



Breakfast menu T:020 3602 4966 E: info@eatsandleaves.com Tue 22 September 20

Served / delivered from 7.00 am to 8.30 am. 48 hours' notice required for all products. For best results some products require 3 days' notice.

Minimum delivery order of £70 applies. Deliveries before 7am incur additional charges. All products are subject to availability; substitution will be of equivalent value or higher. Every care is taken to avoid any cross contamination when processing a specific allergen free order. We do however work in a kitchen that processes allergenic ingredients and does not have allergen free zone. If you have any questions or need advice, please get in touch.



Yogurt based pots on clear disposable 10oz tub

Granola, Greek style yoghurt & honey - Min. Qty 4. £2.50
Naturally, indulgent Organic granola, Greek style yoghurt and honey.

Greek yogurt & fresh berries - Min. Qty 4. £2.80
Greek style yoghurt, honey, blueberries, raspberries, and blackberries.



Fruit salads served on clear disposable 10oz tub

Fruit salads- on disposable tubs 10oz - Min. Qty 4. £2.50
Fresh prepared seasonal fruit ready to eat beautifully presented

Fruit salads - Served on glass - Min. Qty 4. £2.90
Fresh prepared fresh fruit ready to eat beautifully presented

Fruit skewers (minimum quantity of 10) each. £2.50

Fresh fruit platter. Min. Qty 4. £2.50. per person
Seasonal fresh fruit, sliced ready to eat, served on a platter



Breakfast bagels (baked to order) minimum order of 6.

Choice of: Plain, Sesame seed or Multigrain

Smoked salmon - Min. Qty 4. £3.90
Smoked Scottish salmon, lemon juice & black pepper

Smoked salmon & cream cheese - Min. Qty 4. £4.40
Scottish Smoked salmon, cream cheese, lemon & black pepper

Pastrami, New York style - Min. Qty 4. £4.40
Pastrami Emmental cheese, English mustard, gherkins, & tomato

Egg & Bacon - Min. Qty 4. £4.40
Oven cooked smoked bacon & egg

Sausage bagel - Min. Qty 4. £4.00
Oven cooked quality pork sausages

Bacon bagel - Min. Qty 4. £4.00
Smoked back bacon, oven cooked

Sausage & egg bagel - Min. Qty 4. £4.40

Eggs, spinach & tomatoes bagel - Min. Qty 4. £3.70

Breakfast rolls (white or wholemeal)

Bacon roll - Min. Qty 4. £3.80

Smoked back bacon, oven cooked

Sausage roll - Min. Qty 4. £3.80

Oven cooked quality pork sausages

Egg & Bacon - Min. Qty 4. £4.40

Oven cooked smoked bacon & free-range egg

Sausage & egg - Min. Qty 4. £4.40

Oven cooked quality pork sausages & free-range egg



Vegetarian options (ROLLS) (BAGELS)

Egg, spinach & tomato (V) Min. Qty 4. £3.70 - £4.00

Brie, tomato & basil (V) Min. Qty 4. £3.80 - £4.00

Plain omelette (V) Min. Qty 4. £3.50 - £3.80

Cheese omelette (V) Min. Qty 4. £3.70 - £4.00



Canape style black rye bread baked to order

Smoked salmon, cream cheese & cucumber - Min. Qty 24. £2.50 each



Canape style black rye bread baked to order

Avocado lemon juice & fresh basil - Min. Qty 24) £2.50 each (VEG. & VEGAN)



Patisserie large ...freshly baked

Large, all butter croissant £1.60

Large, chocolate filled croissant £1.80

Large, almond croissant £1.80

Large, pan au raisin £1.80



Mini pastries

£0.85 each (we suggest 3 to 4 per person) - Min. Qty 12.

Mini - Danish

Custard cream - Blackcurrant & apricot - Chocolate & orange

Mini - Viennoise

Butter croissants - Pan au chocolat - Pan au raisin

Mini - Gourmandise

Chocolate swirl - Cranberry swirl - Cinnamon whirls - Pan a la crème



Muffins, large - freshly baked!

Lemon & poppy seed £1.90

White chocolate & raspberry £1.90

Blueberry muffin £1.90

Fruit juices (water & other soft drinks supplied pls ask!)

Tropicana fresh Orange juice - 950ml £3.80

Tropicana fresh Orange juice - 1.6litre £7.50

Tropicana fresh Orange juice - 300ml £3.50 Min.Qty 6.

Copella fresh Apple juice. 900ml £5.50

Copella Apple Juice 300ml £3.50 Min.Qty 6.

Cranberry Juice 1litre £2.80

Orange Juice / Apple juice 1litre £1.90

Hot beverages

We offer a complete hot drinks service for breakfast or any other occasion. Refer to drink's menu on home page. Please call us to discuss your requirements. Service includes options for a basic, or premium service.

We do not supply any complimentary condiments. Preserves, Disposables, Cutlery & Crockery can be provided. Sauces or other will be charged at cost plus 25% handling charge.

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