



GROUP COOKING ACTIVITIES AND
CATERING HIRE PACK WITH SAMPLE MENUS

EAT CLUB



100% of the profits made from your event will be donated to running our youth programmes, providing healthy meals and valuable cooking skills to disadvantaged young Londoners.



Intro



Eat Club's purpose is to empower young Londoners to become confident, resilient individuals who make a positive impact in their communities. We do this by sharing the skills to cook nutritious meals and the joy of eating together, fostering independence and healthy habits for life.

Our mantra is to meet young people 'where they are at', in all respects - taking good food to youth centres, youth hostels, community centres and schools. Our team is made of professional chefs who use food as a way to inspire young people. In each session, exciting, nutritious and delicious food will be cooked and shared with the group. For some, this might be the only 'home' cooked meal they eat that week.

In the words of one of our session participants: "...the most important part; we are all different, have different stories and some of us come from different countries but with the cookery class, there is no difference. We are the same. We cook, we chat and we eat together. It makes me feel like I am with my family."

Table of Contents

What We Offer

04 Canapés



For a minimum of 10 to a maximum of 100 people, starting at £20 per head

06 Buffets



For a minimum of 25 guests starting at £30 per head

08 Wedding Package



For 10 - 100 guests starting at £65 per head

09 Christmas Lunches



For 10 - 50 guests starting at £65 per head

11 Group Cooking Activities



For a minimum of 10 to a maximum of 20 people, starting at £35 per head **per hour** for a **minimum of 3 hours** per event

14 Contact Us



Get in touch to discuss your needs, preferences and budget

Eat Club provides a range of catering options for a variety of events, be it a private dinner party, corporate lunch or perhaps one of our team cooking experiences. We are happy to do as much or as little as you need; a lunch dropped off for an office meeting, or an event that needs food plated, served and cleared away. Our options can include:

- Delivery only
- Delivery and plating
- Delivery, plating, extra serving staff and clean down

Not sure what you are looking for? Please don't hesitate to get in touch and let us know how we can help. We will do everything we can to make sure your dining needs are met by our capable team. And remember, by using our services, you are supporting disadvantaged young Londoners and improving their food futures!

Canapés



Our minimum order starts at 10 people, which includes a choice of any 3 of the below savoury options. Dessert options can be added, starting at an additional cost of £5 per head. Please get in touch about additional canapé options or delivery services.

For a minimum of 10 to a maximum of 100 people, starting at £20 per head.

An event for 50 people will support the delivery of 4 Eat Club sessions to young Londoners

- Crostini with Labneh, Ruby Pickles, house Dukkah & Pomegranate molasses
- Crostini with Roasted Topside beef slices marinated in Green dressing and horseradish mayo.
- Pumpkin Galettes with Cashew Cream & Crispy Sage
- Chickpea Fritter with Muhammara and Candied Aleppo Chilli Pumpkin Seeds
- Miso squash, roasted butternut squash served with White Miso and topped Aleppo chilli pumpkin seeds on Olina's Bakehouse Crackers.
- Salmon and shmear, Oak smoked salmon served on Peter's Yard Crackers with a shmear of shallots, cornichons and picked dill.
- Arancini, risotto slow cooked and finished with parmesan and lemon thyme then topped with black garlic aioli.
- Pork Belly on polenta with apple pureé
- Chicken teriyaki skewers with black sesame paste
- Walnut & Goat's cheese Tarts
- Leek and gruyere tarts
- Chorizo and Blue Cheese Tart

- Chocolate & Chilli Truffles with Limes zest Ganache
- White Chocolate and Rosewater truffles
- Salted Chocolate ganache tarts
- Lemon curd and fresh berries tarts
- Gypsy Tarts
- Miso caramel sponge cakes
- Brown butter shortbread

Savoury Canapés



Sweet Canapés



Buffet



A basic buffet option consists of one hot main dish, two cold sides and a bread option with a choice of one dip.

For a minimum of 25 guests starting at £30 per head.

An event for 30 people will support with food costs for 5 Eat Club sessions for young Londoners.



Hot Mains



- Slow-cooked Lamb Shoulder with apricot and sumac onion (Additional £6 on basic price to order)
- Roasted Cauliflower with spiced tahini, Amba and zhoug
- Meatballs in tomato Sauce drizzled with garlic yoghurt and crispy onions
- 'Poor man's meatballs' aubergine balls in sauce
- King oyster mushroom skewers marinated in tamari & ketchup Manis served with sticky lemongrass black rice.
- Chicken or beef skewers marinated in Eat-Club house rub and served with saffron rice

Cold Sides



- Tabouleh
- Mixed leaf salad
- Rice salad, tossed with three types of rice and pickled and crispy shallots
- Confit beans salad
- Greek Salad

Breads & Dips



- Freshly warmed focaccia bread sliced and drizzled with oil and Maldon Salt
- Filled khubz bread with mixed feta/ harissa onions
- White Bean hummus with confit garlic
- Tzatziki
- Aioli
- Muhammara dip
- Romesco sauce
- Rose Petal Harissa

Wedding Package



Upon arrival at the reception venue, guests will be greeted with trays of champagne flutes and their choice of teas and coffees. This will be followed by a choice of four canapés (selected from the menu options on page 5).

The main course will consist of two hot main dishes from the Buffet menu (on page 7) as well as three cold sides for all guest tables along with one choice of bread and three different dips. These will all be served 'family feast style' on each table from large sharing platters.

To end the evening, there will be an option to choose between: finger sandwiches, burger sliders with hotdogs or a selection of cheese and crackers.

For a minimum of 10 to a maximum 100 guests starting at £65 per head.

A Wedding for 50 guests will support with delivering an Eat Club 6-week course.

Christmas Lunch



Eat Club provides a Christmas lunch service from November onwards for either Christmas staff parties or social gatherings.

For a minimum of 10 to a maximum of 50 guests starting at £65 per head.

A Christmas Lunch for 25 guests will support 4 young people to take part in our courses.



Christmas Lunch

Our set Christmas menu comes with one meat and one vegetarian main as standard, along with 3 side dishes, gravy and 1 dessert. See options for those below. Extras can be ordered in addition to the basic menu, please contact to discuss in more detail.

Main options

- Sliced Turkey Crown
- Vegetarian Nutloaf
- Roast Beef
- Leek & Gruyere pie
- Beef or Salmon or Apricot and Stilton Wellington (an additional £15 per person is required to order this item)

Side dishes

- Fondant potatoes
- Roast potatoes
- Potato purée
- Champ
- Maple roasted carrot and parsnip
- Sautéed cabbage
- Chestnut and Cranberry
- Pigs in blankets
- Sautéed Brussel sprouts
- Mushroom and Lentil Sausage rolls (v)

Dessert

- Almond and Cherry Tart served with either Chantilly or Ice cream
- Chocolate Roulade with cream and Raspberry coulis
- Apple pie and cream
- Christmas pudding
- Cheese and Crackers (for an additional £5 Pp)

Group Cooking Activities



We offer cooking activities that combine the thrill of creating delicious dishes with the satisfaction of supporting a charity that empowers London's youth. Whether tactile team building or a special celebration, we'll cater to your needs creating a bespoke event in a location of your choice.

On arrival, guests receive a selection of canapés or nibbles and a welcome drink. The event will see an Eat Club chef guide the group in the preparation of their meal. This will include the set-up and preparation – providing insight into the planning that goes into creating a balanced menu, history of the dishes and some cooking techniques. The cooking will culminate in a relaxed and convivial dining, where the group enjoys the fruits of their labour.

These cooking activities are bespoke sessions and are based on your wishes and needs. We cater for most allergies and diet restrictions. Please contact us directly to discuss your preferred date and location, the size of your group and any cuisines you wish to explore.

For a minimum of 10 to a maximum of 20 people, starting at £35 per head, per hour, for a minimum of 3 hours per event.



Sample Menu - Mediterranean

01



On arrival

Canapés and hibiscus punch

- **Miso squash** roasted butternut squash served with White Miso and topped Aleppo chilli pumpkin seeds on Olina's Bakehouse Crackers.
- **Salmon and shmear** Oak smoked salmon served on Peter's Yard Crackers with a shmear of shallots, cornichons and pickled dill.
- **Arancini** risotto slow cooked and finished with parmesan and lemon thyme then topped with black garlic aioli.

02



Starters

- **Roasted Cabbage Salad & Salsa Verde** slow roasted sweetheart cabbage topped with a sweet parsley dressing.
- **Saffron & Orzo Salad** light orzo rice, tossed with roasted cauliflower, quick pickles and finished with a golden saffron oil dressing.

03



Mains

- **Ribolita** Tuscan Bean soup served with cavolo nero, parmesan shavings & thickened with crusty bread.
- **Gnocchi alla Sorrentina** Baked gnocchi pasta dish, made with a rich tomato sauce and served with golden mozzarella on top

04



Desserts

- **Chocolate Fondant with Chantilly Cream** Rich Chocolate Fondant served with a rich liquid chocolate centre and topped with sweet Chantilly Cream.
- **Polenta Cake with Orange Blossom & rose petals** Fresh almond and Orange Polenta cake drizzled with orange blossom syrup and sprinkled with pink rose petals.

Sides for the table Turkish pidesi bread • Olive tapenade • Sundried Tomato Pesto • Black Garlic Aioli

Menu Ideas

Middle Eastern experience

Starter

- **Amba and Baba Ghanoush** served with candied Aleppo Chilli pumpkin seeds on top of fresh sourdough cracker

Mains

- **Salt baked Celeriac** slow roasted then panéed and served with Sauce de Paris.
- **Strawberry & Feta Salad** served with bitter leaves of chicory, endive & frissé.
- **Wright Brothers Steamed Hake** served in a fish broth with samphire and stewed lovage.
- **Ricotta stuffed Courgette Flowers** roasted whole and served with Salsa Verde.

Dessert

- **Middle Eastern "Tiramisu"** Kadaifi nests, roasted and soaked in coffee syrup and topped with Mascarpone sweetened with kahlua.

Sicilian Cuisine

Starter

- **Olive oil focaccia** served with red and green pesto dips

Mains

- **Aubergine Parmigiana**
- **Blood orange salad** with red onion
- **Roast pepper salad**
- **Roasted fennel** in creamy bechamel sauce

Dessert

- **Lemon Polenta cake** served with vanilla ice cream
- **Coconut macaroons**

Best of British

Starter

- **June pea soup**

Mains

- **Rainbow trout** with a parsley, chive, mint and lime crust.
- **Fresh herb and courgette fritters**
- **Buttered new potatoes**
- **Radish, lettuce, nasturtium and herb salad**

Dessert

- **Gooseberry fool** with home-made vanilla shortbread



Contact Us



Call us on: 07452 999 751



Email: events@eat-club.org



Find us on social media

Instagram: [Eat_Club_Org](https://www.instagram.com/Eat_Club_Org)

Website: www.eat-club.org

