



FRESH & YUMMY

GOURMET CATERING

EST. 2018

MENU



Corporate Events



Office Meetings



Hot Buffet



Social Catering



NATIONAL FINALIST 2023
BEST BUSINESS & INDUSTRY CATERING
VIRGIN MEDIA BUSINESS AWARDS

CORPORATE/OFFICE ORDERS
corp-order@freshandyummy.ie

01-507 9089 / 045-255 599

PRIVATE ORDERS
info@freshandyummy.ie

WHAT WE DO

ABOUT US

We are a family-run catering business based in two locations; Newbridge and Dublin, Lower Camden St. We specialise in guilt-free, wholesome and healthy food for private and corporate catering. We prepare and cook our food from scratch and deliver from the hob to your office or home.



From celebrations to corporate events to health-focused events, our cuisine and service make you shine.

CORPORATE EVENTS



We offer a variety of delicious hot buffets for lunches and dinners, tailored to your needs and budget. The service includes set up, collection and, if required, serving staff.

HOT BUFFET



From delicious cold or hot breakfast platters, to gourmet sandwiches, even to delicious home-made treats.

OFFICE CATERING



We cater to a range of social events too; communions, weddings, anniversaries, christenings or funerals. Just relax and leave the organisation to us.

SOCIAL CATERING

WHY CHOOSE US

Since 2018, our goal has been to create a memorable client experience. This includes a flexible, reliable and reachable service, as well as excellent communication with our clients. On the catering site, we aim for 100% fulfilment of our credo which is also our business name: **Fresh & Yummy - Gourmet Catering**.

WE SOURCE DAILY

We source fresh and local ingredients daily for your order. We source our ingredients 24 hours prior to your event (48 hours for larger groups). The benefit for our customers is an amazing freshness in all our dishes.



WE PREPARE FROM SCRATCH

We prepare, bake and cook from scratch. It's healthier, fresher and tastes better. For example, we use freshly marinated cooked and grilled chicken on a daily basis. Our chicken is free from any additives or preservatives. This is the same chicken that we use in any of our signature chicken dishes. Also includes our range of homemade bakery products like scones, cakes, breakfast cookies and more.

DIFFERENT TECHNIQUES

We focus on using techniques that enrich the flavours and textures of our dishes (slow cooking, simmering, oven baking, etc). These methods require time, patience, and the freshest ingredients.



OUR USE OF SPICES

We use high quality spices in our kitchen to enhance the flavours and aroma, adding depth and complexity to our dishes. You can taste the difference.

MISSION & SUSTAINABILITY



MISSION

Our mission is to make office employees and private clients feel happy and re-energised by delivering fresh, delicious and healthy gourmet food. We use fresh, quality ingredients that are daily sourced for the next day's orders (locally where possible). We create food that is prepared from scratch and without preservatives or additives. Our food is delivered to your office or home by zero emission electric vehicles in compostable, reusable or recyclable packaging.

Sustainability



100% Green Energy Supply

20% of energy produced by own large 18-panel solar system. 80% via Energy provider using solely wind and solar energy.



90% Zero Emission Transport

90% of all our delivery/purchase mileage are done with 100% electric vehicles.



Sustainable Packaging

Use of re-usable, compostable or recyclable packaging.



100% Sustainable Hot Water

Produced via 2 large solar-thermic panels



FRESH & YUMMY GOURMET CATERING



Preparation From Scratch

Preparing, baking and cooking from scratch.



Daily Fresh Sourcing

Fresh ingredients, sourced locally where possible on a daily basis.



Quality Food

Use of fresh quality ingredients, sourced daily, prepared from scratch. Because it's healthier, fresher and tastes better.



Family Values

Family owned and run business. Strong focus on quality and traditional values.

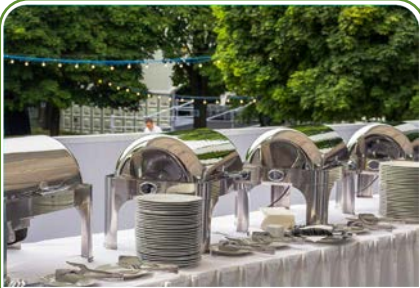
Freshness

Honesty

EVENTS

FULL EVENT SERVICE

Whether you are hosting a conference, a business lunch, an evening canape reception or a private event, we are able to provide food, drinks, equipment and staff to make your event a full success.



Let us create your event in style - from selecting a suitable venue, to food presentation and even serving.

Elegant Presentation



Your needs combined with our expertise. Regardless of the size of your event, a good plan is half the work done.

Event Planning



We cater at your venue/office or help you to utilise other great venues. No kitchen required. Contact us.

Event Locations



We cover your serving needs with well trained hosting, serving and waiting staff.

Event Staff



FRESH & YUMMY GOURMET CATERING



From elegant furniture and tableware to high quality sound systems, we can provide a wide range of rental options.

Equipment Hire



A variety of delicious hot buffets for lunches and/or dinners, tailored to your needs and budget.

Gourmet Hot Buffet



From a simple wine / mineral bar to a full service spirits bar. We cover all your beverage needs.

Drinks



Choose from our selection of sweet indulgences or opt for our delicious savoury canapes.

Gourmet Canapes / Desserts

Fine Dining

GOURMET SELECTION



Chicken Cordon Bleu



Beef Guinness & Pearl Barley Stew



Beef Bourguignon

Chicken

CAPRESE CHICKEN NEW €15.50
With roast sweet or baby potatoes, and mixed salad (3,8,9) GF

WINE BRAISED CHICKEN NEW €16.90
With pearl onions, rice or pasta (3,7,8,9)

CHICKEN CORDON BLEU NEW €15.50
Filled with ham and cheese (1,3,7,8,12)

BUTTERMILK FRIED CHICKEN €14.50
With colcannon (mash/cabbage) (3,7)

STUFFED CHICKEN €15.50
Filled with mushrooms, onion and mozzarella. Served with roast baby potatoes and veggies (1,3,7)

SUPREME CHICKEN NEW €15.50
Free range chicken, with mash, vegetable and homemade gravy (3,6,7,8,9)
Requires 3 days notice (Fresh from Kildare free range farmer.)

ROAST TURKEY €17.50
With roast or mash potatoes, vegetables and gravy (3,6,7,8,9)

Optional Sides + €3.50

- Braised rice VE/GF
- Mushroom pilaf VE/GF
- Colcannon (mash/cabbage) (3) V/GF
- Mash (3) GF/V
- Summer herb couscous (6,7)
- Cumin roasted carrots VE/GF

Beef

BEEF BOURGUIGNON NEW €17.50
With mash or roast potatoes & vegetables. 100% Irish beef (3,6,7,8,9)

BRAISED BEEF NEW €15.90
100% Irish beef with mash or crushed potatoes (3,6,7,8,9)

BEEF GUINNESS & PEARL BARLEY STEW €15.90
With baby carrots & pearl onions. 100% Irish beef (6,7,8,9) DF

BEEF GUINNESS PIE NEW €15.50
With mash potatoes. 100% Irish beef (1,3,6,7,9)

Lamb

LAMB RENDANG NEW €17.50
100% Irish lamb, with mushroom pilaf and naan bread (plain or garlic)(3,6,7,8,9)

Fish

BAKED FRESH SALMON €15.50
With 1 slice of salmon (120g) or 2 slices of salmon (2x 120g, +€2.50), fresh vegetables and potatoes (2) GF/DF

BAKED FRESH HAKE NEW €14.90
With mash potatoes and vegetables (2,3,7), requires 1 week notice (fresh from Wexford fish monger)

Minimum 12

GF/DF ON REQUEST

HOT BUFFET



Pesto Chicken Tagliatelle



Beef Stroganoff

Chicken

FRESH CHICKEN CURRY €13.50

With steamed basmati rice (3) GF

CHICKEN A LA KING €13.50

With steamed basmati rice (3) GF

GREEN THAI CHICKEN CURRY €13.50

With steamed basmati rice (3,6,12) GF

CHICKEN CHORIZO & PASTA €13.50

With penne pasta and cherry tomatoes (3,7)

CHICKEN JALFREZI NEW €13.50

With steamed basmati rice (9) GF/DF

CHICKEN PASTA BAKE NEW €13.50

With penne pasta, peppers & cheese (1,3,7,8)

CHICKEN & CHORIZO JAMBALAYA NEW €13.50

With steamed basmati rice (3,9) GF

RATATOUILLE CHICKEN €13.50

With penne pasta (7) DF

CARIBBEAN CHICKEN CURRY NEW €13.50

With steamed basmati rice (3) GF

CHICKEN & LEEK PIE NEW €13.50
(1,3,7,8)

PESTO CHICKEN TAGLIATELLE NEW €13.50

Alfredo & creamy, with fresh broccoli and parmesan (3, 5, 7, 9)

Beef

BEEF STROGANOFF €14.50

With 100% Irish beef & steamed basmati rice (3,6,8) GF or with pasta (3,6,7,8)

HOMEMADE BEEF LASAGNE €13.90

100% Irish beef mince and homemade bechamel sauce. Slowly cooked in tomato-beef sauce (3,7)

ITALIAN SPAGHETTI BOLOGNESE €12.90

100% Irish beef mince with slowly cooked sauce (3,7)

MEXICAN CHILLI CON CARNE €12.90

With steamed basmati rice. 100% Irish beef (6) GF/DF

BUILD YOUR OWN BURRITO NEW €12.50

With grilled chicken, Mexican style mince beef, turkey, rice, fresh cut vegetables and sauces. 100% Irish beef (3,6,7,8)

BUILD YOUR OWN BURGER NEW €13.50

With grilled handmade beef & turkey burgers, fresh cut vegetables and sauces. 100% Irish beef (3,7,8,11)

INDIAN BEEF BHUNA NEW €12.90

With steamed basmati rice. 100% Irish beef (3,6,9) GF

STEAK HOUSE BURGER NEW €13.50

With roast potato wedges. 100% Irish beef (3,7,8,11)

Pork

PORK CHOPS IN CREAMY SAUCE NEW €12.90

With peas and potatoes (3) GF

CHINESE STIR-FRY SPICED PORK NEW €12.90

With brown rice, peppers & cashews (5,6,9) GF/DF

Minimum 12 | GF/DF on Request

HOT FOOD



Green Fresh Pesto Pasta



Ratatouille

Vegetarian

COURGETTE SPINACH RISOTTO €11.50 NEW
(3,9) GF/V

VEGETABLE PASTA BAKE €11.90 NEW
With creamy sauce and cheese (1,3,7,8,9) V

GREEN FRESH PESTO PASTA €12.50 NEW
With spinach and mozzarella (3,5,7) V

VEGETABLE CURRY €11.90
With steamed basmati rice (3,9) V/GF

VEGETABLE LASAGNA €12.50
With homemade bechamel sauce (3,7,9) V

Vegan

RATATOUILLE €12.50
With wholemeal penne pasta (7) VE

HOT SQUASH & CHICKPEA SALAD €12.50
With mixed beans & vegetables VE/GF

SWEET POTATO & CHICKPEA TAGINE €11.90 NEW
With cherry tomatoes GF/VE

BEETROOT BURGERS €12.50 NEW
With rocket and chili relish (7,8,11) VE
Optional: feta cheese for vegetarians (3)

FRAGRANT SQUASH CURRY €12.90 NEW
With steamed basmati rice VE/GF

STIR FRY VEGETABLES €11.50
With steamed basmati rice (6,9) VE/GF

SPINACH AND COCONUT DHAL €11.90 NEW
With lentils & vegetable rice (6,9) VE/GF

TOMATO AND CHICKPEA CURRY €11.50
With steamed basmati rice VE/GF

MUSHROOM BIRYANI €11.90 NEW
With steamed basmati rice (9) VE/GF

Google Reviews

★★★★★



"We recently used Fresh & Yummy for a corporate event where we celebrated 20 years in business.

Having good quality food was a priority and Fresh & Yummy didn't disappoint. The food was delicious, the service excellent and so many of our guests complimented the food on the night. Max and his team are a pleasure to work with, professional with great attention to detail. I highly recommend Fresh & Yummy and will use them again"

(Website Review)

ANGELA CANAVAN, MD CANAVAN BYRNE
CORPORATE CLIENT

"We at Woodie's are extremely satisfied with the prompt, professional, helpful and friendly service from Fresh and Yummy, their food is fantastic"

INGA PETERSON, RECEPTION WOODIES
CORPORATE CLIENT

"What a great company! We received first-class service for a very special and important event. Our guest even remarked on how impressive everything was. Max and his team take pride in their work."

CILLIAN CANAVAN, SALES & BD MANAGER AMVIC IRELAND
CORPORATE CLIENT

Google Reviews

★★★★★

"Fresh and Yummy Ltd catered our wedding in June and we were delighted with the quality of the food and the professional service. We had a pre-wedding tasting evening and Max worked with us to create a bespoke wedding menu. The food from start to finish was excellent. Our guests were delighted with the food."

STEVEN CORRIGAN
PRIVATE CLIENT

"Fresh & Yummy have been catering Wind Energy Ireland's office for training events and Max and the team provide a great service. The food is always on time and super tasty. Their lunch platter gives a great selection for a group. They do all the work so you just have to open the door :) We will continue to use Max and the team going forward.

DAIRE HORGAN, R&D ANALYST WIND ENERGY IRELAND
CORPORATE CLIENT

Minimum 10

GF/DF on Request

VEGETARIAN

Fine Dining

GOURMET SELECTION



COLD CANAPÉS

Minimum 20 people:

Smoked salmon, dill & lime creme fraiche (2,3,7) | Caprese canape (3,7,12) V | Parma ham, melon, rocket (3,7) | American style beef (3,7) | Smoked salmon, cottage cheese & rocket rolls | Rustic Tuscan pepper bruschetta (7,12) VE | Beef and caramelized onion canapés (3,7,8) | Goat cheese crostini with fresh pesto (3,5,7) V | Canapés with garlic herb cream cheese & avocado (3,7) V | Whipped feta apple hazelnut canapés (3,7) V | Salami and cream cheese bites (3,7,12) | Spinach and smoked trout roulades (2,3,7) | Devilled eggs (1,3,7,8) V | Smoked salmon pancake wraps (1,2,3,7)

CHOOSE 3 PP €8.30
CHOOSE 5 PP €13.60

CHARCUTERIE PLATTER NEW

With a selection of finest cut meats, antipasti and dips.

Serves 20 (3,4,5,7,8,11,12)
€95



LAND & SEA PLATTER NEW

Turkey, ham, roast beef, tuna salad, smoked salmon, egg salad, deli cheese, mozzarella, cheddar, grilled vegetables, mixed breads, pepper mayonnaise & mustard
(1,2,3,5,6,7,8,11,12)

€15.90

HOME ROASTED COLD MEAT PLATTER

Freshly roasted turkey, ham, grilled chicken, grilled vegetables with mixed breads, hummus & pesto
(3,5,7,8,12)

€15.90



HORS D'OEUVRES - HOT PREMIUM FINGER FOOD NEW

Minimum 20 people:

Includes 3 pieces per person.

1. Vol au vents (1,3,7)
2. Ham & cheese quiche (1,3,7)
3. Mini burgers (3,7,8,11)
4. Bacon & cheddar potato skins (3,7)
5. Bbq chicken skewers Contains soya. (6)

CHOOSE 3 PP €14.50

FRUIT SKEWERS NEW

VE/GF

€3.50

PREMIUM CHEESE BOARDS NEW

Assorted deluxe cheese with hummus, sundried tomatoes, pesto, olives, baguette and crackers. Serves 20 (1,3,5,7) V

€85

CHEESE PLATTER

Assorted firm and soft cheeses, with crackers, grapes, dried fruits, fresh bread and butter (1,3,5,7) V

€11.50

ANTIPASTI PLATTER NEW

Includes salami, prosciutto, mozzarella balls, vegetables, olives and cured cheese (1,3,7,12)

€8.00



Minimum 12 | GF/DF ON REQUEST

CANAPÉS / SHARING BOARDS



CHICKEN GOUJONS

Made from chicken breast (7) DF
€6.80



FRESH COCKTAIL SAUSAGES

Delicious fresh sausages from local supplier (7,12) DF
€6.80



BATTERED CHICKEN BALLS NEW

Made from chicken breast (1,3,7)
€6.80

FRESH FALAFEL

With homemade dip
VE/GF
€7.50



FRESH CHICKEN WINGS

Fresh marinade (6) DF/GF
€6.80

NEW STUFFED MUSHROOM

With herby stuffing and cheese (1,3,7) V
€6.80



HOMEMADE PIG IN BLANKET NEW

Small fresh sausages wrapped in pastry (1,7,12) DF
€5.50

NEW HOMEMADE QUICHE

Large or mini. Choice of ham/cheese or vegetarian with cheese, spinach, courgette (1,3,7,12) V
Large €5.50
2x Mini €3.90



ROAST BABY POTATOES

Served with fresh rosemary VE/GF
€4.00

ROAST POTATO WEDGES

With fresh rooster potatoes VE/GF
€4.50





GOURMET LUNCH PLATTER

Fillings include: grilled chicken, ham&cheese, roast beef, brie & more options. With ciabatta, rustic baguette, seeded rolls and wraps. Includes around 30% vegetarian options (1,3,6,7,8,11,12)
Standard €7.10 - Vegan €8.30



DELUXE HEALTHY LUNCH PLATTER

Fillings include: grilled chicken, roast beef, brie, ham/cheese & more options. With freshly baked low GI bread, seeded whole-meal rolls & wraps. Includes around 30% vegetarian options (1,3,6,7,8,11,12)
Standard €7.80 - Vegan €8.80



CLASSIC LUNCH PLATTER

Fillings: grilled chicken, cooked chicken, roast beef, egg & mayo, ham/cheese, cheese/salad & more options. Brown & white bread. Includes around 30% vegetarian options (1,3,6,7,8,11,12)
Standard €6.00
Vegan €7.20



PREMIUM WRAP PLATTER

Fillings: grilled chicken, cooked chicken, roast beef, egg & mayo, ham/egg & veggie options. Includes around 30% vegetarian options (1,3,6,7,8,11,12)
Standard €7.10
Vegan €8.30



GLUTEN FREE PLATTER

Fillings: grilled chicken, cooked chicken, egg & mayo, ham/cheese, veggie option. With GF bread (1,3,6,8,11,12) GF
€8.30



COMBO PLATTER CLASSIC & WRAP

Fillings: grilled chicken, cooked chicken, roast beef, egg & mayo, ham/egg & veggie options. Includes around 30% vegetarian options (1,3,6,7,8,11,12)
€6.60

Fine Dining

GOURMET SELECTION



MONTE CRISTO NEW

Ham, smoked turkey, cheese, mustard and pickles (1,3,7,8,12)
€8.90

CHICKEN PITA NEW

Freshly grilled chicken breast with hummus, tomato & cucumbers on pita bread (1,3,7,8)
€9.90

CAPRESE NEW

Fresh mozzarella, tomato, basil, pesto, extra virgin olive oil on ciabatta bread (3,5,7) V
€8.90

TUNA EXCLUSIVE NEW

Tuna, celery, capers, shallots, parsley, basil, lemon juice, tomato, extra virgin olive oil on multigrain bread (1,2,3,7,8,9,11)
€8.90

LOADED CIABATTA NEW

Salami, prosciutto, ham, cheese, roasted peppers on ciabatta bread (1,3,7,8,12)
€8.90

TURKEY MEETS BRIE NEW

Turkey, cranberry relish and brie on multigrain bread (1,3,7,8,11,12)
€8.50

Minimum 5/10

DF on Request

LUNCH

Minimum 5 | GF/DF ON REQUEST

SPECIALITY SANDWICHES



FRESH PASTA SALAD

Pasta with sundried tomatoes, spinach and feta (3,7,8) V

IND €9.90
M €33.00
L €45.00



FRESH CAESAR SALAD

With homemade caesar dressing (3,7,8,12)

IND €9.90
M €33.00
L €45.00



FRESH MIXED SALAD WITH QUINOA & CHIA

With homemade dressing (8) VE/GF
IND €9.50
M €30.00
L €42.00

FRESH ASIAN CHICKEN & QUINOA SALAD

With homemade dressing (6,8) DF/GF
IND €9.90
M €33.00
L €45.00



GREEK FRESH SALAD

With homemade dressing (3,8) V/GF
IND €9.90
M €33.00
L €45.00

FRESH CHICKEN PESTO SALAD

Pasta with chicken, pine nuts & pesto (3,5,7)
IND €9.90
M €33.00
L €45.00



SUPERFOOD SALAD NEW

Variety of vegetables, quinoa, seeds and homemade dressing (5,8) VE/GF
IND €9.90
M €33.00
L €45.00

FRESH GARDEN LEAF SALAD

With homemade dressing (8) VE/GF
IND €9.50
M €30.00
L €42.00



FRESH HOMEMADE COLESLAW SALAD

(1,3,8) V/GF
IND €9.50
M €30.00
L €42.00

SELECTION OF BREADS

Freshly baked original Italian ciabatta & rustic bread with mini butters (3,7) V
€2.10



Medium serves 10

Large serves 20

SALADS



FRESH POTATO-LEEK SOUP

With parmesan (3,9) GF/V
€4.10



FRESH MIXED VEGETABLE SOUP

(3,9) GF/V
€4.10



FRESH MUSHROOM CREAM SOUP

(3,9) GF/V
€4.10



FRESH PARSNIP SOUP NEW

(3,9) GF/V
€4.10



FRESH CHOWDER NEW

Choice of:
Fish (2,3,6,9,12,14) GF
€7.10
Vegetable (3,6,9,12,14) V
€5.10



SELECTION OF BREADS

Freshly baked original Italian ciabatta and rustic bread with mini butters (3,7) V
€2.10

Google Reviews ★★★★★



"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."

(Website Review)

PAULA EGAN, MD FINANCE SERVICES CORP. & PRIVATE CLIENT

"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."

(Website Review)

PATRICK LAVELLE, CASE OFFICER, DEPT. OF EMPLOYMENT CORPORATE CLIENT

"I order from Fresh and Yummy every 2 weeks for a working lunch and the quality, quantity and service is first class. Delivery is always on time. I would highly recommend Fresh and Yummy."

PAUL COSTELLO, TEAM LEADER, IRISH FOOD MANUFACTURER CORPORATE CLIENT

"We have been using Fresh & Yummy for corporate breakfasts and lunches for over 12 months. The service is second to none and the food is excellent. The team are very nice to deal with and I would have no hesitation in recommending their services."

ALISON DUNNE, PROPERTY DEPT, IRISH RETAILER CORPORATE CLIENT

"Hired Fresh & Yummy to cater a Christmas lunch for my colleagues in our office and I couldn't have been more pleased. The food was delicious, the customer service was excellent, they set up everything and took everything away again. It was an excellent service, I would highly recommend."

KATIE DELANEY, HR ADMIN, IRISH MANUFACTURER CORPORATE CLIENT

"We used Fresh & Yummy for our Christmas Lunch in the office, from the first email, Max was great to work with. The set up on the day was perfect and our team really enjoyed the food! There was plenty for everyone. Thank you again and will absolutely be in touch again for future events."

HAZEL MARTIN, OPERATIONS COORDINATOR, SOFTWARE COMPANY, DUBLIN CORPORATE CLIENT

Fine Dining

GOURMET SELECTION



DELUXE RAFFAELLO CREAM CAKE

Layered cake with almonds and coconut, 12" (1,3,5,6,7) V
€110



DELUXE CHOCOLATE CREAM CAKE

Multiple layers, 12" (1,3,5,6,7) V
€99



DELUXE RASPBERRY & MASCARPONE CREAM CAKE

Multi-layered cake topped with seasonal fruits, 12" (1,3,7) V
€99

Gourmet Desserts / Canapés NEW

BLACKBERRY, MARSHMALLOW & MASCARPONE TRIFLES

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



PEANUT BUTTER CHEESECAKE BROWNIE

3 desserts in 1 (1,3,4,5,6,7) V



DESSERT CANAPÉS

Choice of various types (1, 3, 5, 7)
Minimum 20 each
€4.90

MINI BANOFFEE BAILEY PIES

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



TRIPLE CHOCOLATE VERRINES

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



Written message on large cakes +€9.50

DELUXE CAKES



FAVOURITE HOMEMADE CAKES

Choice of: carrot cake, lemon drizzle, raspberry oat, blondie or seasonal cakes (1,3,4,5,6,7) V
€4.10



HOMEMADE BANOFFEE PIE NEW

Serves 20 (1,3,5,6,7) V
€69.00 TRAY



HOMEMADE BROWNIE

(1,3,6,7) V
€4.10

NEW **HOMEMADE APPLE CRUMBLE PIE**

Served hot with custard, serves 20 (3,7) V
€69.00 TRAY



HOMEMADE ROCKY ROAD

(3,4,5,6,7) V
€3.90
€50 TRAY

NEW **HOMEMADE APPLE PIE**

Served with whiped cream, serves 20, (1,3,7) V
€65 TRAY



PREMIUM HOMEMADE SNICKERS BISCUIT CAKE

(1,3,4,5,6,7) V
€4.50
€55 TRAY

NEW **HOMEMADE STRAWBERRY CHEESECAKE**

Serves 20 (1,3,7) V
€78 TRAY



Google Reviews

"Fresh & Yummy cater for us whenever we work in their catchment area ... The quality of the food is second to none and it's on site on time every time. We deal with Max and find him to be prompt, courteous and flexible especially if our requirements change at the last minute. The biggest compliment I think you can give anyone is to recommend them to others. We have recommended Fresh & Yummy to many. Hopefully Fresh & Yummy will be feeding us long into the future!!"
DAVID FENWICK, DIRECTOR FOGARTY FENWICK CORPORATE CLIENT

"Great to deal with catering for our large event of VIP'S, hope to see you again next year at Forever Young Festival!"

SHARON ALSTON,
FESTIVAL ORGANISER
BUSINESS CLIENT



"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."
(Website Review)

JUSTIN TWIDDY, MD, GRENKE IRE.
CORPORATE CLIENT

Minimum 10 | GF + Vegan On Request

DESSERTS



MORNING POTS BOX NEW

€49.50

Includes 4x Greek style yogurt with fruits, 4x granola with Greek style yogurt, 4x chia seed pudding with raspberry and mixed seeds, 4x chia seed pudding with lemon curd and seeds, Serves 16 (1,3,5,7) V



BREAKFAST PLATTER BOX NEW

€57.50

Includes freshly baked large croissants, pain au chocolate, homemade scones with jam + butter, fruit pots, granola pots. Serves 15 (1,3,5,6,7) V



(Min 5 / flavour)

MORNING POTS NEW

1. Yogurt with fruit granola, 9oz (3,5,7) V €3.10
2. Yogurt with fresh fruits, 9oz (3) V/GF €3.40
3. Chia seed pudding, raspberry, seeds, 9oz (3) V/GF €3.90
4. Chia seed pudding, lemon curd / seeds, 9oz (1,3) V €3.90
5. Overnight oats, with seeds, nuts, fruits, honey, 12oz (3,5,7,11) V €5.50

HOMEMADE SCONE PLATTER

With mini jams & butters. Plain and fruit scones (3,7) V €3.20



Min 10



(Min 10 / flavour)

HOMEMADE SMOOTHIES

Fresh, homemade, delicious, 330ml, choice of:

1. Banana & pineapple (3,9) V/GF
2. Mixed berries & banana (3,9) V/GF
3. Green veggie/vegan (9) VE/GF

€4.90

CROISSANTS / PAIN AU CHOCOLAT

Freshly baked. Classic, chocolate, glazed cream or glazed almond. Large or bite size (1,3,5,6,7) V Regular €2.90 Selection €2.90 Vegan €3.10



Min 5



FRESH FRUIT PLATTER / POTS

Medium (serves 6-8) large (serves 12-16), individual pot or piece of fruit VE/GF
PIECE 0.90
POT €3.90
PLATTER M €33.00
PLATTER L €55.00

NEW HAM / CHEESE CROISSANT

Choice of ham / cheese or cheese only (1,3,5,7,12) V €4.90



Min 5



Min 10

HOMEMADE BREAKFAST OAT COOKIE

Low in brown sugar, with sunflower seeds and raisins (1,3,7) V €3.20

HOMEMADE MUFFINS

Large or 2x small (1,3,7) V
LARGE €3.80
2X SMALL €4.50



Min 10

Minimum 5/10 | GF + Vegan On Request

BREAKFAST



LARGE IRISH BREAKFAST

2 sausages, 2 rashers, 2 puddings, mushrooms, tomato, egg, 2 bread slices, hashbrowns, butter and jam
 Standard (1,3,7,8,12) €12.90 Gluten free (1,3,8,12) €13.90
 Vegetarian (1,3,6,7) €13.90 Vegan (6,7) €13.90



LARGE BREAKFAST BAP / ROLL

With 2 sausages, 2 rashers, egg, ketchup - delivered hot and individually wrapped
 Standard (1,3,7,11,12) €7.10 Gluten free (1,3,11,12) €7.70
 Vegetarian (1,3,6,7,11) €7.70 Vegan (6,7) €7.70



HOMEMADE PANCAKES NEW

Choice of Classic with lemon/sugar and nutella or 2x American Style (with strawberry, honey, blueberry and chocolate cream (1,3,5,6,7) V
 American Style €6.50
 Classic €3.50



FRESH FRITTATA NEW

With tomato, spinach, feta, broccoli (1,3) V/GF
 €6.10



BREAKFAST BAGEL PLATTER

Choice of rasher/egg or rasher/sausage.
Optional: cheese (+60ct) or avocado/spinach (+60ct) - delivered hot and individually wrapped (1,3,7,11,12)
 €6.80



NEW VEGETARIAN / VEGAN BAGEL PLATTER

With spinach, avocado, roast tomato - delivered hot and individually wrapped (7,11) VE
 €6.90

Google Reviews ★★★★★

"We have used Fresh & Yummy now for three years at our International games and Cup Finals weekend. From the moment we email our requirements in to the day of the event, Max and his staff are extremely helpful and good. We have lots of special dietary requirements for different events ... On the day of the events they arrive in plenty of time, they lay out everything and look after all the food. We have sampled sandwiches, wraps, dinners, cake, breakfast baps ... We would highly recommend ... Fresh & Yummy ..."

TRIONA LEAHY,
OFFICE MANAGER,
BASKETBALL IRELAND
CORPORATE CLIENT

I have worked with multiple vendors re large scale catering events and none of them have come close to matching Fresh and Yummy for quality, quantity, professionalism, punctuality and reliability. Fresh and Yummy have also proven to be extremely flexible and accommodating when it comes to last minute changes to orders & cancellations. Feedback from those who avail of the food provided has always been very positive and I look forward to working with Fresh and Yummy for many years to come.

EMMA DOHAN, WORKPLACE COORDINATOR,
INT. SOFTWARE CORP.
CORPORATE CLIENT



NEW BREAKFAST MUFFINS

With bacon, roast tomatoes, spinach (1,3,7,11)
 €6.10



GOURMET HOMEMADE SAUSAGE ROLL

With plenty of filling of fresh Irish sausage meat (1,3,7,12)
 €3.40

Minimum 10 | GF + Vegan On Request

BREAKFAST



CHEESE & CRACKERS NEW

Selection of cheeses with grapes and salty crackers (3,5,7,8) V
€6.50



NEW AWARD WINNING COFFEE & FAIRTRADE TEA

Premium coffee: Irish supplier, sourced directly from growers in Africa/Latin America, Gold at 2023 Blas nah Eireann Awards
Organic fairtrade tea: award winner (Great Taste 2021).
Incl. sugar, milk, cups/lids, stirrers. 2.5 litre pot (10 large cups)
COFFEE €24.50 - TEA €21.00



ENERGY BREAK NEW

Buffet of trail mix with raw nuts, dark chocolate and dried fruit, served in individual cups (3,5,6) V/GF
€5.50

WATER

Choice of Olin or Tipperary (glass bottles).
Still or sparkling
Olin (500ml) €1.80
Tipperary (330ml) €1.80



HEALTHY BREAK NEW

Fresh fruits, selection of dried fruits, granola + energy bar (3,5,6,7) V
€6.00

FRUIT JUICES

Orange or apple juice, 330ml. Choice of
1. Fruice 100% juice from concentrate or
2. Freshly squeezed orange juice / pressed apple juice.
Freshly squeezed juice €3.60
Fruice €2.50



HOMEMADE COOKIES NEW

(1,3,5,6,7) V
Traditional €2.90
Chocolate Chip €3.20

DRINKS

Soft Drinks
Classic or diet (500ml) €2.50
Vit Hit
Berry or apple / elderflower (500ml) €2.70



TAYTO CRISPS

Choice of cheese & onion or salt & vinegar
€1.20

NEW ALCOHOLIC / NON-ALCOHOLIC DRINKS

Wide selection of wines, beers and bar service for events. Please contact us for more information



Minimum 10

GF + Vegan on Request

TERMS & CONDITIONS

DELIVERY AREAS / MINIMUM ORDER / DELIVERY FEES

€8 Delivery fee standard €8 Setup fee may apply	BREAKFAST	LUNCH	AFTER 3PM + WEEKENDS
Dublin 2, 4, 8, 10 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, 3, 6, 12	€100 minimum order €15 delivery fee for orders below €150	€80 minimum order €12 delivery fee for orders below €120	€350 minimum order on Sundays
Rest of Dublin* + North-east Kildare *excl. northern and southern districts like 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/item (fork, knife, plate, etc.)
- * Glasses: €0.85/item (soda, wine, flutes)
- * Table (5x2.5 ft): €15/each per day
- * Tablecloth (fabric, white): €10.50/each
- * Individual wrapping / labelling for sandwiches or individual packaging of hot food/ soups : + €1/person
- * Collection fee for bain-maries / coffee flasks etc depends on location

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.
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.
- * Office Hours: 8am to 7pm, Mon to Sat
- * 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 a meeting and 3 days prior to an event will not incur cancellation fees.
Cancellations after those timelines 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. Contact us for any queries.

V=Vegetarian, VE=Vegan, GF=Gluten Free
DF=Dairy/Lactose Free

Allergen Key:

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

CORPORATE/OFFICE ORDERS

corp-order@freshandyummy.ie

PRIVATE ORDERS

info@freshandyummy.ie

01-507 9089 / 045-255 599