



MEET & EAT BOXES

A different, and by that we mean better, buffet.

MEET & EAT BREAKFAST BOXES

CLASSIC PASTRY BOX - £1.75pp

A selection of freshly baked Pain Au Chocolate & our favourite Almond Croissant.

MINI PASTRY BOX - £1.75pp

A selection of freshly baked Cinnamon Swirls, Croissant & Pain Au Chocolate (2 pieces per person)

HOT SANDWICH BOX - £2.25pp

A choice of Bacon/Sausage/Egg sandwiches served on fresh rolls with sauce pots

THE 'WORKS' FULL ENGLISH WRAP - £3.50pp

Our famous wrap stuffed full with Bacon, Sausage, Egg, Hash Brown, Cheese & Tomato

MEET & EAT LUNCH BOXES

1 - THE CLASSIC SANDWICH BOX - £4pp

A selection of White and Brown bread triangular sandwiches served with Bowls of Nachos (1 round per person).

2 - SOFO CIABATTA BOX - £5pp

A selection of our best sandwiches on Ciabatta served with Bowls of Nachos (1 per person).

3 - 'FROM THE GRILL' SOFO SANDWICH BOX - £6pp

A selection of hot wraps and bagels from our menu (1.5 pieces per person). Veggie options available so please ask when ordering.

'Let us know your dietary requirements & how many veggies you need and we'll box them separately.'

WHY NOT GO THE EXTRA YARD?

SIDES - £0.50 per side

Pick from Kaleslaw, Corn Salsa, Potato Salad & Vietnamese Salad

SWEET TREATS - £0.50 per piece

Add extra delicious bites of the world's best brownie (we promise)

INDIVIDUAL GOURMET SALAD POTS - £4.50PP

Choose from our selection of individual salad pots for a healthy lunch option.

FRUIT - £0.75 per person

Does whaty it says on the tin!

SHARING GOURMET SALADS - £10 per tub

Accompany your sandwich platters with our amazing salads. Served in large round tubs for people to share, you can choose your base, add a protein and add your favourite dressing (Each tub serves 5 people and we'll provide small disposable plates and forks)

ICE COLD DRINKS - £1.50 per drink

A selection of our favourite soft drinks served ice cold from the fridge.



 hello@sociablefolk.co.uk

Please try to order 24hrs before, but just call the cafe if its less than this and we'll see what we can do! We're really busy and the delivery time slots get booked up, so order as early as you can!

Minimum of 5 people for delivery. We can do smaller orders but they have to be picked up at the cafe.

Free deliveries for companies within Wellington Place. We can deliver further afield but there is a minimum order number of 15 people. Smaller orders may be subject to a £5 delivery charge depending on the size and time of the order.



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THE MENU

THE TRIANGULAR ONES

Beef & Horseraddish Mayonnaise
Tuna Mayo & Cucumber
Ham & Mature Cheddar (V)
Chicken Salad
Egg Mayonnaise & Spinach (V)
Pastrami, Gherkin & American Mustard
Cream Cheese & Cucumber (V)

Coronation Chicken
Lemon & Tarragon Mayonnaise
Mature Cheddar & Pickle (V)
The Classic BLT
Houmous & Roasted Red Pepper (V)

ON A MIX
OF WHITE &
BROWN
SLICED

THE COLD ONES

Coronation Chicken
Sofa Tuna Special
Jerk Chicken
The Cured Meat Union
Mature Cheddar, Pickle & Leaf (V)
Lemon & Tarragon Chicken
Cream Cheese, Roasted Red Pepper, Chilli Dressing & Rocket (V)
Tandoori Chicken with Minted Yoghurt
The Vegan - Houmous, Spiced Chick Pea, Roasted Courgette, Tomato & Spinach (V)

CIABATTAS

FROM THE GRILL

Pesto Chicken
Chinese Pulled Pork
Chicken & Chorizo - A Sofa Favourite
Italian Meatballs
Turkey Club
Spicy Falafel
Chilli Beef
Chicken Fajita
5 Bean Chilli (V) (Vegan Available)
Satay Chicken
Tandoori Chicken
Moroccan Chicken

WRAPS

BAGELS

Mozzarella, Cherry Tomato, Basil & Balsamic Drizzle
The Vegan - Houmous, Spiced Chick Pea, Roasted Courgette, Tomato & Spinach (V)
The New Yorker





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BUILD YOUR OWN GOURMET SALADS

PICK ONE FROM EACH SECTION

1. BASES

Green Protein

with Broccoli, Kale, Spinach, Green Broad Beans, Avocado, Spring Onion, Cucumber & Fresh Mint

Bulgur Wheat

with Sultanas, Almonds, Chilli Flakes, Cucumber, Spring Onion, New Potato, Sweetcorn, Cherry Tomato & Spinach seasoned with Cumin & Turmeric

Sesame Noodle

with Egg Noodles, Sesame Oil, Light Soy, Chilli Oil, Garlic, Chilli Flakes, Spring Onion, Red Chilli & Beansprouts

The Sofo House

with Fennel, Dried Cranberries, Flaked Almonds, Puy Lentils, Celery, Radish Rocket & Spinach

Superfood

with Avocado, Beetroot, Sweet Potato, Sweet Peas, Quinoa & Rocket

2. PROTEINS

Chicken

Chicken with Hot Sauce

Sliced Ham

Falafel (V)

Tuna

Spicy Roasted Chickpea (V)

Feta Cheese (V)

3. DRESSINGS

Lemongrass, Lime & Ginger

Fiery Piri Piri

Spicy Pineapple & Mango

Simple Lemon & Chilli

Italian Vinaigrette

Thai Coconut & Lime

Classic Caesar

INDIVIDUAL SALAD POTS £4.50

SHARING SALAD POTS FOR 3 £10.00

