



MEAL PREP DELIVERY
&
CATERING

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BREAKFAST

Banana Pancakes with Berries
and Yoghurt

Overnight Oats
(Peanut butter or Berries)

Yoghurt, Granola & Berries

Chia Seed Pot
(Strawberry, Raspberry or
Mango)

Smoothie Bowl
(Berries or Green)

Fried dumpling filled with Tuna

Breakfast Wrap
(Sausage, egg & cheese)

Vegan Breakfast Wrap
(Plantain, ackee & callaloo)

Porridge
(Cornmeal or Oats)

£15PP MINIMUM ORDER OF 6 PER DISH