

Nourish@Cyrenians is a social enterprise catering service using fresh and delicious, often organic ingredients. By utilising surplus food, no two menus are the same. The menus below are examples only. When using the service, you will be asked for your specific requirements prior to your event and you will receive a bespoke menu according to your needs and the surplus available.

Surplus food creating sustainable, zero-waste catering

Sample Menus

Option 1

(soup, sandwich, cake lunch box)

Roasted Carrot and Chickpea Soup
Hummus and Roast Veggie Wrap
Eggs and Baked Ham Sandwich
Cheese, Tomato and Homemade Chutney Sandwich
Sticky Ginger Cake
Apple and Almond Cake

Option 2

(soup, pie/frittata, cake lunch box)

Chunky Lentil and Veggie Soup
Roasted Sweet Pepper and Red Onion Frittata
Saag Aloo Filo Pies
Carrot Cake
Banana and Cinnamon Muffins



Catering to all
dietary requirements,
with Vegan and Gluten-Free
food a speciality.



Option 3

sharing table buffet

Mixed Mushroom and Feta Crostata with Leeks and Walnuts
Sweet Potato and Squash Filo Pies with Homemade Apricot Harissa and Coriander

Crudités with Homemade Lemon Hummus and White Bean, Green Herb and Green Chilli Dip

Roast Peppers, Olives, Capers, Garlic, Parsley
Butter Beans, Olive Oil, Lemon, Parsley
Lentils, Fennel, Radish, Soft Herbs and Pomegranate
Roast Broccoli and Fine Beans with Tahini and Maple with Tamari Seeds
Roast Baby Potatoes and Tomatoes with Spices



Option 4

(pie/frittata/sandwich, salad and cake box)

Mixed Mushroom, Thyme and Cheddar Frittata
Sweet Potato, Chickpea and Coriander Pie
Crispy Butterbean, Courgette and Lemon Wrap
Kale, Cranberry and Pecan Salad
Mixed Roots and Apple with Dijon Dressing
Chocolate Oat and Seed Bars

Option 5

Small Bites
Soup
Selection of Cakes

Any questions?

Get in touch to find out more information and start your planning with purpose.

We can't wait to help you deliver the perfect event and look forward to crafting the perfect menu, no matter the occasion.

nourish@cyrenians.scot