



BREAK THE FAST

London

www.breakthefast.co.uk • enquiries@breakthefast.co.uk • 07720299742





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Welcome to the first step to great tasting food!

Break The Fast London is an award winning restaurant and catering service based in South East London. We offer our services for a range of events including but not limited to:

Corporate
Weddings
Birthdays
Dinners
Babyshowers
Funerals
Wakes

Our professional and talented team consistently deliver great tasting food in a timely manner. Send us an email for any enquiries.

Elie & Sindi



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BREAKFAST

Pancakes
Waffles
French toast
Eggs
Sausages - pork / turkey / vegan
Bacon - pork / turkey / vegan
Granola pots
Overnight oats
Chia pudding pots
Yoghurt
Croissants
Muffins
Bagels
Frittata
Spanish omelette
Fruit platters/bowls
Ackee and Saltfish
Dumplings
Hash browns
Cheese toasties



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BBQ

Halal smash burgers

Vegan burgers

Hotdogs

Loaded fries

Bbq ribs

Wings

Veggie kebabs

Minted Lamb

Pork Belly

Butterflied Chicken

Seasoned Beef Steaks



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CANAPÉS

Fish goujons and chips

Chips and dip

Sandwiches

Veggies and dip

Olives and garlic

Chicken and mini waffle bites

Pear and prosciutto with blue cheese

Peaches and prosciutto with mozzarella

Mini meatballs and farfalle

Fruit platters

Grazing boards

Beef sliders

Chicken sliders

Devilled eggs

Samosas

Spring rolls

Sausage rolls

Grilled cheese fingers and tomato soup shooter

Mini wraps

Tacos - fish / beef / chicken

Sweet chilli prawns

Suya skewers - beef / chicken

Bruschetta with chopped herb tomatoes



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STARCH

White rice
Rice n peas
Fried rice
Jollof rice
Egg fried rice
Coconut rice
Couscous
Mac n cheese
Lasagna - beef/vegetarian
Spaghetti
Cottage pie
Shepards pie
Roast potatoes
Baby potatoes
Creamy mashed potatoes
Baked sweet potato

SALAD

Pasta salad
Potato salad
Green salad
Coleslaw
Caesar salad
Orzo salad
Quinoa salad
Couscous salad



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MEAT

Curry goat

Jerk chicken

Brown stew chicken

Chicken curry

Bbq chicken

Peri peri chicken

Chicken wings jerk bbq/bbq/buffalo/lemon pepper/honey sriracha

Pepper steak

Oxtail

Meatballs

Lamb chops

FISH

Baked salmon

Grilled sea bream

Red snapper stew

Grilled seabass

Baked hake

King prawns

Tiger prawns (grilled, peppered, sauced)

VEGAN

Chickpea curry

Pumpkin soup

Fried plantain

Vegetable stir fry



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BREAD

White crusty rolls
Multi seeded rolls
Ciabatta
Pitta bread
Sourdough
Cornbread
Gluten-free bread

SWEET

Cheesecake
Tiramisu
Fresh fruit salad
Cheese platter
Banana bread
Apple Pie
Apple Crumble
Blueberry and apple crumble cake
Puff Puff - plain, Oreo, Biscoff, Nutella, Kinder Bueno
Custard
Vanilla ice cream

SIDE

Fried plantain
Corn on the cob
Sautéed Garlic Broccoli
Honey and orange roasted carrots
Asparagus
Garlic and butter mushrooms



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