



MEAL PREP DELIVERY
&
CATERING

WWW.KGFOOD.CO.UK

BREAKFAST

Banana Pancakes with Berries
and Yoghurt

Yoghurt, Granola & Berries

Chia Seed Pot
(Strawberry, Raspberry or
Mango)

Breakfast Wrap
(Sausage, egg & cheese)

Vegan Breakfast Wrap
(Plantain, ackee & callaloo)

Porridge
(Cornmeal or Oats)

Fresh Pastries
(Crossaint, Fruit and Cream
Cheese Pastries, Cinnamon
Rolls, Danish)

SANDWICH PLATTERS

Jerk Chicken & Caribbean Slaw Sandwich

Peri Peri Chicken with Chilli Jam Sandwich

Tuna & Salad Sandwich

Salmon, Avocado and Cream Cheese
Sandwich

Jerk Chickpea and Salad Sandwich

Pulled Mushroom & Caribbean Slaw
Sandwich

£16PP MINIMUM ORDER OF 6 PER DISH



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FOOD BOXES

Garlic Butter Salmon
Garlic & Chilli Cod
Peppered Prawns
Brown Stew Fish
Sweet Thai Chilli Wings
Peppered Steak
Curry Chicken
Curry Goat
Sweet Potatoe, Spinach &
Chickpea Curry
Cauliflower wings

ALL SERVED WITH RICE & COLESLAW

WRAPS

Jerk Chicken Wrap
Jerk Jackfruit Wrap
Jerk Fish Wrap

SALAD BOWLS

Jerk Chicken Buddha Bowl
(Plantain, chicken, mango
salsa & salad)

Curry Chickpea Salad

Jerk Prawn Noodle Salad
(Noodles, Prawns, Salad)

£166PP MINIMUM ORDER OF 6 PER DISH