

# ETHOS

DELICIOUSLY DIFFERENT

## CANAPE MENU

Minimum order of 15 each

### HOT

Roast baby potatoes stuffed with artichoke & cheddar GF	2.5
Onion bhajis VE	2
Macaroni cheese balls	2.5
Arancini (Italian risotto balls, crumbed & fried)	2.5
Mini croquette de brocoli (broccoli cakes)	2

### SHOW STOPPERS

Mini quails egg scotch eggs DF	2.8
Eggs benedict bites, Ethos style DF	2.8
Jerusalem artichoke crisps stuffed with truffle oil infused mascarpone	2.5
Gorgonzola, fig & walnut chicory leaves GF	2.8

### COLD

Cucumber discs with roast beet hummus & mint GF, VE	2
Sweet potato rounds with BBQ sprouted beans GF, VE	2.5
Jalepeño popper stuffed medjool dates GF	2.5
Mango, pineapple & avocado salsa tortilla triangles VE	2
Mushroom concassé & sweet potato tartlettes	2
Pesto infused organic tofu w. cherry tomato & basil GF, VE	2.5
Spanish tortilla GF	2

### SWEET

Peanut butter bombs GF, VE	2.5
Black bean brownie bites GF, VE, SF	2.5
Banana bread bites with cashew cream GF	2.5
New York baked lemon cheesecake	2
Chocolate peanut butter cookie kisses GF	2.5
White chocolate & blueberry friand	2
<i>Gluten free option</i>	2.5

GF: Gluten Free    VE: Vegan    DF: Dairy Free    SF: Refined Sugar Free

Prices quoted are per piece. Please note that a minimum of 48 hours notice is required for all catering orders

All our eggs are free range - The above prices are exclusive of VAT - Dishes may contain traces of nuts and flour - Please let us know if you have any allergies or require information on ingredients - All items may contain ingredients not listed on the descriptions.

# BREAKFAST MENU

## CATERING

E T H O S

DF: Dairy Free VE: Vegan GF: Gluten Free SF: Sugar Free

OPTIONS	PRICE PER UNIT
<b>HOT BREAKFAST OPTIONS</b>	
POACHED EGGS. Two free range eggs on toast with avocado DF, GF option	£6.00
SCRAMBLED EGGS. Choice of toppings DF, GF	£5.50
PORRIDGE. Choice of toppings VE, GF, SF option	£5.00
SWEET POTATO, KALE & SCRAMBLED TOFU HASH, VE, GF, SF	£8.50
ETHOS PANCAKES. Choice of toppings GF	£6.00
<b>COLD BREAKFAST OPTIONS</b>	
SMASHED AVOCADO ON 2 X SLICES TOAST (VE, GF option)	£4.50
EGG & SPINACH PROTEIN POT w. AVOCADO (DF, GF)	£2.80
GRANOLA POT w. GREEK YOGHURT or SOY YOGHURT & COULIS (GF, VE option, SF)	£3.00
SEASONAL FRUIT SALAD POTS (VE, GF)	£2.00
BIRCHER MUESLI POT (VE, GF, SF)	£3.99
BANANA BREAD SLICE (GLUTEN FREE)	£2.70
HONEY & OAT BREAKFAST MUFFIN (GLUTEN FREE, DAIRY FREE)	£3.00
SUNDRIED TOMATO, SPINACH & FETA SAVOURY MUFFIN	£3.00
<b>SMOOTHIES. FRESHLY MADE AT ETHOS. 350 ML</b>	
DETOX SMOOTHIE: kale, pineapple, apple, spinach, ginger, lemon with Superfoods: spirulina, chlorella, wheatgrass & barleygrass	£4.90
ENERGY SMOOTHIE: strawberry, spinach, blueberry, banana, raspberry, blackcurrant with Superfoods: flaxseed, maca, cacao & guarana	
<b>JUICES, FRESH DAILY FROM OUR PARTNER, SUNDANCE. 250 ML</b>	
CARROT APPLE GINGER	£3.30
KIWI PEAR APPLE	
PASSIONFRUIT, GUAVA, PINEAPPLE SMOOTHIE	
<b>"PRESS" COLD PRESS JUICES</b>	
GREEN: Kale, spinach, cucumber, pear, lime, fennel, parsley	£4.90
ORCHARD: Strawberry, apple, lemon, mint	
GARDEN: Beetroot, Apple, Lemon, Ginger	
PRICES SUBJECT TO VAT	
DELIVERY CHARGE SUBJECT TO DELIVERY LOCATION & ORDER SIZE	TBC

# LUNCH MENU

## CATERING

E T H O S

OPTIONS	PRICE PER PORTION
Ve: VEGAN (items marked "Ve" are all Dairy Free) GF: GLUTEN FREE SF: REFINED SUGAR FREE	
PORTIONS ARE 100G UNLESS OTHERWISE SPECIFIED	
WE RECOMMEND 2-3 HOT ITEMS AND 2-3 SALADS AND A DIP AS A MEDIUM SIZED LUNCH FOR YOU GUESTS	
<b>HOT OPTIONS</b>	
SCOTCH EGG HALF W. SPICY KETCHUP (1 P.P.)	£3.50
JAPANESE MISO ROASTED AUBERGINE (HALF AUBERGINE P.P.) Ve, GF	£3.00
BROCCOLI CAKES (2 P.P.)	£3.00
MAC N CHEESE BALLS or ARANCINI (2 P.P.)	£3.00
ONION BHAJIS (2 P.P.) Ve	£2.60
CHICKPEA & COCONUT CURRY Ve, GF	£2.60
DAILY PASTA SPECIAL	£2.60
HUNGARIAN GOULASH Ve, GF	£2.60
SWEET POTATO FRIES Ve	£2.60
RICE OF THE DAY (I.E. NASI GORENG / CARIBBEAN RICE / GOJI BERRY RICE) Ve, GF	£2.60
<b>SALADS / COLD OPTIONS</b>	
AVOCADO HALVES W. TANGY RED SALSA Ve, GF	£3.00
GOOD GREEN SALAD W. SNOW PEAS & CHICKPEAS Ve, GF	£2.60
ROAST CAULIFLOWER W. TAHINI, CRANBERRIES & WALNUTS Ve, GF	£2.60
STEAMED BROCCOLI WITH CARROT RIBBONS & CURRIED CASHEW DRESSING	£2.60
SUMMER QUINOA WITH ROAST VEGETABLES & PESTO DRESSING	£2.60
ROAST CARROT, SPINACH & FETA W. RED WINE REDUCTION DRESSING	£2.60
<b>DIPS</b>	
BABA GANOUSH (SMOKED AUBERGINE DIP) GF	£2.60
SMOKED BUTTERBEAN DIP VE, GF	£2.60
HUMMUS Ve, GF	£2.60
GUACAMOLE Ve, GF	£2.60
<b>DESSERTS / AFTERNOON TEA</b>	
HEALTHY BLACK BEAN BROWNIE Ve, GF, SF	£3.50
CHOCOLATE PEANUT BUTTER BOMBS Ve, GF	£2.40
CHEESECAKE	£3.50
VEGAN CAKES (assorted flavours) Ve, Nut free	£4.50
CHOCOLATE LOAF / BANANA HONEY PECAN LOAF	£2.70
BANANA BREAD GF	£2.70
FRUIT SALAD POT Ve, GF	£2.00

<b>COLD DRINKS</b>	
COCA COLA, DIET COCA COLA. CAN 330 ML	<b>£2.10</b>
BOTTLED WATER: STILL / SPARKLING	<b>£1.50</b>
SAN PELLEGRINO SOFT DRINK: LEMON, BLOOD ORANGE, GRAPEFRUIT	<b>£2.50</b>
COCONUT WATER 250 ML	<b>£3.00</b>
BIRCH WATER 250 ML FLAVOURS: NATURAL; APPLE & GINGER; LINGONBERRY	<b>£3.00</b>
MAPLE WATER 200 ML	<b>£3.00</b>
COCONUT MYLK: MATCHA OR CHOCOLATE FLAVOUR 250 ML	<b>£3.00</b>
<b>SUPERFOOD SMOOTHIES. FRESHLY MADE AT ETHOS. 350 ML</b>	<b>£4.90</b>
DETOX SMOOTHIE: kale, pineapple, apple, spinach, ginger, lemon with Superfoods: spirulina, chlorella, wheatgrass & barleygrass	
ENERGY SMOOTHIE: strawberry, spinach, blueberry, banana, raspberry, blackcurrant with Superfoods: flaxseed, maca, cacao & guarana	
<b>JUICES, FRESH DAILY FROM OUR PARTNER, SUNDANCE. 250 ML</b>	<b>£3.30</b>
CARROT APPLE GINGER	
KIWI PEAR APPLE	
PASSIONFRUIT, GUAVA, PINEAPPLE SMOOTHIE	
<b>"PRESS" COLD PRESS JUICES</b>	<b>£4.90</b>
GREEN: Kale, spinach, cucumber, pear, lime, fennel, parsley	
ORCHARD: Strawberry, apple, lemon, mint	
GARDEN: Beetroot, Apple, Lemon, Ginger	
<b>PRICES SUBJECT TO VAT</b>	
<b>DELIVERY CHARGE SUBJECT TO DELIVERY LOCATION &amp; ORDER SIZE</b>	<b>TBC</b>