



Roots Deli and Salad Bar
18 William Street
Edinburgh EH3 7NH
0131 225 6376

F - @RootsEdin I - @RootsEdin

Munch@RootsEdinburgh.co.uk

Catering Brochure

Winter 2019 / Early 2020 Menus



Prices and dishes apply to Nov-Feb

catering options

V	- Vegetarian,	VG	- Vegan
GF	- Gluten-free.	✓o	- option available



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ABOUT ROOTS

Based on the idyllic William Street in Edinburgh's vibrant West End, our flagship site, Roots Deli and Salad Bar, is proud to offer you a fresh, tasty and different dining option. We offer sit-in and takeaway breakfasts, lunches, coffees and sweet treats, as well as catering for breakfast meetings, business lunches, evening soirées and everything in between.

With values of Sustainability, Well-being and Community, Roots is a family-led movement, specialising in catering for all dietary requirements, including for vegetarian (V), vegan (VG), gluten-free (GF) and allergy-specific diners, as well as offering the best quality meat and dairy options. We work seasonally. We recycle, up-cycle and strive toward zero waste, avoiding all single-use plastics, both in our packaging and our drinks offerings. We strongly promote the well-being of our guests and team, and community is everything to us.

For properties within the catchment area shown, delivery (and collection of equipment, crockery etc) is included in our prices. Outwith these boundary limits, there will be a small charge to cover transport costs. Collection from Roots is also possible. We are able to supply limited compostable crockery, cutlery and drinks ware for a fee. For non-disposable crockery etc, we recommend www.PlateHireAndClean.co.uk for your needs.



We now offer Roots as a venue for private dining, for groups of up to 18 people. Roots is the perfect venue for informal evening / Sunday events, offering BYOB. Please get in touch to find out more about menu options / minimum spend requirements .

ADVANCE NOTICE REQUIRED FOR CATERING

Roots may be a small business, but we think big. We love to cater for every occasion, and can do so, with the right amount of notice. Please be advised of the following requirements.

BREAKFAST / LUNCH CATERING

<15 diners, Chef's Choice of salad / item
<15 diners, Client's Choice of salad / item
15+ diners

= min 24 hours (not inc Sat / Sun)
= min 48 hours (not inc Sat / Sun)
= min 72 hours (not inc Sat / Sun)
= min 72 hours (not inc Sat / Sun)

EVENING / CANAPÉ

CANCELLATION POLICY

Full cancellation is possible with at least 7 days' notice (events for 30+ guests require 14 days' notice).

Within 72 hours of arranged delivery / collection time, full payment is required for confirmed order / diner numbers, as food will have already been ordered / staffing arranged.

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MENUS and SERVICES

Pages 4-6

FOOD FOR THOUGHT

1) Breakfast Bar 2) Salad Bar 3) Protein Bar 4) Snack bar

Designed to support and raise energy levels, and prevent the post-eating slump, our Food For Thought menus are highly nutritious, primarily plant-based and packed full of superfoods, vitamins and protein, as well as being rich in antioxidants. We recommend this menu for workplace events, where energy levels will positively impact productivity and engagement. Mix and match your choice of Salad Bar, Protein Bar and Snack Bar items to suit your needs, or keep things simple, and allow our Chef to choose for you.

Our Food for Thought menu is also popular for home buffets, providing a freshly-prepared, tasty, healthier alternative to many shop-bought buffet items.

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BITE BOARDS

When the occasion calls for something a little delicate and a lot fancy, our Bite Boards offer a delectable selection of bite-sized savoury and sweet delights. Beautifully presented, these teeny treats will wow your guests, and add a bit of sparkle and elegance to any special occasion.

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GRAZING TABLES

For the main event, following a Bite Board arrival, or for a more laid-back dining experience, our Grazing Tables can be enjoyed by groups of 10-200 guests at their leisure. Whether for a work event or wedding, Christening or Christmas party, you can choose the balance of items that best suits you and your guests, making the Grazing Tables ideal for catering for a range of dietary needs and preferences.

Grazing tables may be delivered in our catering containers, for you to display.

Alternatively, for that extra touch, we can set the grazing tables for you, using our beautiful hand-crafted wooden boards, pottery dishes and stands, and many other visually-pleasing touches. Please note, set-up time can be from 1-2 hours, and will incur a charge of £35. This price will include the collection of all our equipment after your event.

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HOST'S HELP

When you have many mouths to feed, but you don't want to spend days in the kitchen, our Host's Helper Menus allow you to enjoy your occasion, without the stress and the mess. A choice of delicious main meals, ready to be reheated in your oven or on the hob, with full instructions from the chef, allow you to be the Host With The Most (time with your guests). With a selection of tasty accompaniments available, your meal can be as casual or classy as you wish. All Host's Helper menus are for a minimum of 8 diners.

Selected dishes may be provided frozen, making them ideal for trips away from home / health retreats / self-catered accommodation / meal planning.

Additional products and services are available. Please just ask!

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FOOD FOR THOUGHT

1) BREAKFAST BAR

£pp

Freshly sliced and whole fruit platters	VG, GF	2.50
Freshly baked croissants, butter and jam pots	V *gluten*	2.50
Fruit and plain scones, butter and jam pots	V *gluten*	2.50
Energy ball and bar platter (2 pieces pp)	VG, GF	2.50
8oz Granola pots with cinnamon and sultana, dairy or soya yoghurt, fruit compote, Omega seeds	VG / V	3.00
8oz Spirulina Coconut Chia pudding, banana, coconut flakes, pumpkin and sunflower seeds	VG, GF	3.00
Porridge pots (require boiling water to be added): - Cinnamon, sultana and pumpkin seeds - Cacao, coconut and Goji berry	VG / GF opt	2.50
Smoked Scottish Salmon platter, boiled free-range eggs, capers, lemon, pickled cucumber, celery, crackers	GF opt.	4.00
Wholemeal rolls	VG, GF opt	0.50
Filled croissants: - sunflower seed butter, banana and honey - avocado and boiled free range egg - cream cheese and smoked Scottish salmon - free range egg mayonnaise with spinach - chorizo and smoked Applewood cheddar	V opt , *gluten*	4.00
Filled toasted bagels: - sunflower seed butter, banana and honey - avocado and boiled free range egg - cream cheese and smoked Scottish salmon - free range egg mayonnaise with spinach - chorizo and smoked Applewood cheddar	V opt, VG opt, GF opt	4.50
8oz freshly blended Smoothies: - Tropical (mango, pineapple, orange and banana) - Green Machine (spinach, wheatgrass, avocado, apple and ginger) - Cocomber (mixed berries, coconut and banana)	VG, GF	3.00
Individual organic orange / apple juice bottles	VG, GF	2.00
Mineral water: still and sparkling	VG, GF	1.25

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FOOD FOR THOUGHT 2) SALAD BAR

1-24 guests: 6 options for £5 per person

25+ guests: 6 options for £4.50 per person

Too difficult to choose? Let us choose a fantastic selection for you!

Lightly pickled slaw of carrot and mixed cabbage with kohlrabi, cider vinegar	VG, GF
Rainbow raw-food salad, dill and lime dressing, Omega seeds	VG, GF
Curried carrots with cranberries, spring onion and sesame seeds	VG, GF
Spicy beetroot with apple, kale and ginger, fig and orange dressing	VG, GF
Soya mushrooms, sweetcorn and carrot, ginger and radish	VG *gluten)
Lemon and caper-dressed courgette, pumpkin seeds	VG, GF
Sriracha-spiced chickpeas and pinto beans with peppers	VG, GF
Tomato and fresh fennel with basil, mint and sunflower seed	VG, GF
Turmeric-roasted cauliflower, sultanas and apple, vegan mayonnaise	VG, GF
Coconut and sesame sweet potato, coriander and lime, fresh chilli	VG, GF
Ginger-roasted butternut squash, black-eyed beans, roasted red onion	VG, GF
Smoky sprouts with green beans and peas, apple and mint dressing	VG, GF
Ras-el-Hanout couscous, roasted broccoli, dates and pumpkin seeds	VG *gluten*
Tricolor fusilli with sun-dried tomatoes, mixed olives, Extra Virgin olive oil	VG *gluten*
New potatoes with mint, basil and sunflower seed pesto	VG GF
Spiced pumpkin, pear and pomegranate with winter greens	VG, GF
Beetroot and tomato, oregano and Balsamic dressing, sunflower seeds	VG, GF
Hummus with Omega seeds: each flavour is one salad option - Beetroot and apple - Lime and coriander - Sun-dried tomato and olive - Roasted red pepper - Pea and spinach	VG, GF

We have hundreds of choices of salads available. If you have any particular requests, or are happy for the chef to be creative on the day, please do let us know.

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FOOD FOR THOUGHT 3) PROTEIN BAR

		£pp
Mixed marinated olives, guacamole with chilli flakes and vegan feta, chargrilled artichoke hearts, sun-dried tomatoes	VG, GF	1.25
Smoked Applewood cheddar, Petit Brie, Scottish cheddar cheese boards with grapes and chutney	V, GF	1.25
Chicken Liver Pâté, cured and dried meats	GF	1.25
Anchovies, Rollmop Herring, Smoked Salmon Pâté	GF	1.50
Two of the above Protein Bar options		2.25
Three of the above Protein Bar options		3.25
All of the above Protein Bar options		4.25
Smoked Scottish Salmon platter, boiled free-range eggs, capers, lemon, pickled cucumber	GF opt.	3.00
Roasted garlic and lemon free-range chicken (minimum 6 diners) served cold - can be warmed	GF	3.00

FOOD FOR THOUGHT 4) SNACK BAR

		£pp
Energy ball and bar platter - no refined sugar (2 pieces pp)	VG, GF	2.50
Banana, cinnamon and sultana bread - no refined sugar (1 slice pp)	V, GF	1.00
Frosted cake bites platter (3 pieces pp)	VG	1.50
Quinoa / Lentil crisps	VG, GF	1.25
Freshly sliced and whole fruit platters	VG, GF	2.50
Fruit and plain scones served with butter and raspberry jam	V *gluten*	2.50
Freshly baked croissants, butter and jam pots	V *gluten*	2.50
8oz Granola pots with cinnamon and sultana, dairy or soya yoghurt, fruit compote, Omega seeds	VG / V	3.00

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BITE BOARDS

1-25 guests: 4 choices for £8.00 per person
5 choices for £9.50 per person
6 choices for £11.00 per person

25+ guests: 4 choices for £7.00 per person
5 choices for £8.50 per person
6 choices for £10.00 per person

TARTLETS / TOASTS / PASTRIES / OATCAKES WITH:

Lemon hummus, Chia seeds, beetroot	VG and GF opt
Smoked Scottish Salmon, cream cheese, lemon	GF opt
Lime guacamole, chilli flakes, vegan Feta	VG, GF opt
Basil pesto Mozzarella, sundried tomato, herby olive	V, GF opt
Free-range egg mayonnaise, spinach ribbon	V, GF opt
Chorizo, Smoked Applewood, pickled cucumber	GF opt
Brie, grape and plum chutney	V, GF opt
Olive tapenade, chilli, pumpkin seeds	VG, GF opt
Roast free-range curried chicken with sultanas	GF opt

ADDITIONAL OPTIONS AVAILABLE - please advise us of your requirements / requests

FINGER FOODS:

Baby Hasselback tatties, sour cream and chive dip	V, GF
Mini Macaroni Bites, spicy ketchup	V / VG
Bean and cheddar quesadillas, chilli guacamole	V / VG
Beetroot hummus with Omega seeds, carrot, cucumber and celery sticks	VG, GF
Moroccan-spiced falafels, minted yoghurt dip	V / VG, GF
Garlic and chilli King Prawns (50p supplement pp)	GF

SWEET BITES:

Lemon and raspberry tartlets	V
Frosted carrot cake bites, lemon frosting, pumpkin seeds	VG
Mini meringues, chocolate dip	V, GF
Apricot and cranberry bites with coconut	VG, GF
Apple and cinnamon tartlets	V

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GRAZING TABLES

Minimum 10 diners

10-24 guests: Vegan Menu £9.00pp
Vegetarian Menu £11.00pp
Omni Menu £13.00pp

25+ guests: Vegan Menu £8.00pp
Vegetarian Menu £10.00pp
Omni Menu £12.00pp

ALL GRAZING TABLE MENUS INCLUDE A SELECTION OF THE FOLLOWING:

Wholemeal rolls, sliced baguettes, pittas, flatbreads, olive oil	VG, GF available
Crackers, crisp breads and oatcakes	VG, GF available
Dried cranberries, dates and sultanas with omega seeds	VG, GF
Cherry tomatoes, fresh fruit and honey	V / VG, GF
Pickled gherkins, beetroot and chutneys	VG, GF

VEGAN MENU

Select 3 options. Additional choices from this section are £1pp

Guacamole with chilli flakes and vegan Feta	VG, GF
Moroccan-spiced falafels, minted soya yoghurt dip	VG
Beetroot hummus with spiced chickpeas, crudités	VG, GF
Basil, mint and sunflower seed pesto	VG, GF
Lightly pickled carrot and mixed cabbage slaw	V, GF
Marinated herby olives, sun-dried tomatoes, chargrilled artichokes	VG, GF

VEGETARIAN MENU (includes choices from Vegan Menu)

Select a further 2 options. Additional choices from this section are £1.50pp

Selection of cheeses, including at least 3 of: Smoked Applewood Cheddar, Petit Brie, Scottish Cheddar, Blue Stilton, Wensleydale and cranberry, chilli-spiced Cheddar	V, GF
Boiled free-range eggs, Sriracha mayonnaise	V, GF
Mozzarella, tomato, and basil salad	V, GF
Minted cucumber Tzatziki with lemon	V, GF
Bruschetta of garlic cream cheese, tomato and basil	VG, GF opt

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OMNI MENU (includes choices from Vegan and Vegetarian Menus)

Select a further 2 options. Additional choices from this section are £1.50pp

Selection of cured and dried meats, chicken liver pâté	GF
Roasted Garlic and Lemon free-range chicken (served cold)	GF
Roast turkey breast, Cranberry sauce (served cold) (available in December)	GF
Sardines in lemon oil, anchovies, pickled Roll-mop herring	GF
Smoked Salmon pâté	GF
Mini pork sausages	
Smoked Scottish Salmon, lemon and capers (£1pp supplement)	GF
Paprika and Garlic King Prawns (£1pp supplement)	GF

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HOST'S HELP

Minimum 6 diners

SOUPS (reheat on stove)

(Minimum 6 diners per choice, maximum 2 choices of flavour per order):	VG, GF	2.50	1.50
- Roasted beetroot and ginger			
- Butternut squash, chilli and coconut			
- Leek and potato			
- Roots' Soupergreen			
- Roasted tomato and basil			
- Carrot and lentil			

MAIN COURSES (reheat in oven)

Puy lentil and roots vegetable Shepherdess Pie topped with sweet potato mash	VG, GF	5.50	4.50
Traditional vegetarian lasagne (vegan optional)	V / VG	5.50	4.50
Traditional minced beef lasagne		6.50	5.50
Macaroni cheese bake with crispy topping (vegan optional)	V / VG	4.50	3.50
Chorizo and paprika bake, tomatoes, olives and potatoes	GF	6.50	5.50

MAIN COURSES (reheat on stove)

Spiced winter vegetable, chickpea and date tagine, served with quinoa salad	VG, GF	5.50	4.50
Free-range chicken and chickpea tagine, served with quinoa salad	GF	6.50	5.50
Bean and root vegetable stew, tomato and kale sauce, served with bread	VG, GF opt	5.50	4.50
Chilli, garlic free-range chicken curry served with pitta breads	GF opt	6.50	5.50

PUDDINGS

Steamed chocolate pudding with chocolate sauce (warm sauce on stove)	VG	2.50	1.50
Spiced apple, ginger and sultana crumble (reheat in oven)	VG, GF opt	2.50	1.50
Tangy lemon tart, raspberry coulis (serve cold) (Minimum 12 diners)	VG opt	3.00	2.00
Rice pudding (reheat in oven):		2.50	1.50
- traditional	V, GF		
- coconut and cacao	VG, GF		

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