

NooriBite

CATERING

Fresh · Effortless · Nourishing Food

Harmony Spring Menus

April – June 2026

Four seasonal menus inspired by the world's healthiest eating traditions

How NooriBite Cooks

Every NooriBite menu is rooted in the world's healthiest eating traditions — the Blue Zones, where people live longest and best, and the Ayurvedic tradition of food as medicine. These cultures share a quiet wisdom: eat mostly plants, lean into legumes and whole grains, choose quality meat sparingly, finish meals before fullness, and cook with seasonal produce.

Our menus put that wisdom into practice, while staying genuinely delicious — the kind of food your team will actually look forward to eating.

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Our Standards

- Naturally dairy-free and refined-sugar-free across every menu
- Each menu offers two mains — one with meat, one plant-based. Portions tailored to your guests' dietary split.
- Grass-fed organic free-range meat from British farms
- Seasonal British produce, organic where possible
- Gluten-free versions available on request
- Designed to be eaten at room temperature — perfect for meetings without kitchen access

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By Maria Morariu, Holistic Chef and founder of NooriBite. Maria trained in culinary nutrition and functional cooking, and prepares every NooriBite catering order by hand at our kitchen in Mission Kitchen, New Covent Garden Market.

MENU ONE

Mediterranean Spring

Bright, sun-led, abundant — from the Blue Zones of Ikaria and Sardinia

CHEF'S MAIN

Herb-Roasted Free-Range Chicken

Grass-fed organic chicken thighs slow-roasted with lemon, garlic, rosemary and olive oil. Tender, fragrant, eaten warm or at room temperature.

Allergens: None

VEGAN MAIN

Stuffed Mediterranean Aubergines

Roasted aubergines stuffed with their own flesh, red pepper, chickpeas and tomato, scented with smoked paprika and oregano. Topped with a sunflower-hemp parmesan crust, served on a rich tomato sauce.

GF · DF · Vegan · Allergens: None

Cold alternative: *Mediterranean lentil and roasted vegetable salad with sun-dried tomato and herbs.*

SEASONAL SALAD

Asparagus, Jersey Royal & Pea Salad

British asparagus, waxy Jersey Royal potatoes, garden peas, soft herbs and a bright lemon-mustard dressing. Peak Spring on a plate.

GF · DF · Vegan · Allergens: Mustard

GRAIN

Lemon Herb Couscous with Spring Greens

Pearl couscous with broad beans, peas, fresh parsley, mint and lemon zest. Light, vibrant, generous.

DF · Vegan · Allergens: Gluten (wheat)

OPTIONAL SWEET BITE · + £3 per person

Sunshine Blueberry Bars

Oat and date base with a bright blueberry topping, chia and toasted coconut. Naturally sweet, refined-sugar-free.

GF · DF · Vegan · Allergens: None

MENU TWO

Persian & North African Spring

Warming spice, preserved lemon, fragrant herbs

CHEF'S MAIN

7-Spice Chicken with Preserved Lemon

Grass-fed organic chicken thighs marinated in cumin, coriander, cinnamon, paprika, ginger and warm spices. Finished with preserved lemon, green olives and fresh herbs.

GF · DF · Allergens: None

VEGAN MAIN

Smoky Butter Bean & Chargrilled Vegetable Stew

Creamy butter beans simmered in a smoked-paprika tomato base with chargrilled courgette, peas, asparagus tips and fresh herbs. Hearty, generous, deeply seasoned.

GF · DF · Vegan · Allergens: None

Cold alternative: *Spiced lentil and pomegranate salad with herbs, pistachios and pomegranate molasses.*

SEASONAL SALAD

Charred Courgette, Mint & Pomegranate

Ribbons of charred courgette, fresh mint, lemon zest, toasted pistachios and pomegranate molasses. Smoky, bright, jewel-toned.

GF · DF · Vegan · Allergens: Nuts (pistachio)

GRAIN

Spiced Freekeh with Roasted Carrots

Smoky freekeh with roasted heritage carrots, preserved lemon, herbs and toasted almond crumble.

DF · Vegan · Allergens: Gluten (wheat), Nuts (almond)

OPTIONAL SWEET BITE · + £3 per person

Raw Cacao Brownies

Our signature brownies: raw cacao, dates, walnuts and sea salt. Rich, fudgy, refined-sugar-free.

GF · DF · Vegan · Allergens: Nuts (walnut)

MENU THREE

Asian Spring

Ginger, miso, sesame, spring greens — inspired by Okinawan tradition

CHEF'S MAIN

Ginger-Soy Glazed Chicken

Grass-fed organic chicken thighs glazed with ginger, tamari, mirin and sesame. Finished with toasted sesame seeds and spring greens.

DF · Allergens: Soy, Sesame

VEGAN MAIN

Miso-Glazed Aubergine with Edamame

Silky aubergine glazed with white miso, finished with edamame, toasted sesame and fresh spring greens.

GF · DF · Vegan · Allergens: Soy, Sesame

Cold alternative: *Soba noodle salad with edamame, sesame, ginger dressing and spring greens.*

SEASONAL SALAD

Carrot, Ginger & Coriander Salad

Shaved carrots with fresh ginger, coriander, toasted seeds and a bright lime dressing.

GF · DF · Vegan · Allergens: None

GRAIN

Brown Rice with Peas and Fresh Herbs

Organic brown rice with garden peas, spring onions, parsley and a touch of toasted sesame.

GF · DF · Vegan · Allergens: Sesame

OPTIONAL SWEET BITE · + £3 per person

Lemon & Pistachio Bars

Bright lemon curd on a pistachio-oat base, refined-sugar-free, finished with pistachio dust.

GF · DF · Vegan · Allergens: Nuts (pistachio)

MENU FOUR

Indian Spring

Tandoori heat, fresh herbs, vibrant colour — rooted in Ayurvedic tradition

CHEF'S MAIN

Tandoori-Spiced Roast Chicken

Grass-fed organic chicken thighs marinated in tandoori spices — cumin, coriander, paprika, ginger, garlic and warm spices. Slow-roasted until charred at the edges. Served with cucumber-coriander chutney.

GF · DF · Allergens: None

VEGAN MAIN

Spring Vegetable & Chickpea Curry

A gentle, fragrant curry of peas, courgette, spinach, chickpeas and ginger in a coconut-tomato base with garam masala. Warming and grounding.

GF · DF · Vegan · Allergens: None

Cold alternative: *Chana chaat — chickpeas with cucumber, tomato, mint, lime and tamarind. Indian street food at its best.*

SEASONAL SALAD

Spiced Carrot & Coriander Salad

Shaved carrots with cumin-toasted seeds, fresh coriander, mint and lime. Bright and warming.

GF · DF · Vegan · Allergens: None

GRAIN

Saffron Basmati Rice with Peas and Almonds

Fragrant basmati rice with saffron, garden peas, toasted almonds and a touch of whole spice.

GF · DF · Vegan · Allergens: Nuts (almond)

OPTIONAL SWEET BITE · + £3 per person

Lemon & Pistachio Bars

Bright lemon curd on a pistachio-oat base, refined-sugar-free, finished with pistachio dust.

GF · DF · Vegan · Allergens: Nuts (pistachio)

How to Book

Booking a NooriBite catering lunch is simple. Choose a menu, tell us your guest count and venue, and we'll handle the rest.

Each menu offers two mains — one with meat, one plant-based. At booking, please tell us how many guests would like the meat main and how many the plant-based main. We deliver exactly what's needed, beautifully presented for sharing.

PRICING

30 guests or more	£18 per person
15 to 29 guests	£20 per person
10 to 14 guests	£22 per person

Minimum order: £300. For smaller groups (under 10 guests), our ready meals service may be a better fit — please ask.

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WHAT'S INCLUDED

- Full menu preparation using grass-fed, organic, and seasonal ingredients
- Delivered fresh on the day to your venue
- Presented on serving boards and platters (provided by us)
- HACCP-compliant food safety, full allergen documentation
- Designed for cold or room-temperature service — no kitchen needed

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ADD-ONS

- Optional sweet bite: + £3 per person
- Compostable plates, cutlery and napkins: + £0.75 per person
- On-site service staff: £85 per server (4 hours)
- Transport beyond Central London: quoted on request
- Saturday delivery: + £5 per person

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Lead time: minimum 5 working days. For larger events (50+ guests) or bespoke menus, please allow 2 weeks.

Get in Touch

Ready to book, or want to talk through the options? We'd love to hear from you.

Maria Morariu

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NooriBite

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