

# Fresh & Yummy



## Real Food Catering – Corporate & Private

We are a family-run catering business, based at two locations: Newbridge and Dublin, Lower Camden St. We specialise in guilt-free, wholesome and healthy 'Real Food' for private & corporate catering. We prepare and cook from scratch. And we deliver hot, from the hob to your office desk or home, just like a restaurant. Check our website [www.freshandyummy.ie](http://www.freshandyummy.ie) to hear our story, or just call us for a quote or any questions.



## What We Do

### Office Catering

From delicious cold and hot breakfast platters, gourmet sandwiches to delicious homemade treats.



### Corporate Events

From celebrations, health-focussed events to any corporate events. Our cuisine & service make you shine.



### Private Catering

Communion, christening, anniversary, funeral or any other events. Just relax and leave the organisation to us.



### Pop-Up Restaurant

Don't have a full serviced kitchen on site? Opt for a pop-up restaurant - tailored to your needs and budget.





# How We Do It – Real Food Catering

## Sourcing to your order

We source vegetables and meats to order, i.e. you order on the day before (48 hours for larger groups), we purchase locally where possible. We take freshness, very seriously, i.e. we even don't have a freezer unit in our kitchen. **Your benefit:** extraordinary fresh ingredients and food that is nearly completely free from additives and preservatives.



## Preparing to your order – from scratch

We prepare and cook from scratch. This includes baking pastries and delicious cakes like in a traditional bakery: made from scratch and starting early in the morning. We also prepare all hot dishes and soups from scratch using only fresh meats. There is no deep fat fryer in our kitchen. **Your benefit:** Absolutely delicious and healthy food.



## Both healthy and yummy – Is it magic?

No, it's a return to simple food and its traditional form of food preparation. In a nutshell, it's the combination of a few extraordinary fresh ingredients, great spices, the preparation from scratch (yes, it takes more time) and a strong passion for food and recipes. That's our way of Real Food Catering. It also includes traditional slow cooking which is basically at the opposite end of heating up ready-prepared meals in a microwave. **Your benefit:** Healthier food for body and mind.



## Examples of our Real Food Catering concept

- **Baking like in the olden days** – all scones, muffins and cakes are home-made from scratch (no palm oil, no additives/preservatives)
- **Freshly marinated cooked and grilled chicken** – on a daily basis.  
We use it for our sandwiches, wraps, salads, etc. (no processed chicken!).
- **Homemade egg/mayo** – daily made from freshly boiled eggs, gourmet mayonnaise and spices.
- **All soups made from fresh veggies and blended.** All gravies made from scratch as well.
- **All salads made from full fresh vegetables daily** including fresh homemade dressings.





# Breakfast & Brunch

Minimum of 10



## ♥ Homemade Scone Platter (3, 7) [V]

With mini jams & butters, plain and fruit scones.

pp €2.65

## Freshly Baked Croissants (1, 3, 5, 6, 7) [V]

Choice of: Classic, Chocolate, Glazed Cream, Glazed Almond (specific flavour subject to availability) or VEGAN. Original Italian Recipe. Large or bite size

pp €2.40

Vegan Croissant or Apple Pastry (6, 7) pp €3.00



## ♥ Homemade Muffins

(1, 3, 4, 5, 7) [V] Choice of: Large or mini

Large pp €3.00  
2x Mini pp €3.50

## Freshly Baked Pain au Chocolate (1, 3, 6, 7) [V]

Italian Recipe. Large or bite size.

pp €2.40



## ♥ Deluxe Overnight Oat Porridge (3, 4, 5, 7) [V]

Organic oats. Handcrafted.

Minimum: 4 portions.

With linseed, seeds, nuts, dried & fresh fruits

pp €5.20

## Fresh Fruit Platter [V]

SPO, handcarved seasonal fruits.

Medium platter: 6-8 persons, large: 12-16 persons or in individual pots

Medium Platter €29.00

Large Platter €39.00

Individual Pot €3.80



## Gourmet Granola & Greek Style Yoghurt [V]

(3, 5, 6, 7) Handcrafted. Choice of:

1) Nuts/Pumpkin Seeds/Fruit,  
2) Honey & Seed, 3) Fruit Muesli

pp €2.65

with fresh fruits added, pp €4.65

## ♥ Fresh Homemade Smoothies (3, 9) [V]

3 choices: 1) Banana & Pineapple,

2) Mixed Berries & Banana,

3) Green Veggie

pp €3.60



## ♥ Healthy Homemade Breakfast

### Oat Cookies (1, 3, 5, 7) [V]

Low in sugar (brown), with sunflower seeds, raisins and walnuts.

pp €2.95

♥ = made from scratch / homemade  
SPO = Sourced & Prepared to Order



## ♥ Large Irish Breakfast (1, 3, 6, 7, 11, 12)

**SPO – fresh Irish meats from Newbridge supplier.** 2 sausages, 2 rashers, 2 puddings, mushrooms, beans, tomato, egg, 2 bread slices, butter, jam.  
Optional: Gluten Free (+€1.50)

pp €12.90

## ♥ Vegetarian or Vegan Breakfast (1, 3,

6, 7, 11, 12) [V] **SPO – fresh Falafel.** 2 falafel, 1 hash brown, mushrooms, beans, tomato, 2 bread slices, butter, jam.

Vegetarian pp €13.90

Vegan (6, 7, 11, 12) pp €13.90



All meats fresh from Newbridge meat supplier!



All meats fresh from Newbridge meat supplier!

## Large Breakfast Bap or Roll

(1, 3, 6, 7, 11, 12)

**SPO – fresh Irish meats from Newbridge supplier.** With 2 sausages and rashers, ketchup



pp €6.20

Vegetarian pp €6.80

Vegan (6, 7, 11, 12) pp €6.80

Gluten Free pp €6.80



All meats fresh from Newbridge meat supplier!

## ♥ Gourmet Homemade Sausage Rolls (1, 3, 6, 7, 11, 12)

**SPO – Homemade, plenty of fresh Irish sausage meat from Newbridge supplier.** Large or Bite size.

pp €3.50

## ♥ Homemade Pancake (1, 3, 5, 6, 7, 11) [V]

**SPO – Homemade.**

Lemon / sugar or Nutella pp €3.60



## Breakfast Bagel Platter (1, 3, 6, 7, 11, 12)

**SPO.** Rasher, egg (and cheese) – rasher, sausage.

Vegetarian, Gluten Free or Vegan options +60ct

pp €5.80



♥ = made from scratch / homemade  
SPO = Sourced & Prepared to Order





# Lunch

Minimum of 5  
Vegetarian / Vegan / Coeliac on request



**Premium Lunch or Wrap Platter** (1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12) ♥ **Homemade toppings:** includes **grilled chicken, ham/cheese, roast beef, brie** – all made from **scratch**. Also with cooked ham from local supplier (90% meat). Bread: freshly baked breads like ciabatta, rustic bread, seeded rolls, wraps.

**Vegan option** (4, 5, 6, 7, 8, 9, 11, 12): +€1.40

Lunch Platter pp €6.60

Wrap Platter pp €6.60

## Deluxe Healthy Lunch Platter

(1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12)

♥ **Homemade toppings:** **smoked salmon, grilled chicken, roast beef, brie**. Variety of healthy breads, including freshly baked low GI bread, seeded wholemeal rolls, wholemeal wraps.

Pp €7.20



## Classic Lunch Platter

(1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12)

**Homemade toppings:** **grilled chicken, cooked chicken, egg mayo, tuna filling** – all made from **scratch**. Brown & white bread.

pp €5.60



## Gluten Free Platter

(1, 2, 3, 4, 5, 6, 8, 9, 11, 12)

**Homemade toppings:** **grilled chicken, cooked chicken, egg mayo** – all made from **scratch**.

pp €7.40

(+80ct pp for less than 4 persons)

*“Hosting a party can be daunting, but doesn’t need to be so. The trick is to engage Fresh & Yummy. You have the comfort of knowing everything is fresh and locally sourced. The food is fabulous, so good you can’t even pretend you made it yourself.”*

*The feedback from a recent party was amazing, the food was hot, fresh and tasty. I have not hesitation in recommending Fresh & Yummy.”*

**Paula Egan**

**Managing Director, Finance Services**  
Private & Corporate Customer



## Canapes (1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12)

**SPO.** Choice of (min. 15 persons):

**1. Savoury Canapes:** Choose 3 types:  
Smoked salmon, dill & lime creme fraiche -  
Mozzarella, cherry tomato, basil - Parma  
ham, melon, rocket - American Style beef -  
Smoked salmon, cottage cheese & rocket  
rolls - Rustic tuscan pepper bruschetta.

**2. Hors D'oeuvres (Hot Premium Finger Food):** Choose 3 types: Vol-au-vents - Ham & Cheese Quiches - Slider (mini burgers) - Bacon Cheddar Potato Skins - BBQ Chicken Bites.

Savoury (3 items per person) pp €7.50

Savoury (2-3 items per person) pp €13.50





# Salads +

Medium bowl (8-10 p.), large (16-20 p.)  
Vegetarian / Vegan / Coeliac on request



## ♥ Fresh Caesar Salad (1, 3, 6, 7, 8, 9, 11, 12) Homemade dressing & SPO.

individual €9.50  
medium bowl €29.20  
large bowl €41.50

## ♥ Fresh Pasta Salad [V] (1, 3, 5, 6, 7, 8, 9, 11) Homemade dressing & SPO. Choice of:

- 1) Pasta with sundried tomatoes, spinach and feta
- 2) Pasta with Chicken, pine nuts & pesto

individual €9.10  
medium bowl €27.50  
large bowl €39.20



## ♥ Fresh Homemade Coleslaw Salad (1, 3, 6, 8) [V] Homemade dressing & SPO.

individual €9.30  
medium bowl €28.70  
large bowl €40.80

## ♥ Fresh Asian Chicken & Quinoa Salad (3, 4, 5, 6, 8, 9, 11, 14) Homemade dressing & SPO.

individual €9.50  
medium bowl €29.20  
large bowl €41.50



## ♥ Fresh Greek Salad (3, 8) [V] Homemade dressing & SPO.

individual €9.50  
medium bowl €29.20  
large bowl €41.50

## ♥ Fresh Mixed Salad with Quinoa, Chia Seeds (5, 6, 8) [V] Homemade dressing & SPO.

individual €9.30  
medium bowl €28.70  
large bowl €40.80



♥ = made from scratch / homemade  
SPO = Sourced & Prepared to Order

## Deluxe Home-Roasted Cold Meat

**Platter** (1, 3, 5, 6, 8, 11, 12) ♥ SPO, home roasted turkey, ham, roast beef for your order. With fresh grilled chicken, grilled vegetables, sun-dried tomatoes, humus, green pesto and mixed breads.

pp €16.50  
Minimum of 10



## Selection of Breads (1, 3, 5, 6, 8)

- Freshly baked Original Italian Ciabatta and rustic bread
- Freshly baked roll/panini/baguette with mini butters
- Freshly baked country bread and seeded bread slices with mini butters (minimum of 5 p.)

pp €1.80



# Soups

Minimum of 10

In kettle or individually packed (+50ct each)

**Vegetarian / Vegan / Coeliac on request**

♥ **Fresh Potato-Leek Soup with Parmesan** (3, 9) [V] **SPO, blended with fresh potatoes and leek.**

pp €3.80

♥ **Cream of Mushroom Soup** (3, 9) [V] **SPO, blended with fresh mushrooms.**

pp €3.80

♥ **Fresh Vegetable Soup** [V] (3, 9) **SPO, blended with fresh seasonal vegetables.**

pp €3.80

♥ **Fresh Carrot Soup** (3, 9) [V] **SPO.**

pp €3.80

What about adding some rolls or brown bread?

♥ = made from scratch / homemade

**SPO = Sourced & Prepared to Order**

*"The food was excellent, really liked the sausages, sandwiches were great and the carrot cake was out of this world (I love the cinnamon dusting on top). My compliments to your wife and thank you both very much."*

**Justin Twiddy**  
Managing Director, Grenke Ireland  
Corporate Customer



*"I just wanted to say thank you very much for providing such a delicious breakfast on Monday. You delivered a first class service, timing and quality of the food, was very efficient, reliable and professional. Looking forward to ordering in the near future."*

**Patrick Lavelle**  
Case Officer, Department of Employment Affairs and Social Protection  
Corporate Customer

*"Thanks again for the delicious food. The olives were a nice flair on the sandwiches. The non-veggies really enjoyed the hot food."*

*Food was very fresh and of high quality. Delivered straight to our door at the exact time arranged. Fresh and Yummy will be our caterers of choice for all our office events and meetings going forward."*

**Candie Malone**  
Office Manager, Real World Analytics  
Corporate Customer

*"Love the concept! The food tasted as if it had just left the kitchen. Absolutely delicious. Not just highly recommended, no one is making food like this. You need to try it!"*

**Brian O'Brien**  
Managing Director, Dot Net Solutions  
Corporate & Private Customer







# Hot Buffet

Minimum 10

In Bain-marie or individually packed (+50ct each)

**Vegetarian / Vegan / Coeliac on request**



♥ **Fresh Chicken Curry with Steamed Basmati Rice** (3, 8) **SPO.**

pp €12.90

♥ **Beef Stroganoff with Steamed Basmati Rice** (3, 9) **SPO – traditionally slow cooked.**  
100% Irish Beef.

pp €13.50

## FRESH CHICKEN:

♥ **Stuffed Fresh Chicken Breast** (1, 3, 7) SPO – with mushroom-onion stuffing and roasted potatoes. pp €15.90

♥ **Chicken a la King with Steamed Basmati Rice** (3, 9) SPO. pp €12.90

♥ **Chicken Chorizo & Pasta** (3, 7) SPO. pp €13.50

♥ **Buttermilk Fried Chicken with Colcannon** (mash/cabbage) (3, 7, 9) SPO. pp €15.90

♥ **Green Thai Chicken Curry** (1, 2, 3, 4, 5, 6, 7, 8, 9, 14) SPO. pp €12.90

## FRESH BEEF / PORK

♥ **Homemade Beef Lasagne** (3, 7, 9) SPO – with fresh beef and homemade bechamel sauce. pp €13.50  
Traditionally slowly cooked tomato-beef sauce. 100% Irish Beef.

♥ **Italian Spaghetti Bolognese** (3, 7, 9) SPO – slowly cooked sauce, fresh beef mince. 100% Irish Beef. pp €12.90

♥ **Vietnamese Caramel Pork** (2, 4, 5, 6, 8, 9, 11, 14) SPO – with fresh pork, steamed basmati rice. pp €12.50

♥ **Mexican Chilli con Carne** (3, 9) SPO – **slowly cooked.** Lean beef & steamed basmati rice. 100% Irish Beef. pp €12.90

♥ **Beef and Guinness & Pearl Barley Stew** (7, 8, 9) slowly cooked. 100% Irish Beef. pp €14.90

## *Special Occasions for Your Office / Home*

Are you planning to treat your staff or family/friends for a special occasion?  
Why not save your time and budget with a pop-up restaurant?  
**Contact us** for our festive menu and a quote at 089 40 890 44.





# Lean / Veg.

Minimum 10

In Bain-marie or individually packed (+50ct each)

**Vegetarian / Vegan / Coeliac on request**



♥ **Fresh Chicken & Quinoa Stir Fry** (3, 6, 7, 8, 11) **SPO, high in protein and fibre.** With roasted baby potatoes & vegetables.

pp €12.90

♥ **Baked Fresh Salmon** (2, 3, 8) [V]

**SPO.** With fresh vegetables and potatoes.

1 slice of salmon (120g) - pp €14.50

2 slices of salmon (240g) - pp €16.50

## FRESH & LEAN:

♥ **Stir Fry Chicken Noodles** (1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 14) **SPO.** pp €12.90

♥ **Stir Fry Curry Rice with Chicken & Spinach** (3, 6, 7, 8, 9, 11) **SPO.** pp €12.90

## VEGETARIAN / VEGAN:

♥ **Ratatouille with Penne Pasta** (6, 7, 9) [V] pp €11.50  
**SPO.**

♥ **Vegetable Curry with Steamed Basmati Rice** (3, 9) [V] **SPO.** pp €11.50

♥ **Hot Squash & Chickpea Salad** (8) [V] pp €11.50  
**SPO.**



# Finger Food

Minimum of 8  
Aluminium Tray

Minimum of 15  
Bain-marie



**Chicken Goujons** (7)

Made with chicken breast.

pp €6.80



♥ **Fresh Cocktail**

**Sausages** (6, 7, 8, 11, 12)

**SPO, seasoned with sesame and honey.** Oven roasted.

pp €6.80

♥ **Fresh Chicken Wings** (3, 6, 7)

**SPO, fresh homemade marinade.**

pp €6.80

**Roasted Baby Potatoes**

[V] ♥ **SPO – with fresh rosemary and dill.**

With other finger food - pp €4.00



**Fresh Falafel** (7) ♥ **SPO.**

With homemade dip.

pp €7.50

♥ = made from scratch / homemade  
**SPO = Sourced & Prepared to Order**





# Cakes

Minimum of 8  
100% from scratch  
Vegan / Coeliac on request



## ♥ Favourite Homemade Cakes

(1, 3, 4, 5, 6, 7) [V] Choice of: 1) Carrot cake with real fresh carrot pieces, 2) Lemon cake with lemon pieces, 3) - Rocky road, 4) Seasonal cakes (please contact us on this)

pp €3.50

## ♥ Premium homemade Snickers-Biscuit Cake

(1, 3, 4, 5, 6, 7, 12) [V] With biscuits, peanuts and caramel.

pp €4.50

full tray €55



## ♥ Deluxe Raffaello

**Cake** (1, 3, 4, 5, 6, 7, 12) [V]

With almonds and coconut.

Multiple layers.

12" €110

25x35cm tray €110

## ♥ Deluxe Chocolate

**Biscuit Cake** (1, 3, 4, 5, 6, 7, 12)

[V]

12" €80

full tray €80



## ♥ Homemade Brownie

(1, 3, 4, 5, 6, 7) [V]

pp €3.50

full tray €50

## ♥ Deluxe Raspberry & Mascarpone-Cream

**Cake** (1, 3, 4, 5, 6, 7) [V]

Multiple layers, topped with seasonal fruits.

12" €95



♥ = made from scratch / homemade **SPO** = Sourced & Prepared to Order

Looking for more options? Just contact us.  
Optional: Written birthday wishes (+€5.00).

## ♥ Austrian Sacher Cake (1, 3, 4, 5, 6, 7, 12) [V]

**Traditional chocolate cake from Vienna.** With layer of apricot jam. Add a birthday message (optional +€5.00)

12" €70

## ♥ Deluxe Chocolate Cream Cake

(1, 3, 4, 5, 6, 7, 12) [V] Multiple layers.

12" €95







## Premium Coffee

Includes sugar and milk for coffee. Disposable cups and stirrers available on request. 2.5 litre flask (12 cups).

Flask €23.50

## Premium Tea

Includes sugar and milk. Disposable cups and stirrers available on request. 2.5 litre flask (12 cups).

Flask €20.00



## Soft Drinks

Standard or diet. 500ml

each €2.10

## Water

Still or sparkling. Tip: The Tipperary glass bottle is ideal for Exec Meetings.

Ishka (500ml), each €1.50

Tipperary (330ml), each €1.75



## Cheese & Onion Crisps

Tayto.

Each €1.20



## Juices

Orange or apple juice. Choice of:

1. Freshly squeezed orange juice or Pressed apple juice (330ml)

2. Fruice (100% juice from concentrate, 330ml)

Freshly squeezed orange juice €3.40

Pressed apple juice €3.40

FRUICE orange/apple juice €2.35



*"I'm loving the meals and I would highly recommend them to anyone. A great service and I've no doubt this will really take off."*

**Philly Kinsella, Weight Loss & Performance Specialist,**  
Private Customer

*"Thank you for the wonderful food, delicious, enjoyed by all. Would highly recommend Fresh and Yummy."*

**Geraldine Burke**  
Private Customer, Co. Kildare

## Vit Hit.

Berry or Apple/Elderflower.  
Low in Calories.

Water+Juice+Tea+Vitamins.  
500ml.

Each €2.60





# Ordering & Deliveries – Dublin + North Kildare



## Delivery Areas / Minimum Order / Delivery Fees

	BREAKFAST	LUNCH	AFTER 3PM + WEEKENDS
Dublin 2, Dublin 4 City West, Park West, Ballymount, Liffey Valley, Fonthill , Tallaght Naas/Newbridge area	€80 minimum order €12 delivery fee for orders below €120	€60 minimum order €8 delivery fee for orders below €100	€200 minimum order after 3pm and Saturdays
Dublin 1, Dublin 3	€100 minimum order €15 delivery fee for orders below €150	€80 minimum order €12 delivery fee for orders below €120	
Rest of Dublin* + North-east Kildare *excl. northern and southern districts like e.g. Howth, Swords + Shankhill: delivery fees for those on request	€150 minimum order €18 delivery fee for orders below €250		Delivery fees on request

## Rental / Hire of Equipment (collection within 2 working days)

- Fully insured and trained Waiting / Serving staff – contact us for a quote.
- Bain Marie (incl. 2 hours fuel): €7.20 /each, Soup Kettle: €6.50 /each
- Cutlery / Crockery: €0.65 /piece (fork, knife, plate, etc.), Glasses: €0.85 / piece (soda, wine)
- Table (5×2.5 ft): €15 /day, Table cloth (fabric, white): €10.50 /each
- Individual wrapping/labelling for sandwiches or individual packaging of hot foot: +€1 pp person
- Collection fee for bain-maries / coffee flasks etc. applies, amount of fee depends on location

## For Placing an Order

- Via Phone:** 089 40 890 44 (Business) / 089 252 0253 (Private): 8am to 8pm, Mon-Sat.
- Via Email:** corp-order@freshandyummy.ie (Offices) or info@freshandyummy.ie (Private)

If you have not received a confirmation of your order (spam folder?), please call or email us.

Some prices may be subject to VAT, please enquire when ordering.

## Cut-off Times / Changes / Cancellations

- Orders required by 12pm lunch** for next day. 48 hours notice required for groups of 15+ persons. We will try to accept last minute orders, however menu selection and delivery time may need to be flexible -- **Changes:** For more than 2 changes on standard quotes (excludes larger events), an admin fee of €5 per change may apply.
- Cancellations:** made by 1pm one day prior to meeting/event will not incur cancellation fees. Cancellations made after 1pm one day prior to meeting/event are subject to full cancellation fees. Clients are responsible for full cost incurred by speciality foods, services or labour charges.

## Allergen Advice

- Please note that our kitchen is not a 100% allergen free environment. Products may contain traces of other allergens. A range of products can be gluten-free, dairy free, vegetarian. All dishes marked with a [V] are classified as vegetarian. Contact us if you have any queries.

Allergen Key – products may contain:

1. Egg & Products thereof	6. Soybeans & Products thereof	11. Sesame & Products thereof
2. Fish & Products thereof	7. Wheat & Products thereof	12. Sulphites
3. Dairy & Products thereof	8. Mustard & Products thereof	13. Molluscs & Products thereof
4. Peanuts & Products thereof	9. Celery & Products thereof	14. Shellfish & Products thereof
5. Nuts & Products thereof	10. Lupin & Products thereof	