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MYO HOSPITALITY
AUTUMN/WINTER 2024



HOW TO ORDER

NOTICE

We kindly request a minimum of:

- 48 working hours' notice on all functions, sandwich lunches and finger food
- 1 week notice on all canape events
- 2 weeks on all pop-up requests.

Please book in as early as possible. We run on a capacity system and cannot guarantee late-notice request.

CANCELLATION

We appreciate there will be times when you must cancel at short notice. To avoid cancellation charges, please make us aware within 48 working hours.

IMPORTANT INFO

ALLERGENS

If you require allergen information for any dish or item, please ask our Allergen Ambassador or a member of the catering team.

Please note: 14 allergens are required to be identified and we use all in our kitchen, therefore we cannot guarantee there will be no cross-contamination.

CALORIE DECLARATION

All adults require an average of 2000 kcals per day.

Law dictates that all items within are presented with calories per individual portion as sold, detailed in a measurement of kilo calories (kcals) per portion.

Should a brochure be required without kcal information, please request this via your hospitality team.

DIETARY CHOICES

All vegetarian options are marked with a (V) and all vegan options are marked with a (VE).



DRINKS

Refresh your guests with an excellent selection of thoughtfully chosen hot and cold drinks.

SODAS

Fentimans (275ml)

- Sparkling elderflower
- Dandelion and burdock
- Ginger beer
- Apple and blackberry
- Lemonade

A range of Fentimans mixers (125ml) is also available.

£3.40 per person

JUICES

Big Tom (spicy tomato juice 250ml)

Freshly squeezed fruit juices:

- Cloudy apple
- Orange

£3.40 per person

SOFT DRINK

Coca Cola (330ml can)

Diet Coke (330ml can)

Coke Zero (330ml can)

Sprite no sugar (330ml can)

£2.25 per person

COFFEE & TEA

Perkee coffee and Jing tea selection

£2.90 per person

Perkee coffee and Jing tea selection served with Island bakery biscuits

£4.95 per person

Perkee coffee and Jing tea selection served with Borders twin pack biscuits

£4.75 per person

Perkee coffee and Jing tea selection served with Reids shortbread biscuits

£4.55 per person

Perkee coffee and Jing tea selection served Nairn's GF Oat biscuits

£4.55 per person

WATER

Belu still / sparkling water
750ml bottle

£2.90

BEER

Peroni

£4.75 per person



BREAKFAST

Start your day with a delightful breakfast selection, thoughtfully crafted to energise and inspire.

LIGHT BREAKFAST

Selection of mini-Danish

- Raspberry & almond crown (150kcal)
- Cinnamon whirl (164 kcal)
- Maple & pecan plate (206kcal)
- Apple & almond crown (144kcal)
- Vanilla & almond crown (169kcal)

Fresh seasonal fruit platter (117kcal)

Flawsome! cold pressed juices

£19.50 per person (minimum 4)

CONTINENTAL BREAKFAST

Selection of breakfast pots: yoghurt, bircher, chia seed

Below are example fillings, these may vary due to seasonality:

- Chia seed with pineapple & passionfruit (VE) (156kcal)
- Blackberry, almond & oat bircher (V) (216kcal)
- Greek yoghurt with raspberry granola (V) (295kcal)

Fresh seasonal fruit platter (V) (117kcal)

All-butter croissant (252kcal)

Flawsome! cold pressed juices (VE)

£22.95 per person (minimum 4)

GOURMET BREAKFAST

Smoked salmon cream cheese on pumpnickel with chive and lemon (251kcal)

Kentish ham and Barbers cheddar filled mini croissant (349kcal)

British pea guacamole, sundried tomatoes and feta mini croissant (V) (349kcal)

Individual 'shakshuka' egg frittata muffin (V) (264kcal)

Indulgent mixed berry muffin (V) (392kcal)

Flawsome! cold pressed juice (VE)

£24.70 per person (minimum 4)

VITALITY BREAKFAST

Smoked salmon cream cheese on pumpnickel with chive and lemon (251kcal)

British pea guacamole, sundried tomatoes and feta mini croissant (V) (349kcal)

Granola bar with dried fruits and super seeds (V) (360kcal)

Smashed avocado open bagel with black bean salsa (VE) (265kcal)

Fresh seasonal fruit platter (V) (117kcal)

Flawsome! cold pressed juice (VE)

£27.00 per person (minimum 4)

HOT BAPS

Smoked Gloucester Old Spot back bacon sandwich

Traditional Cumberland sausage sandwich

Scrambled egg with chives and chilli-spiced cream cheese brioche bun (V)

£5.15 per bap (minimum order 4)

BREAKFAST ADDITIONS

Smoked salmon cream cheese on pumpnickel with chive and lemon (251kcal)

Kentish ham and barbers cheddar filled croissant (349kcal)

British pea guacamole, sundried tomatoes and feta croissants (V) (349kcal)

Individual 'shakshuka' egg frittata muffins (V) (264kcal)

Indulgent mixed berry muffins (V) (392kcal)

Marmite and parmesan scones with chive cream cheese and red onion (V) 401kcal)

Granola bar with dried fruits and super seeds (V) (360kcal)

Smashed avocado open bagel with black bean salsa (VE) (265kcal)

£4.30 per item (minimum order 8 of each item)

A typical adult needs approximately 2000kcal a day.

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WORKING LUNCH

Enjoy a well-balanced working lunch that combines great taste and nutrition to keep you focused and productive.

SANDWICH WORKING LUNCH

Selection of sandwiches; 1.5 rounds per person with a combination of flavours.

- Egg salad florentine on wholemeal (V) (101kcal)
- Chicken, bacon and avocado on white (154kcal)
- Vegan cheddar cheese and salad on wholemeal (VE) (93kcal)
- Falafel, pickles, beetroot hummus and wild rocket wrap (VE) (112kcal)
- Ham, Branston pickle and tomato on white (68kcal)
- Smoked salmon, caper and dill cream cheese and cucumber (108kcal)

Served with a seasonal fresh fruit platter (117kcal)

£14.35 per person (minimum 4)

GOURMET WORKING LUNCH

Selection of wraps and baguettes; 3 pieces per person with a combination of flavours.

- Smoked salmon, caper and dill cream cheese on cucumber baguette (137kcal)
- Prosciutto, baby leaves, parmesan and tomato on baguette (164kcal)
- Falafel, pickles, beetroot hummus and wild rocket wrap (VE) (139kcal)
- Classic chicken club wrap (147kcal)
- Tuna wrap with jalapeno and cheese (142kcal)
- Mozzarella, spinach and marinated pepper baguette (V) (179kcal)

Served with a seasonal fresh fruit platter (117kcal) and your choice of three finger foods.

£25.85 per person (minimum 4)

A typical adult needs approximately 2000kcal a day.





SHARING SALADS

Savour a variety of vibrant, fresh salads designed for sharing—perfect for bringing people together.

Choose from our freshly-made seasonal salad selection.

- Roast sprouting broccoli with water chestnuts, roast kohlrabi, pickled chilli, peanut and ginger dressing (VE) (186kcal)
- Roast butternut squash, glazed balsamic beetroot, feta cheese, rocket and pumpkin seeds (V) (156kcal)
- Moroccan spiced cauliflower with chickpeas, baby spinach, coriander, pomegranate and mango dressing (VE) (121kcal)
- Rainbow chicory with poached pears, stilton, toasted walnuts, thyme and honey dressing (V) (235kcal)
- Cauliflower 'rice' tabbouleh with red quinoa, almonds, lemon, tomatoes, cucumber and herbs (VE) (149kcal)
- Baby new potatoes with shaved fennel, caramelised fennel, dill, roast chestnuts, mustard and maple dressing (VE) (169kcal)
- Roast broccoli, baby spinach, radish, capers, hazelnuts and a lemon chilli dressing (VE) (184kcal)
- Roasted kale 'Caesar salad' with 'bacon' bits, shaved parmesan, baby gem, croutons and Caesar dressing (V) (167kcal)
- Super bean salad with green beans, kidney, edamame and cannellini, red onions, celery, chives and French dressing (VE) (164kcal)
- Rainbow carrots, pickled carrots, carrot top pesto, crispy chickpeas, watercress and radish (VE) (180kcal)
- Miso aubergine with marinated seaweed, sesame, Chinese leaves, pickled daikon radish and soy sriracha dressing (VE) (123kcal)
- Quinoa with fresh apple, cranberries, red onion, pecans and white cabbage, parsley and lemon dressing (VE) (304kcal)

£8.00 per person (minimum 4)

A typical adult needs approximately 2000kcal a day.



GRAZING BOARDS

Indulge in a tempting grazing board filled with artisanal cheeses, charcuterie, and seasonal treats for relaxed snacking.

Vegan available on request

VEGETARIAN ANTIPASTI

914kcal per grazing board, serves 4

- Vegan available on request
- Red pepper hummus with pitta (V)
- Spinach and kale falafel with sundried pesto tomato (V)
- Grilled artichokes, marinated olives (VE)
- Stuffed mini peppers (V)
- Stuffed vine leaves (V)
- Crispy stuffed jalapeno peppers (V)
- Mozzarella bocconcini, tomato and basil (VE)
- Baby watercress (VE)

ARTISAN BRITISH

1078kcal per grazing board, serves 4

- Wookey Hole cave-aged cheddar
- Oxford baby blue wedge
- Croxton Manor Sussex brie
- Rosary Ash goats cheese log
- Fresh grapes, tomato chutney, celery sticks and radish (VE)
- Selection of water biscuits (V)
- Baby watercress (VE)

CHARCUTERIE

1147kcal per grazing board, serves 4

- Sliced salami Milano
- Sliced Spanish chorizo
- Sliced Italiano prosciutto
- Mediterranean olives and pickles
- Spaccatini bread sticks (V)

All grazing boards £16.05 per person (min. 4)

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FINGER FOOD

Choose from a delicious assortment of finger foods, expertly prepared for easy dining and socialising.

VEGETARIAN

- Vegan popcorn chicken with hickory BBQ (VE) (131kcal)
- Butternut squash, sage and pumpkin seed arancini (VE) (123kcal)
- Kale falafel with lime tahini yoghurt and black sesame (VE) (99kcal)
- Caribbean spicy vegetable patties with guacamole (VE) (122kcal)
- Crispy jalapeños stuffed with cheese served with red pepper salsa (V) (92kcal)
- Feta and spinach samosa with mint yoghurt dip (V) (81kcal)
- Broccoli and stilton mini tart (V) (179kcal)
- Tamarind halloumi and squash brochette with coriander pesto (V) (187kcal)

MEAT

- Southern fried chicken tenders with buffalo mayo (157kcal)
- Chicken peanut satay skewers with peanut satay dip and spring onion (99kcal)
- Pulled chicken, date and herb croquette with truffle mayo (185kcal)
- Mini Yorkshire puddings with roast beef and horseradish sauce and chives (105kcal)
- Beef fillet teriyaki skewer with wasabi mayo and sesame (101kcal)
- Cranberry and thyme sausage roll with cranberry sauce (161kcal)
- Smoked bacon, leek and Barbers cheddar quiche (193kcal)
- Lamb kofta mini kebab with sumac lemon hummus (174kcal)

FISH

- Tempura king prawns with sweet chilli dip (132kcal)
- Beetroot cured salmon, grape mustard crème fraiche and dill (71kcal)
- Yuzu salmon fishcakes with pickled ginger mayo and furikake (146kcal)
- Hot smoked salmon en croute with horseradish and tarragon (97kcal)

£3.30 per item (minum. 6 pax ordered)



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CAKES

Treat yourself to a selection of delicious cakes, perfect for any celebration or a lovely afternoon treat.

Choose from individual cake portions:

- Dark cherry, almond, pistachio and marzipan slice (VE) (155kcal)
- Islands chocolate salted caramel brownie (V) (195kcal)
- Lemon drizzle (V) (143kcal)
- Sticky toffee Biscoff (VE) (160kcal)
- Chocolate orange truffle (VE)
- Almond and pistachio fix (VE) (164kcal)
- Dark and fruity flapjack (VE) (133kcal)
- Sir Choc-a-lot (VE) (181kcal)

£2.90 per portion per person



SNACK BOXES

Explore our convenient snack boxes, offering a delightful mix of flavours perfect for mid-meeting snacking.

SNACK BOX OF 8

£15.95 per box

SNACK BOX OF 30

£59.95 per box

SNACK BOX OF 60

£119.95 per box



LET'S TALK SUSTAINABILITY

Dear Guest,

Our hospitality puts the planet front and centre. Environmental responsibility is woven throughout every aspect of our business: from using seasonal, locally sourced ingredients to cutting carbon emissions in the kitchen, looking after our team, and taking part in community initiatives. Our mission is to share knowledge and inspire change.



Wendy Bartlett MBE FIH
Founder, BM Caterers

JOURNEY TO NET ZERO

As food production releases CO₂e into the atmosphere, we are determined to reduce our food waste. Every year we undertake SBTi carbon emission reporting to support our journey to achieve net zero. Chefs take part in farm to fork culinary workshops, so nothing is wasted. Pete Redman, BM's Chef Director, is a Guardians of Grub ambassador. We weigh all our waste and set targets to reduce it. Our surplus food is redistributed to the community by Olio. We're the first workplace caterer to carbon badge our dishes. Our initiatives mean that guests can always Eat with the Earth in Mind.

DRINKS THAT TASTE GOOD & DO GOOD

Perkee coffee is Fairtrade and sourced from a female cooperative in Nicaragua and direct trade Organic from Henrique Sloper's farm in Brazil. Our coffee roasting is carbon neutral. Our premium tea is from a British tea company with a rich heritage dating back five generations. Their factory is solar powered making the tea carbon neutral. Islands Chocolate cocoa is grown slavery free in St. Vincent, is fairly traded and contains no artificial flavours or preservatives.

FOOD THAT DOESN'T COST THE EARTH

Sustainable and ethical food practices are in place with our farmer and supplier partners. Our chefs use seasonal ingredients sourced as locally as possible. Cooking with high welfare meat, poultry and dairy produce helps combat animal cruelty. We only serve fish from Marine Conservation Society's 'Good Fish Guide'. All our oils are recycled via Ollecco and turned into biofuel.

HEALTHIER PLANET

From growing crops to processing, transporting, selling, storing and throwing away food, everything we eat has an impact on the environment and the climate. These are some of the ways we are making a difference. Cleaning with plant-based products from B Corp-certified Delphis Eco containing no nasty chemicals. Using our own compost to fertilise veggies and herbs in our market gardens. Closed loop recycling ensures our sustainable packaging solutions can be used again, and again.

COMMITTED TO OUR COMMUNITY

We empower our teams to work together and give back to the community on our Freedom Fridays. We partner with charities and social enterprises, including the Felix Project, to redistribute food to the homeless, and Unity Works to support people with learning disabilities. Our unique BM Inc. business incubator for start-ups gives entrepreneurs an exciting launch and feedback platform.

HAPPY TEAMS DELIVER GREAT SERVICE

We are committed to being a great company to work for and fun people to work with. Our engaged teams are recognised with awards for excellence in equality, diversity and inclusivity, and health and wellbeing. We remain on Best Companies' Best Places to Work list, and have been for the last 13 years. We have the highest industry sector rating on Glassdoor, the employee review website.



SCAN THE QR CODE OR VISIT
[BMCATERERS.CO.UK](https://www.bmcaterers.co.uk) TO SEE HOW
WE MAKE A DIFFERENCE.

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