bacon or sausage	£0.40