



‘One of London’s lunchtime legends.’

(The Guardian)

AT OUR PREMISES

Monday to Friday

Breakfast & Lunch

TO YOUR DOOR

Private Catering, Studio & Business Lunches

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A PASSION FOR GREAT FOOD

‘Several cuts above the usual.’

(Time Out)

THE MENUS in this booklet describe some of what we offer: tell us your needs and your budget, and let us prepare you an imaginative combination of the day’s dishes, made with the freshest ingredients.

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We have a simple philosophy: you don’t have to sit in a restaurant to eat the best quality food.

For 30 years we at John Charlick Foods have had a passion for providing great food. OK, perhaps we obsess a bit too much about whether an aubergine comes from the warm fields of Calabria – not some industrial greenhouse – and the perfect temperature to serve a slice of farmhouse bread; but we can’t help it.

DIRECTORS’ LUNCHES • BUSINESS LUNCHES • PRIVATE FUNCTIONS
LAUNCH PARTIES AND EVENTS
SANDWICHES • DISHES • FOOD IN THE HAND • SALADS • DESSERTS

*‘Whatever the occasion, food from John Charlicks
will be savoured and noticed.’*

SANDWICH PLATTERS

*'John Charlick Foods has perfected the art of sandwich making.'
(Time Out)*

WE CAN provide you with fabulous platters of sandwiches for your meetings. We use only the finest quality, fresh ingredients, imaginatively combined.

BREADS TO CHOOSE FROM:

wholemeal | malty grain | black rye | walnut |
olive oil ciabatta | homemade focaccia

FILLINGS TO CHOOSE FROM:

- Farmhouse cheddar and onion marmalade
- Brie, organic tomato chutney and watercress
- Fresh mozzarella, black olive tapenade, fresh tomatoes and basil
- Egg mayonnaise Charlick
- Grilled vegetables (aubergine, courgette and red/yellow peppers) with home made pesto
- Tuna mousse and artichokes
- Smoked mackerel, cream cheese and almond pate
- Scottish smoked salmon
- Smoked salmon, cream cheese and chives
- Smoked trout paté
- Free range roast chicken (with mayonnaise)
- Smoked turkey breast and avocado (with mayonnaise)
- Bresaola, rocket and parmesan
- Honey roast ham and apricot chutney
- DAILY SPECIALS

PRICES:

Sandwich platters – prices start from £5.50.

Sandwich platter and seasonal fruit – prices start from £8.25.

VAT is payable in addition. We make no charge for local deliveries.

FOOD IN THE HAND

'One of the 50 best places in London to grab a bite.'
(The Guardian)

WE CAN provide delicious finger food for your receptions and functions. These are a selection to choose from, but we can provide others to order.

- Baby sausages cooked with honey and sage
- Leek and goat cheese tartlets
- Cornets of smoked salmon and celariac remoulade
- Thai-style fishcakes and tomato salsa
- Crostini of buffalo mozzarella and roast peppers
- Crostini of smoked mackerel, cream cheese and almond pate
- Baby vegetarian quiche
- Marinated artichokes wrapped in speck
- Involtilino of bresaola, parmesan and rocket
- Kebab of feta cheese, cherry tomatoes and olives
- Mini bagels filled with smoked salmon cream cheese and fresh dill
- Crayfish tails, dill mayonnaise and lime vol au vent
- Polenta, bacon & prune

PRICES:

Combinations start at £12.00 per head (Minimum 10 people).

VAT is payable in addition.

We make no charge for local deliveries.

INSALATA

'Salad is too small a word for it.'

IFYOU think of a salad as a few limp bits of lettuce and tasteless tomatoes, think again. Our 'Insalata' salad is a satisfying and imaginative combination of the best, freshest ingredients.

CHOOSE FROM THE FOLLOWING:

1. Smoked breast of chicken, mushrooms, avocado, grilled courgettes, rucola, mixed leaves, croutons and sun - dried tomatoes, lemon and olive oil dressing.
2. Bocconcini of fresh mozzarella, black olive pate, fresh basil, oregano, grilled and roasted, vegetables, mixed leaves, lemon and olive oil dressing.
3. Feta cheese, grilled pears, mixed leaves fresh cucumber and mint, olives, tomatoes and oregano, lemon and olive oil dressing.
4. Bresaola punto d'Anca (thinly sliced air dried) rucola, mixed leaves, beans, roasted pepper, avocado and shavings of Parmigiano Reggiano, fresh lime and olive oil dressing.
5. Line-caught Ortiz yellow fin tuna in olive oil, mixed leaves, French beans, olives, new potatoes, with mint and thyme, tomatoes and basil, grilled peppers, soft boiled egg and anchovies, lemon and olive oil dressing.
6. Crayfish, rucola, baby spinach, mixed leaves, grilled aubergine, avocado, dill, a touch of mayonnaise and a slice of fresh lime, lemon and olive oil dressing.

PRICES:

£6.95 per box. VAT is payable in addition.

We make no charge for local deliveries.

GROUP LUNCHESES TO SAVOUR

*'Favoured by London's top photographic studios
and boardrooms alike.'*

SELECTION OF STARTERS:

- Smoked fish platter
- Roasted vegetables with home made pesto
- Goat's cheese and grilled artichokes with baby spinach
- Bresaola, rucola and Parmigiano
- Fresh mozzarella, tapenade and basil
- Smoked chicken breast, mushrooms, crispy bacon and croutons
- Stuffed peppers with anchovies, tomatoes, garlic and fresh herbs
- Smoked halibut with ginger, lime and coriander dressing
- Mediterranean tartlets
- DAILY SPECIALS

SELECTION OF MAIN COURSES:

- Frittata and selection of quiches
- Stuffed vine leaves with tomato sauce and parmesan
- Pollo al limone
- Spicy sausages cooked with honey and sage
- Honey and sugar roast ham
- Timbale of poached salmon and dill mayonnaise
- Salmon steaks Japanese style
- Home made fishcakes and tartare sauce
- Chicken thighs with olives & preserved lemons
- Lamb tagine
- Breast of duck, cranberry & balsamic vinegar
- DAILY SPECIALS



SELECTION OF SALADS:

- Mushrooms
- New potatoes and mint
- Tomato and basil
- Various pulses
- Carrot, apple and mooli
- Pasta with roasted vegetables and pesto
- Mixed leaves
- Celeriac remoulade
- Beetroot and broccoli
- Fennel and courgette
- DAILY SPECIALS

SELECTION OF HOME-MADE PUDDINGS:

- Chocolate, amaretti and whisky cake
- Lemon tart
- Hazelnut and chocolate brownie
- Seasonal cheesecake
- Fresh fruit salad
- DAILY SPECIALS

PRICES:

Combinations from £16.50 per head.

(Orders taken 24 hours in advance.)

VAT is payable in addition.

We make no charge for local deliveries.

A SELECTION OF OUR CLIENTS

'The sandwiches are a sensation! The range of menu ... wonderful.'
(Jon Snow, Channel 4)

1st Option Locations • 3-4 South Square • 11 South Square • A & R Photographic
AP Watt • Bauer Media • Biomed • Boden • Boulton Wade Tennant
Butcher Burns • Bower & Wilkins • Channel 4 News • Charles Dickens Museum
Condé Nast Publications • David Price Solicitors • Debenhams Direct
Doughty Street Chambers • Eastman Dental Institute • Frank Herholdt
IPC Media • ITV • ITN • May, May & Merriman • Monckton Chambers
Morgan Lockyer • Next Directory • Northern & Shell • Publicis Blueprint
Reddie & Grose • Shoreditch Studios • Stuart West Studio • The Guardian
The Evening Standard • Time Warner AOL • VUE • Warner Brothers Entertainment
Wright Son & Pepper • Wyatt-Clarke Ltd. • You Magazine
