



delivering great choice

a flexible, friendly service

valid from 1 August 2010 to 31 July 2011





delicious decisions

pick your perfect menu

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- m** meat
- v** vegetarian
- f** fish
- h** healthy
- vg** vegan

numbers in brackets = portion size



delivery service

what we can do



Welcome to Fresh
Thinking from the
University of Birmingham.

Whether you are looking for a gala dinner or a light business lunch, we are passionate about using the finest ingredients to bring you irresistible food, packed with flavour, freshness and colour.

Making things easy

- Our team delivers every dish direct to your premises
- Menus come complete with disposable tableware and re-usable melamine presentation trays (we are doing our bit for the environment)
- Crockery can be delivered to your premises*
- Professional waiting staff can also be available to serve your food and drink*
- We can collect crockery and trays at a time that is convenient for you
- Our flexible service means that if you prefer to shape your own menu, we are happy to discuss your ideas with you and then create something extra special

* for a small additional cost, please ask when making your booking

Katy Lewis
Event Organiser, IXC UK

'Warmest thanks for your help and support in our Food and Drink Innovation Forum. The team on the night were great – efficient, helpful and courteous. Feedback from the event has been extremely positive and all aspects of the event received praise. I thought you'd especially like to know that 98% rated the 'quality of the venue and catering' as excellent or good, which is fantastic!'

how refreshing

drinks and cake selection

Drinks

Fairtrade instant coffee sachets and tea bags with water
 Starbucks freshly brewed coffee delivered in flasks
 Freshly brewed tea delivered in flasks
 Herbal tea or hot chocolate sachets with water

£1.25 with biscuits, £1.55
 £1.45 with biscuits, £2.00
 £1.45 with biscuits, £1.70
 £1.25 with biscuits, £1.55

Fairtrade orange juice
 Fruit juice
 Mineral water, still
 Assorted canned drinks
 Orange or apple carton drink

£2.80 per litre
 £1.80 per litre
 £3.00 per 1.5 litre
 £1.00 per can
 £ 0.55 per 200ml carton

We Proudly Brew
 STARBUCKS COFFEE



Why not add something special

	Individual	with Tea/Coffee
Assorted biscuits	£0.65	as above
Fairtrade chocolate chunk cookies	£1.55	£2.75
Assorted mini Danish pastries	£0.95	£2.25
Iced doughnuts	£1.05	£2.10
Assorted or singular homemade flapjacks and chocolate brownies	£0.99	£2.25
Mini triple chocolate cakes	£1.20	£2.40
Mini bite lemon cakes	£1.20	£2.40
Assorted cup cakes	£1.80	£2.85
Fruit scones filled with jam and whipped cream	£1.35	£2.60
Homemade mini strawberry tarts	£1.20	£2.40
Homemade mini chocolate tarts	£1.20	£2.40
Chelsea buns	£0.90	£2.20
Iced cinnamon swirls	£1.80	£2.85
Mixed mini muffins	£0.99	£2.25
Luxury filled 'Flowerpot' muffins		
(Toffee and banana or triple chocolate)	£2.20	£3.25
All butter croissants, jam and butter	£1.60	£2.80

All prices include disposable cups and plates

All prices are exclusive of VAT



take a break

sandwich selection

Give everyone a little food for thought, with rounds or platters of irresistible hand-made sandwiches. Packed full of fresh fillings, they come garnished with a lovely, leafy salad.

Build your own

- Choose from the available fillings for each variety of bread
- Choose the amount you require (minimum 4 portions of each bread type, 1 filling per round, roll, wrap or bagel)

All served with a salad garnish and crisps.

Sandwiches on thickly cut white or brown bread.

Standard sandwich fillings £2.85 per round

- m** Freshly sliced ham (with or without salad)
- m** Chicken mayonnaise
- m** Just chicken (with or without salad)
- m** Just turkey (with or without salad)
- f** Just tuna (with or without salad)
- f** Tuna mayonnaise (with or without cucumber)
- v** Egg mayonnaise
- v** Egg and cress mayonnaise
- v** Just sliced egg with salad
- v** Plain sliced Cheddar (or with tomato)
- v** Sliced Cheddar and red onion
- m** Just home cooked roast beef
- v** Sliced Cheddar and pickle
- v** Grated Cheddar and coleslaw
- m** Roast beef (with or without salad)
- v** Hot chilli cheese
- v** Humous and peppers
- v** Humous, grated carrot and spinach
- v** Vegetarian tikka (mayonnaise base)

Luxury sandwich fillings £3.75 per round

- f** Prawn mayonnaise
- f** Smoked salmon and cream cheese
- f** Poached salmon and cucumber
- f** Smoked salmon (plain or with cucumber)
- m** Bacon, Brie and walnut
- m** Egg and bacon mayonnaise
- v** Brie and tomato chutney
- m** Peppercorn beef (mayonnaise base)
- m** Sliced chicken Caesar salad
- m** Jamaican jerk chicken (mayonnaise based)
- m** Home cooked roast beef, watercress and horseradish
- m** BLT (bacon, lettuce and tomato)
- m** Spicy Italian chicken and bacon mayonnaise
- m** Pastrami and dill pickle
- v** Mozzarella, tomato and pesto
- v** Brie and grape
- v** Sliced Red Leicester cheese, tomato chutney and salad
- m** Coronation chicken (mayonnaise base)
- v** Roast Mediterranean vegetables and pesto

All prices are per person and exclusive of VAT

m meat

v vegetarian

f fish

h healthy

vg vegan

numbers in brackets = portion size



Mini assorted rolls and mini bagels

Standard £2.95 per 2 rolls/bagels

- v Egg mayonnaise and cress
- f Tuna mayonnaise and cucumber
- m Chicken mayonnaise
- v Humous, grated carrot and spinach
- v Grated Cheddar and pickle

Luxury £3.85 per 2 rolls/bagels

- v Brie and tomato chutney
- f Prawn mayonnaise
- m Chicken tikka and mint mayonnaise
- m Home cooked roast beef and horseradish
- f Smoked salmon and cream cheese

Wraps all £3.75 each

- m Lemon pepper chicken
- m Chicken Caesar salad
- f Prawn mayonnaise and rocket
- f Smoked salmon and cream cheese
- v Humous, grated carrot and spinach
- v Grated Cheddar and Mexican salsa
- m Chicken tikka and mint mayonnaise
- m Hoi-sin duck and shredded iceberg lettuce
- m Spicy Mediterranean beef
- v Hot chilli cheese with iceberg lettuce

- A range of halal sandwiches is available on request
- GF-Gluten free bread is also available on request
- Please ask If you would prefer a filling which is not listed (2 working days notice)
- Add an 'Essential Extra' to your sandwich platter to enhance your selection

Deli platters

Assorted deli sandwich platter

A selection of wraps, mini rolls and brown bread filled with your choice of fillings and accompanied with pots of cherry tomatoes, cucumber, carrot batons and crisps

Please choose 2 fillings from each category listed, (sandwich, roll or wraps)

Minimum order 4 covers

Platter for 4 covers

Platter for 6 covers

Platter for 8 covers

Platter for 10

(note: meat and vegetarian fillings will be mixed on the platters unless a separate vegetarian only platter is requested – minimum order 4 covers)

Working lunch

(minimum order 4 covers)

Assorted deli sandwich platter (fillings as per deli platters)

- v Cheese platter (Brie, Stilton and Cheddar) with biscuits, grapes, celery and dried apricots
- v Assortment of freshly sliced finger fruits

(note: meat and vegetarian fillings will be mixed on the platters unless a separate vegetarian only platter is requested – minimum order 4 covers)

Board room selection

£8.50

(minimum order 4 covers)

Assorted deli sandwich platter

(fillings as per deli platters)

Southern fried chicken fillet

with barbecue sauce

Mini smoked salmon and asparagus quiche

Fruit kebabs with red berry coulis

Cheese platter (Brie, Stilton and Cheddar)

with biscuits, grapes, celery and dried apricots

(note: meat and vegetarian fillings will be mixed on the platters unless a separate vegetarian only platter is requested – minimum order 4 covers)

Healthy selection

£7.50 per person

(minimum order 4 covers)

Platter of wraps filled with:

Plain tuna and salad, roast chicken and

salad, poached salmon and cucumber,

humous, peppers and olives

Lime and coriander chicken kebab with

natural yoghurt and mint dip

Vegetable crudité with guacamole

and Mexican salsa

Fruit kebabs with red berry coulis

All prices are per person and exclusive of VAT

£15.25

£21.50

£28.00

£32.50

£7.95

feel-good food

fresh finger buffets

Eat while you chat, with platters of perfectly presented treats at your fingertips. Our finger buffets bring you a mixture of flavours from across the globe.

Please see our range of finger buffets; select other items from our 'Essential Extras' list to enhance your choice of buffet or sandwich lunch.

- Minimum order for each finger buffet is 4 portions unless otherwise stated

Finger buffet 1 £4.75

Assorted sandwiches with your choice of standard fillings

- m** Plum sauce glazed cocktail sausages on sticks
- m** Southern fried chicken fillets with barbecue dip
- v** Mini individual cheese and onion quiche
- Crisps and nuts

Finger buffet 2 £5.75

Selection of filled wraps with your choice of fillings from the wrap range

- m** Red Thai chicken skewer with hoi-sin dip
- v** Mini mozzarella and cherry tomato kebabs drizzled with pesto dressing
- v** Vegetable crudités with guacamole and salsa dips
- Crisps

Finger buffet 3 £5.95

Mixed wraps and mini rolls with your choice of fillings from the standard roll range and wrap range

- m** Lime and coriander chicken kebab
- v** Home made mini pizza
- v** Selection of vegetable samosas and onion bhajis mango chutney
- Vegetable sticks, cherry tomatoes, nachos with guacamole and Mexican salsa
- Crisps

Finger buffet 4 £7.25

Assorted mini filled rolls with your choice of fillings from the mini roll range

- m** Chicken and chorizo sausage skewer
- v** Roast vegetable and pesto kebab
- v** Greek style parcels
- v** Hot chilli cheese tartlet
- v** Veggie pastry puffs
- Tortilla chips with guacamole dip

Finger buffet 5 £7.25

Filled mini bagels with your choice from the mini roll/bagel range

- v** Tomato, feta cheese and pesto bruschettas
- v** Selection of bhajis, samosas and pakoras with mango chutney
- f** Tiger tail prawns with sweet chilli dip
- v** Mini assorted pizza
- m** Mini sausage and chutney turnovers
- v** Platter of freshly sliced finger fruits

Finger buffet 6, Indian theme £8.25

(minimum 10 covers)

- m** Chicken korma kebab
- v** Spinach and vegetable pakoras with raitha dip
- m** Cocktail lamb samosas with mango chutney
- v** Onion bhajis with cumin flavoured yoghurt
- f** Curried prawn tartlet with chopped mango
- v** Sweet potato and curry bites, naan bread fingers with vegetable balti dip, mini poppadums with lime and chilli pickle, chopped tomato and onion salad



Finger buffet 7, Chinese theme

(minimum 10 covers)

- v** Cocktail spring rolls
- m** Pork sate sticks with peanut dip
- f** King prawns in filo pastry with a hoi-sin sauce
- f** Sesame prawn toast
- m** Mini duck crackers spring rolls with a sweet and sour dip
- m** Chicken tartlets with ginger and spring onion dressing
- Baby corn, mangetout and carrot sticks with a black bean sauce
- Prawn crackers with a sweet chilli sauce

Finger/fork buffet 8, Spanish tapas style

(minimum 10 covers)

- m** Chicken and chorizo skewers
- m** Meatballs in tomato chilli and olive sauce
- m** Asparagus spears wrapped in Serrano ham
- v** Mini pimientos stuffed with cream cheese
- v** Potato and onion Spanish omelette with a sundried tomato dressing
- v** Chicory leaves with Picos blue cheese, pear and walnuts
- f** King prawns with an aioli dip
- Ensaladilla rusa (potato, vegetable and egg salad)
- Selected rustic bread

£8.25

Finger buffet 9, Halal buffet

- f** Assorted sandwiches filled with,
- v** vegetarian Red Leicester cheese and tuna and sweetcorn
- m** Filo pastry filled with coronation chicken
- v** Roast vegetable kebab with pesto dressing
- v** Onion bhajis with rahita dip
- Houmous dip with nachos, carrot and celery sticks

Finger buffet 10, Halal buffet

- f** Tortilla wraps filled with prawn and chive
- v** and vegetarian Cheddar and red onion
- m** Filo pastry case filled with coronation chicken
- f** Mini cherry tomato, mango and king prawn kebabs in pesto sauce
- v** Vegetable samosa mango chutney
- v** Onion bhajis with rahita dip
- Houmous dip with nachos, carrot and celery sticks

£6.00

£7.15

Finger buffet 11, Halal buffet

(minimum 20 covers)

An array of halal dainty finger sandwiches to include

(Coronation chicken, vegetarian red Leicester cheese and tomato, tuna and cucumber, minted sliced lamb)

- v** Vegetable samosa and onion bhajis with mango salsa
- v** Crispy bruschetta topped with tomato, basil and olive concasse
- f** Freshly poached salmon in a filo pastry case with sweet lemon chutney
- v** Mini cranberry and Brie wontons
- f** Skewered smoked halibut and water melon with caper and shallot dressing
- v** Pizza squares of artichoke and sun-dried tomatoes drizzled with olive oil and rosemary

£9.10

All prices are per person and exclusive of VAT

mouth watering ideas

beautiful fork buffets

Enjoy juicy salads, tasty pastries, fresh fish and tender meat.
Help yourself, or have the whole thing served for just £1.95
extra per person.

Cold 'n' hot fork buffets

- Minimum for cold fork buffets is 10 covers
- Hot fork buffet is 20 covers

Fork buffet (cold) 1

£6.95

Coronation chicken
Ricotta tortellini salad in spicy
tomato and olive sauce
Broccoli and Brie quiche
Tomato and cucumber salad
Green leaf and watercress salad
Coleslaw salad
Roll and butter/Flora

Fork buffet (cold) 2

£8.25

Smoked chicken timbale
topped with mango salsa
Spinach and ricotta filo squares
Deville beef salad
Flaked tuna fish niçoise
Tomato and cucumber salad
Green leaf and watercress salad
Potato and chive vinaigrette salad
Coleslaw salad
Roll and butter/Flora

Fork buffet (cold) 3 Healthy Option

£9.60

Chicken breast strips bound in natural yoghurt
with coriander, lemon zest and black pepper
Swordfish brochettes in teriyaki marinade
Plump prawns with chopped peppers in an
iceberg lettuce parcel
Cherry tomato, red onion, olive and mango
kebabs (with pesto dressing served separately)

Celery and carrot sticks with guacamole dip
Mixed green salad (lettuce, cucumber, green
peppers, spring onion, watercress)
Freshly sliced fingers of fruit

Fork buffet (cold) 4 Healthy Option

£10.60

Strips of low salt ham bound with
an apple and ginger dressing
Flaked tuna fish niçoise
Vegetable antipasto
(Roast red and green peppers, char grilled
artichoke hearts, sun-blushed tomatoes)
Smoked chicken timbale topped with
mango salsa
Shredded fennel, orange and tarragon salad
Watercress and rocket salad
Tomato and cucumber salad
Bombay rice salad
Fresh fruit kebabs with red berry dip

Fork buffet (cold) 5

Vegetarian Option

£10.75

Blue cheese and plum tarts
Vegetable antipasto
(Roast red and green peppers, char grilled
artichoke hearts, sun-blushed tomatoes
bound in pesto)
Hard boiled egg halves on curried celeriac
and pea salad
Green lentil, spinach and savoury
rice wellingtons
Pasta salad drizzled in herb infused olive oil
Greek salad
Waldorf salad (contains nuts)

Grated carrot, pinenut and orange salad
Watercress salad
Chunks of focaccia bread

Fork buffet (hot) 6

£12.00

(minimum 20 covers)
Strips of tender chicken breast cooked with
oyster mushrooms in a white wine cream sauce
Beef lasagne
Ricotta cannelloni baked in a tomato and
basil sauce, topped with melting cheese
New potatoes
Tomato and cucumber salad
Coleslaw salad
Mixed green salad
Roll and butter/Flora

Fork buffet (hot) 7

£12.95

(minimum 20 covers)
Strips of beef steak stroganoff
Baked salmon supreme with strips
of leek in a chervil champagne sauce
Egg noodles, with mange tout, shitake
mushrooms, baby corn and tofu in a
hoi-sin sauce
Steamed rice
Tomato and red onion salad
Waldorf salad (contains nuts)
Potato and chive in mayonnaise
Mixed green salad
Roll and butter/Flora

your food, your way

special diets and menu options

If you and your guests are going out for the day, why not try one of our handy packed lunches? We will arrange for your chosen lunch to be delivered to a pre-arranged pick-up point so you can take it with you, wherever you're going.

Vegan finger buffet **£7.20**

Tortilla wrap filled with avocado and guacamole salad and crisp iceberg lettuce
Blanched cup mushrooms filled with houmous and chopped fresh coriander
Filo pastry cases filled with a peanut and three bean salad
Cherry tomato, red onion, olive and mango kebabs with pesto dressing
Crispy vegetable crudities and Mexican salsa dip

Gluten-free finger buffet **£7.20**

A gluten free roll filled with sliced turkey and salad, or vegetarian option
Pineapple and Cheddar cheese pieces on sticks
Celery and carrot sticks with guacamole dip
Crisp savoury crackers topped with smoked salmon and lime
Mini mozzarella and cherry tomato kebab with pesto dressing

Non-dairy/lactose finger buffet **£7.20**

Tortilla wrap filled with diced turkey breast and mango in a light tarragon dressing
Cocktail vegetable samosas and onion chutney
Vegetable crudités and Mexican salsa dip
Fingers of melon wrapped in maple cured ham
Plump prawns with chopped peppers in iceberg lettuce parcel

Plated salad **£6.35**

An individual plated salad, which suits most dietary requirements your choice of: roast beef, roast turkey, sliced ham, poached salmon or grated Cheddar served with a individual pot of light dressing.

A wide range of gluten free products are available on request. Please ask for details.

All prices are exclusive of VAT



like a little more?

essential extras to top up your table

Whether you'd like to lay on a little more or to add a favourite item, take a look at our extras. Everything is priced per person, so it's easy to tailor your menu.

- Minimum order 4 portions per item unless stated

Savoury nibbles	
Assorted nibbles (crisps and nuts)	£0.95 per person
Bowls of mixed marinated olives	£0.95 per person
Root vegetable crisps	£1.00 per person
Cheese straws	£0.95 per person

£1.10 per portion

- Cocktail vegetable samoas and onion bhajis
- Pork pie bites
- Vegetable Saté
- Plum sauce glazed cocktail pork sausages
- Honey glazed chicken drumstick
- Mini assorted pizzas
- Filo, spinach and ricotta squares
- Cocktail vegetable spring roll
- Pork saté with peanut dip
- Nachos with guacamole and Mexican salsa dip
- Vegetable crudités with blue cheese dip

£1.50 per portion

- Mini Yorkshire puddings filled with roast beef and horseradish cream
- Vegetable samosa
- Mini smoked salmon and asparagus quiche

- Duck cracker spring roll
- Crispy salmon brochettes with tartar sauce
- Greek style filo parcels
- Prawn purse with sweet and sour dip

£1.75 per portion

- Lime and coriander chicken kebab
- Vegetable dim sum with soya dip
- Chicken tikka kebab
- Mini tomato, feta cheese and roast pepper pie
- Cocktail lamb samosa
- Mini mozzarella and cherry tomato kebab drizzled with pesto
- Breaded king prawns with hoi-sin dip
- Coronation chicken tartlet
- Mini pie selection (steak and peppercorn chicken and mushroom) 6 portions min order, 3 of each
- Sweet potato and curry bites

Sweets

(these are in addition to those listed in the drinks and cakes selection)

Mini assorted finger cheesecakes	£1.25 each
Mini apple pies	£0.95 each
Individual homemade Bakewell tarts	£1.50 each
Individual homemade lemon tarts	£1.55 each
Individual homemade strawberry tart	£2.10 each

Strawberry torte	£2.50 per slice
Fresh fruit salad	£2.50 per portion
Fresh strawberries and cream	£P.O.A per portion
Freshly sliced finger fruit pieces	£1.05 per portion
Fresh fruit kebabs served with a red berry dip	£1.75 each
Cheese platter (Brie, Stilton and Cheddar) with biscuits, grapes, celery and dried apricots	£3.40 per portion

Why not order a whole homemade gâteau (Priced as a whole providing a minimum of 12 portions)

Homemade black forest gâteau	£23.85 each
Dark chocolate truffle gâteau	£23.85 each
New York style cheesecake	£19.50 each
Passion fruit cheesecake	£20.50 each
Vanilla strawberry gâteau	£24.50 each
White chocolate and raspberry torte	£22.50 each

If there are any of your favourite items not listed or indeed any items of any menus you require please ask for details and costs and we will endeavour to source and supply (minimum order numbers may apply).

All prices are exclusive of VAT

ready to go

tasty packed lunches minimum order 4

If you and your guests are going out for the day, why not try one of our handy packed lunches? We will arrange for your chosen lunch to be delivered to a pre-arranged pick-up point so you can take it with you, wherever you're going.

Please find below a selection of packed lunches for you to choose from.

All will be delivered to any pre arranged pickup point and time for your guests to collect.

All guests to have the same menu with the exception of special dietary requirements.

Packed lunch menu A £4.50 per person

Thickly sliced white and brown bread filled with your choice of fillings from the standard range (choice of 4 fillings only to include a vegetarian option)

Bottle of spring water
Packet of plain crisps
Individually wrapped homemade brownie
An apple or orange

Packed lunch menu B £5.50 per person

Thickly sliced white and brown bread with your choice of fillings from the luxury range (Choice of 4 fillings only to include a vegetarian option)

Bottle of spring water
Packet of plain crisps
Tub of exotic fruit salad
Individually wrapped homemade flapjack

Packed lunch menu C £6.50 per person

Large filled wrap – choose from the following fillings all with salad included

- Smoked salmon, Philadelphia cheese, cucumber and black pepper
- Strips of chicken breast and peppers with spicy fajita style sauce
- Peppered steak in creamy peppercorn sauce and fried onions
- Beetroot relish and crumbly goats cheese
- Onion bhaji and minted yoghurt

Served with

Mango and passion fruit Innocent Smoothie
Tub of vegetable crudités with houmous dip
Tub of dark chocolate mousse
Mini bite lemon cake

Why not order an executive hamper for a special lunch or picnic

All prices are exclusive of VAT

All food is produced, stored and delivered under temperature-controlled conditions to maintain the freshness and safety of the product; we recommend that Packed Lunches are consumed within 3 hours of delivery.

Fresh Thinking cannot accept liability for illness to guests or deterioration of products, if they are consumed after the recommended time.



raise a glass

a selection of wines to supplement your selection

White Wine

Marques Calado Macabeo	£6.20
La Fete Blanc	£6.20
Alfredini Garganega Pinot Grigio	£7.20
Tin Roof Chardonnay	£7.70
Aires Andinos Savignon Blanc	£7.70

Red Wine

Marques Caladoi Tempranillo	£6.20
La Fete Rouge	£6.20
Tin Roof Shiraz Cabernet	£7.70
Aires Andinos Malbec	£7.70

Rose Wine

Bois des Violettes	£7.70
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Champagne/Sparkling Wine

Cava Calamino	£16.40
Prosecco di Conegliano	£23.00
Valdobbiadene	
Veuve Joubert Reserve Speciale	£36.00

Bottled beer available on request	£1.90
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Please ask about the Wine of the Month!

Extra services – to make your occasion special

Glass hire	£0.50 per glass
Staff to serve	£10.00 per hour (Charged at a minimum of 4 hours)
Linen hire	£10.00 per cloth
Table hire	£10.00 per table

For 10 or more guests





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