

# HEALTHY choices | 2025





# YOUR HEALTHY CHOICES MENU OPTIONS

Please feel free to speak to us if there is something additional you would like to include in your Healthy Choices catering booking.

We're happy to be flexible and adapt to meet your catering needs.

## **FINGER FOOD** £9.30 per head (plus 20% VAT)

Homemade 3 Bean Chilli & Cheese Wraps.  
ChangeKitchen CIC's famous Sausage Rolls.  
Spanakoptika-inspired Spinach & Feta Bites.  
Crudité's and a selection of homemade fresh Dips.  
Fresh Fruit Bowl.  
Selection of homemade Cakes.

## **HEALTHY CHOICES** £10.80 per head (plus 20% VAT)

Choose ONE of the following, served hot:

Mediterranean Bake | Thai Vegetable Curry with Butternut Squash |  
Homity Pie | Sri Lankan Curry with Mushroom & Spinach |  
Vegetable Lasagna

3 Salads:

Our salads are made with fresh seasonal ingredients but likely to include Mixed Green Salad with ChangeKitchen CIC's vinaigrette dressing, Bavarian Green Bean Salad, Thai Edamame Bean.

Fresh Fruit Bowl.







## **ADDITIONAL SIDES** (All prices are plus 20% VAT)

Vegetable Samosas | £1.70 per serving.

Margherita Pizza Slices | £1.70 per serving.

Jamaican Patties | £2.80 per serving.

Salads | £1.70 per serving for one salad OR £4.60 per serving for three salads.

Our salads are made with fresh seasonal ingredients but likely to include

Mixed Green Salad with ChangeKitchen CIC's vinaigrette dressing,

Bavarian Green Bean Salad, Thai Edamame Bean.

Mint Chocolate Mousse and Ginger & Chilli Chocolate Mousse | £3 per serving.



### **PLEASE NOTE:**

Minimum order for Healthy Choices catering booking is 15 people.

**We are proudly climate-conscious, and believe we are the only truly climate-friendly social enterprise caterer in the West Midlands.** As a natural result of this commitment, all our food and beverages are 100% vegetarian, and halal. All our menus are freshly prepared with seasonal ingredients and there may be variations between menu items on the day. We proudly cater for many dietary requirements, such as vegan and gluten free, and are able to cater for almost any allergy. It is important you make us aware of all and any food allergies at time of booking. We cannot guarantee a nut-free environment. Where food is described as gluten-free, please be aware that these foods are made with Non-Gluten Containing Ingredients (NGCI) in an environment where gluten-containing products are handled. Hot food is delivered hot, in warm-keeping containers.

Prices given are subject to change and apply to lunch/day bookings. Evening events and private catering prices may vary. Delivery is charged on top of per head price. Service staff can be provided on request.

**Please email us with your catering enquiry at [changekitchenbookings@gmail.com](mailto:changekitchenbookings@gmail.com).**

## **#CookingUpChange**



# OUR PURPOSE

**As an award-winning social enterprise, ChangeKitchen CIC commit profits to achieving our social purpose combined with an environmental conscience.**

This means we donate free homemade, plant-based, nutritious meals to those in need every time you book a catered event with us. We also deliver healthy eating workshops to community groups of all ages.

As 'caterers who care', environmentally friendly and ethically-based practices are embedded in all that we do - from crockery to packaging, food waste to buying local, being a Living Wage employer to open recruitment and providing a supportive, inclusive environment for our diverse and amazing team.

Thank you for being part of our social and food justice journey.



**ChangeKitchen**  
Cooking up change

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