



BMA HOUSE
LONDON

Venue reopening menus



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Energising breakfast bags

Our breakfast bags are pre-packed and can be easily collected from a designated area to be enjoyed in your meeting room or a designated catering space. Appropriate cutlery and napkins will be provided along with clear physical distance signage and hand sanitiser will be available in all rooms.

Our catering staff will be on hand to assist and will be following the physical distancing measures of 2 or 1m.

Menu 1

£12.50 per person

- Greek yoghurt, mixed berry compote
- Blueberry muffin
- Chocolate and almond flapjack
- Summer berry and banana smoothie

Menu 2

£14.50 per person

- Greek yoghurt, mango compote, granola
- Mini Danish
- Melon and blueberry pot
- Fresh orange juice

Both menus include freshly brewed Fairtrade coffee, English breakfast tea and a selection of herbal infusions available within your designated catering area



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Sandwich Lunches

Our lunch bags are pre-packed and can be easily collected from a designated area to be enjoyed in your meeting room or a designated catering space. Appropriate cutlery and napkins will be provided along with clear physical distance signage and hand sanitiser will be available in all rooms.

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Classic sandwich bag

£14.75 per person

- Simple sandwich selection (see separate menu)
- Whole seasonal fruit
- Corkers crisps
- Cloudy lemonade can

Executive sandwich bag

£16.75 per person

- Artisan sandwich/baguette (see separate menu)
- Fruit salad
- Chewy chocolate brownie
- Corkers crisps
- Cloudy lemonade can

Boxed salad bag

£17.75 per person

Choose one boxed salad for the group plus a vegetarian/
plant-based option:

- Roast chicken, lentils, fresh herbs, baby leaves
- Chicken Caesar, penne pasta, mixed leaves, parmesan
- Asian soy, chilli, spring onion & quinoa salad (plant-based)
- Plant-based mezze, mixed leaves
- Pole caught tuna, penne pasta, baby leaves
- Mini baguette & butter
- Seasonal fruit salad
- Cherry Bakewell tart
- Cloudy lemonade can

Why not enhance your delegates lunch with one or two of the following?

All items are pre-packaged and will be served fully covered or with appropriate lids

- Carrot and hummus pots **£3.50** per person
- Falafel and tzatziki pot **£3.50** per person
- Borders biscuits **£1.00** per person
- Plant-based brownie **£2.00** per person
- Summer berry flapjack **£2.75** per person



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Working Lunches

Our working lunches are freshly produced by our on-site catering team, CH&CO. Our teams are full trained on health and safety and we have ensured heightened hygiene practices such as handwashing after every interaction are in place along with physical distancing measures in our kitchens and service areas.

Our working lunches are pre-packed into either a lidded box, salad jar or lidded pot and can be easily collected from a designated area to be enjoyed in your meeting room or a designated catering space. Appropriate cutlery and napkins will be provided along with clear physical distance signage and hand sanitiser will be available in all rooms.

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Market style boxes served with cloudy lemonade can

£22.75 per person

Our London themed market style boxes provide your delegates with a mini three course lunch packed full of flavour and energising dishes.

Please choose a maximum of two menus confirming how many of each you require:

Hackney Wick (plant-based)

- Sweet potato falafel, coconut tzatziki
- Beetroot, balsamic and rocket salad
- Spiced carrot, raisins, toasted cumin
- Almond, honey cake, candied lemon (pot)

Billingsgate

- Hot smoked salmon, creme fraiche, chives
- Spinach, raw fennel salad
- Baby potatoes, dill, shallots
- Lemon, blueberry cheesecake (pot)



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Covent Garden

- Char grilled chicken, Grana Padano, gem lettuce
- Super grains, sweet peas, mint, parsley
- Mixed baby leaves, vine tomatoes
- Chocolate brownie, vanilla cream (pot)

Salad pots

£25.00 per person

Our salad pots are freshly prepared on site and built in lidded pots. A selection of dressings in bottles are provided to add to and enhance your salads.

Please choose three jars per guest from the following:

- Caesar salad, shaved parmesan, focaccia croutons, oak smoked chicken
- Ricotta cheese, rocket, air dried ham, avocado, macerated tomatoes
- Red quinoa, roasted beets, aged feta, edamame beans
- Toasted spelt, heritage carrots, iron bark pumpkin, tomato jam (plant-based)
- Asian greens, kimchi, crispy noodles, spiced salmon
- Roasted peppers, burrata, wild rocket, avocado, black olive crumb

- Seasonal fruit salad
- Cloudy lemonade can

Asian inspired pots

£18.50 per person

Our Asian inspired pots are served in compostable lidded containers. Served hot by adding a flavoured broth or cold by adding a delicious dressing.

Please choose a maximum of two items confirming how many of each you require:

- Tofu, mushroom, buckwheat noodles, chilli, ginger, coriander
- Shredded chicken, rice noodles, galangal, lime, mint, snow peas
- Coriander salmon, soba noodles, Pak choi, Asian basil, green chilli
- Roasted mushrooms, Pak choi, egg noodles, spring onions, coriander, sesame seeds

- Lemon, blueberry cheesecake
- Cloudy lemonade can



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Afternoon tea

Our afternoon tea bags are pre-packed and can be easily collected from a designated area to be enjoyed in your meeting room or a designated catering space. Appropriate cutlery and napkins will be provided along with clear physical distance signage and hand sanitiser will be available in all rooms.

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Boxed afternoon tea

£19.50 per person

Tea

- English traditional
- Earl Grey
- Green tea
- Peppermint

Sandwiches

A selection of three types of finger sandwiches (note variety subject to availability)

- Smoked salmon & cream cheese
- Cucumber finger sandwich
- Egg mayonnaise & cress

Scones (1 per person)

Fruit scone with clotted cream and strawberry jam

Cakes

A selection of two tray bakes (note variety subject to availability)

Alcoholic beverages

Prosecco

£7.50 per person

Prosecco 200ml can, Superiore, Cantine Umberto Bortolotti (Italy)

White wine

£5.50 per person

White Corbieres 187ml can, 2015 (France)



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We are CH&CO, a group of chefs, nutritionists and people pleasers with a shared passion for food that fuels emotional positivity as well as physical wellbeing. In a world where what we consume is becoming ever faster and more disposable, we're proud to take a more thoughtful, mindful approach to the food experiences we source, prepare and present.

As an independent hospitality caterer, we operate across the UK and Ireland in cafes, restaurants and deliver impeccable fine dining into your workplace, to great coffee, cake and experiential events in some of the world's most iconic destinations and venues.






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Hospitality with heritage

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