



Salad boxes

Our salad boxes are freshly prepared using seasonal ingredients, with minimal food waste in mind. We use organic produce, and leaves grown in Bute Park. Our salad boxes will vary from day to day, but are always super tasty, wholesome and made with love. Our salads are served in compostable boxes, with recycled napkins and compostable cutlery.

Sandwiches

We make a variety of mini sandwiches, that are freshly prepared on the morning of your meeting. Our fillings vary, but our bestsellers are:

- ~ Monmouthshire ham salad
- ~ Free range egg and rocket
- ~ Welsh Perl Wen Brie & tomato chutney
- ~ Organic Welsh cheddar Hafod and Piccalilli
- ~ Hummus, olives and salad

Soup

Our soup is always vegan and gluten free. We use amazing, organic, super tasty veg. Why use anything else when veg tastes this good.

Soup is served with freshly baked bread and Welsh salted butter (non-dairy spreads available). We have gluten free crackers available too.



Please notify us of any allergies, we will prepare your food with any allergies in mind.

These pictures are examples; our choices change daily and may look different.