



Special Refugee Week
- SYRIAN Menu -
From Cook for Syria

WHY 9KITCHENS?

We are a mission driven company who provide sustainable catering with a social impact. We believe in providing ethical and sustainable food experiences...we are not just another catering company!



We love to dazzle your guests with creative and unique canapés and platters made mainly with plant-based, nutrient-dense and sustainable ingredients.

Our kitchen is located in New Covent Garden, so we have access to the freshest ingredients in town.

WHAT WE BELIEVE IN:

YOUR HEALTH: We use high-quality, sustainably-sourced ingredients that are mainly plant-based, with a high nutrient-content to promote natural health.

OUR BEAUTIFUL PLANET: We endeavour to reduce our carbon footprint by focusing on plant-based food, addressing food waste, encouraging the use of reusable containers and delivering our food with cargo bikes.

OUR SOCIAL IMPACT: We support women who are facing barriers to employment. We train them and then employ them in our kitchen, providing them with a professional, flexible and caring working environment.

REFUGEE WEEK SPECIAL MENU

SYRIAN MENU: £15/PERSON

STARTERS

- Muhammara (pepper and walnut dip)

Allergens: walnuts

- Baba Ganoush (charred aubergine dip)

MAIN

- Green Freekeh / roasted almonds, herb salad, pomegranate seeds

Allergens: wheat, almonds

- Split fava beans or chickpea falafel

+ Preserved lemon yoghurt / Tahini sauce / herb salad / tomato sauce / pickles

Allergens: milk, sesame seeds

DESSERT

Muhallabia with rhubarb, apricots or raspberries compote

Allergens: milk

FEEDBACK FROM HAPPY CUSTOMERS

“The menu was fantastic. It was fresh, healthy and most importantly tasted great. The type of food was ideal for the event, and the feedback from across the attendees was really good.

The mission was the reason we chose 9Kitchens, the support that it provides to help women get employment opportunities, and the focus on utilising surplus food from local providers is massively important for our environmental impact.” **Dominic Newlyn, National Lottery Fund**

“Just to say a huge thank you for last night. The food was delicious and perfect for our occasion (the burgers were my favourite; it all went down incredibly well!). Thank you for all the hard work you put into delivering that for us, especially with all the added paperwork! We’re so grateful. We love your mission too, and hope that we’ll have chance to work with you again soon” **Ffion Snelling, Resurgo Trust**

“Everyone was very complimentary of the food and your team were really lovely to work with. Thank you for helping us have such a good event for the office. Will most definitely keep your team in mind for our next occasion.”

Amanda Gomez, Ontario Teachers' Pension Association

IMPORTANT NOTE ON ALLERGENS

Important note about Allergens

Attention customers with food allergies. Despite our efforts to reduce the presence of allergens in our meals, please be aware that our food may contain or come into contact with common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish, shellfish or wheat, as we use a shared kitchen.

TERMS

To provide you with a final quote, we would need the following information from you:

- Company Name
- Venue: *Address and postcode (so we can calculate the cost of transportation)*
- Date:
- Delivery time:
- Nb of guests:
- Allergies:
- Option:
 - Serving Staff: GBP17/hour/person
 - Cleaning: depending on the size of the venue

MIN AMOUNT PER ORDER: £350

TERMS AND CONDITIONS

Available on our website [HERE](#)