

# LITE BITES

*The healthy alternative for your business lunches*

*The lite bites menu has been put together to help increase your concentration, mood and energy levels that you need for your working day. It has been designed to do this by combining a variety of foods to give a good balance of nutrients.*

*Some of the choices on the menu contain healthy fats for mood, cardiovascular and joint health, some are designed to boost the immune system, ward off infections, cleanse and detoxify the body as well as promote bone health and muscle repair and are involved in the body's metabolism so can help with weight loss.*

*Please complete this order form and email your requirements to admin@connexionscuisine.co.uk. Alternatively you can fax this to: 020 8658 7003. We will confirm your order.*

**Today's date**

**Company name**

**Your name**

**Telephone – inc. ext. no.**

**Fax no.**

**Email address**

**Name and address for invoicing**

**Purchase Order number**

**Delivery required      Date.**

**Time.**

**Delivery address**

**Delivery charge: £20.00 weekdays and £24.00 on weekends and bank holidays**

**Terms and conditions**

- We will endeavour to accommodate any reasonable increase in numbers; 72 hour's notice is required for any reductions in numbers.
- Cancellation of the order to be made in writing at least 3 working days prior to the date required, or a charge of 50% of the order will be made.
- We always endeavour to deliver the refreshments by the requested time but this is not always possible due to circumstances out of our control.
- Menus are subject to change if items are unavailable. Substitution will be made to the same standard and price.
- Congestion charge will be charged if applicable.

Please note that unless you have a pre-arranged credit account we will require payment in full before your order will be despatched. Please note these are Monday – Friday prices. Weekend deliveries incur an additional 20% charge. All prices are exclusive of VAT. By placing an order with us you accept the above terms and conditions.

## Delivered Catering Menus

Prices include provision of paper plates and serviettes

• Please note that all prices shown are exclusive of VAT.

No. of guests

### Light Bite Suggested Finger Buffet Menu / £12.50 per person (Minimum of 12 guests)

#### •Marinated chicken satay kebabs

(Chicken is a good source of protein; good for muscle repair and growth)

#### •Falafel Bites with cucumber and yoghurt dip (v)

Chickpeas support kidney functions and are a good digestive cleaner)

#### •Selection of wholemeal wraps with;

- Hummus, roasted red pepper & spinach wholemeal wraps (Spinach is a good blood purifier and is good for bone health)
- Salmon and watercress wrap with lemon lite mayonnaise (Salmon is a good source of protein and omega 3)

#### • Indian spiced chicken pittas with yoghurt dressing

(A good source of protein with yoghurt containing a lactobacteria that fosters a healthy colon and can lower cholesterol)

#### • Guacamole with crudités

(Avocados are good for the blood and contain essential fats; they are high in vitamin E)

#### •Mixed fresh fruit kebabs

(An excellent source of minerals and vitamins)

#### • Strawberries dipped in dark chocolate

(Strawberries are an excellent source of vitamin C, guard against cancer and lower blood pressure with the chocolate having a positive effect on mood and cognitive health)

### Lite Bite Suggested Mediterranean Fork Buffet / £15.00 per person (Minimum of 12 guests)

#### • Marinated griddled chicken breast with lemon, olive oil and garlic

(Chicken is a good source of protein; good for muscle repair and growth; olive oil is good for maintaining a healthy cholesterol level and lemons are an excellent source of vitamin C, helping to resist infection)

#### • Seared salmon with fresh asparagus and new potatoes

(Salmon is a good source of protein and omega 3 which helps decrease the risk of heart attacks, strokes and high blood pressure)

#### • Freshly cut crudités and dips

#### • Roast Mediterranean vegetables with puy lentils and rocket

(Roast Mediterranean vegetables are a great source of vitamins C and B6, excellent if you are iron deficient or suffering from anxiety. Lentils are low in fat and high in dietary fibre helping to eliminate blood cholesterol. They are high in vitamins A and C which help prevent disease)

#### • Mixed tomato and fine green bean salad

(Tomatoes are low in fat and high in fibre, they are high in vitamins A and C and are packed with lycopene which lowers risk of cancer) Green beans are a good source of dietary fibre which reduces blood cholesterol)

#### • Strawberries dipped in dark chocolate

(Strawberries are an excellent source of vitamin C, guard against cancer and lower blood pressure with the chocolate having a positive effect on mood and cognitive health)

### Fresh fruit juices (we recommend 1 litre per 5 guests) / £4.00 per litre

### Mineral water/ £2.50 per litre