



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 - SOFO CIABATTA BOX

A selection of our best sandwiches on Ciabatta served with Bowls of Nachos.

REGULAR - 1 Per Person - £4.00

LARGE - 1.5 Per Person - £5.50

2 - 'FROM THE GRILL' SOFO SANDWICH BOX

A selection of hot wraps from our menu served with Bowls of Nachos. Veggie options available, just ask when ordering.

REGULAR - 1 Per Person - £5.00

LARGE - 1.5 Per Person - £6.50

Let us know any dietary requirements when you order, or if you would like the veggie options boxing 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 what 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. Smaller orders may be subject to a £5 delivery charge depending on the location.

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THE MENU

THE COLD ONES

CIABATTAS

Spicy Tuna & Cheese
Jerk Chicken
Chicken Caesar
Cheddar & Onion Chutney (V)
Coronation Chicken
Lemon & Tarragon Chicken
Tandoori Chicken
Ham, Cheese & Tomato
Cream Cheese, Roasted Red Pepper, Chilli Dressing & Rocket (V)
Mozzarella & Tomato (V)

FROM THE GRILL

WRAPS

Chicken Chorizo
Chicken Fajita
Falafel (V)
The Pizza Wrap
Jerk Chicken
5 Bean Chilli (V)
Pesto Chicken
Chilli Beef
Satay Chicken
BBQ Cheese & Fried Chicken



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BUILD YOUR OWN GOURMET SALADS PICK ONE FROM EACH SECTION

1. BASES

Green Herb Salad

with Rocket, Spinach, Broccoli, Salted Lemon Courgette, Chickpeas, fresh Mint, fresh Parsley & Chives

Sesame Noodle

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

The Bulgur Wheat

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

Superfood

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

2. PROTEINS

Chicken

Chicken with Hot Sauce

Bacon

Falafel (V)

Tuna

Spicy Roasted Chickpea (V)

Feta Cheese (V)

3. DRESSINGS

Italian Pesto

Fiery Piri Piri

Spicy Pineapple & Mango

Simple Lemon & Chilli

Ranch

Thai Coconut & Lime

Classic Caesar

INDIVIDUAL SALAD POTS £4.50

SHARING SALAD POTS FOR 3 £10.00



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