

# NooriBite

CATERING

*Fresh · Effortless · Nourishing Food*

## The NooriBite Morning Table

*Brunch Menus*

*Two brunch menus for morning events, wellness days and corporate gatherings*

# The NooriBite Morning Table

The morning table is where the day begins. We believe the food you eat before noon shapes everything that follows - your energy, your clarity, your mood. NooriBite Morning Table menus are designed to do exactly that: nourish properly, look beautiful, and feel generous rather than restrictive.

Two menus are available. The NooriBite Morning Table follows Maria's naturopathic approach, whole foods, seasonal produce, no refined flour and no processed meat. The Classic Morning Table is the crowd-pleasing version, with familiar favourites and a NooriBite touch throughout.

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## Our Standards

- Naturally dairy-free and refined-sugar-free throughout with dairy available on request
- Meat, vegetarian and vegan options on every menu, all treated equally
- Grass-fed organic free-range meat from British farms
- Seasonal British produce, organic where possible
- Designed to be served at room temperature - no kitchen access needed
- Hot service available with chafing dishes - discuss at booking
- Gluten-free versions available on request
- Portions tailored to your guests' dietary split - please confirm numbers at booking

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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

# NooriBite Morning Table

*Whole foods, seasonal produce, no refined flour or processed meat — Maria's naturopathic approach*

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## FRITTATA STATION

*Two versions side by side - guests choose their own.*

### **Egg Version: Vegetarian**

#### **Roasted Sweet Potato, Red Pepper & Caramelised Onion Frittata**

*Free-range eggs with roasted sweet potato, red pepper, caramelised onion and fresh herbs. Baked and served in generous wedges.*

GF · Vegetarian · Allergens: Eggs

### **Vegan Version**

#### **Spiced Chickpea Flour Frittata with Tomato, Roasted Vegetables & Herbs**

*Baked chickpea flour frittata with roasted vegetables, tomato sauce, warm spices and fresh herbs. Sliced into wedges same format as the egg version.*

GF · DF · Vegan · Allergens: None

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## SAVOURY

### **Meat**

#### **Za'atar & Lemon Chicken Skewers**

*Grass-fed organic free-range chicken marinated in za'atar, lemon, garlic and olive oil. Grilled and served at room temperature on skewers.*

GF · DF · Allergens: None

### **Vegetarian**

#### **Courgette & Tofu Fritters**

*Golden, crisp fritters with courgette, herbs and lemon zest, served with whipped tofu and fresh mint.*

GF · Vegetarian · Allergens: Soy, Eggs

#### **Cauliflower & Potato Bake**

*Roasted cauliflower and potato with herbs, olive oil and a light golden crust. Comforting, satisfying, genuinely seasonal.*

GF · DF · Vegan · Allergens: None

### **Vegan**

#### **Spiced Beetroot & Chickpea Falafel Bites**

*Our signature falafel with tahini sauce and ruby pomegranate seeds.*

GF · DF · Vegan · Allergens: Sesame (tahini)

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## SALADS & SIDES

#### **Spring Potato, Asparagus & Pea Salad**

*Jersey Royal potatoes, British asparagus, garden peas, soft herbs and lemon-mustard dressing.*

GF · DF · Vegan · Allergens: Mustard

### **Smoky Three Bean Salad**

*Three beans with smoked paprika, fresh herbs, lemon and olive oil dressing. Hearty, protein-rich, genuinely satisfying.*

GF · DF · Vegan · Allergens: None

### **Brown Rice Salad with Mushrooms & Peas**

*Organic brown rice with roasted mushrooms, garden peas, spring onions and a light herb dressing.*

GF · DF · Vegan · Allergens: None

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## **FRESH & LIGHT**

### **Chia & Berry Pots**

*Coconut milk chia pudding layered with seasonal berries and toasted seeds. Served in small individual pots — 80-100ml.*

GF · DF · Vegan · Allergens: None

### **Green Glow Smoothie Cups**

*Spinach, avocado, celery, cucumber, lime and ginger. Vibrant green, naturally energising. Served in 80-100ml shot cups on arrival.*

GF · DF · Vegan · Allergens: None

### **Seasonal Fruit Platter**

*British seasonal fruit prepared fresh with a scattering of fresh mint.*

GF · DF · Vegan · Allergens: None

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## **BAKERY**

### **Papaya & Carrot Muffins**

*Naturally sweetened with mashed papaya and carrot. Soft, warming, refined-sugar-free.*

DF · Vegan · Allergens: Gluten

### **Power Seed Breakfast Bars**

*Oats, sunflower seeds, pumpkin seeds, dates and toasted nuts. Refined-sugar-free, satisfying, made by hand.*

GF · DF · Vegan · Allergens: Nuts

### **Sourdough Rounds with Avocado & Dukkah**

*Toasted sourdough rounds topped with smashed avocado, dukkah, lemon zest and sea salt.*

DF · Vegan · Allergens: Gluten (sourdough), Sesame (dukkah), Nuts (dukkah)

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## **OPTIONAL SWEET BITE · + £3 per person**

### **Sunshine Blueberry Bars**

*Oat and date base with blueberry topping, chia and toasted coconut. Refined-sugar-free.*

GF · DF · Vegan · Allergens: None

— or —

### **Green Glow Matcha Muffins**

*Soft oat-based muffins with matcha, flax and banana. Naturally sweetened, refined-sugar-free.*

GF · DF · Vegan · Allergens: None

MENU TWO

## Classic Morning Table

*Familiar, abundant and beautifully made — with a NooriBite touch throughout*

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### FRITTATA STATION

*Two versions side by side — guests choose their own.*

#### Egg Version — Vegetarian

##### **Roasted Sweet Potato, Red Pepper & Caramelised Onion Frittata**

*Free-range eggs with roasted sweet potato, red pepper, caramelised onion and fresh herbs. Baked and served in generous wedges.*

GF · Vegetarian · Allergens: Eggs

#### Vegan Version

##### **Spiced Chickpea Flour Frittata with Tomato Roasted Vegetables & Herbs**

*Baked chickpea flour frittata with roasted vegetables, tomato, warm spices and fresh herbs. Sliced into wedges.*

GF · DF · Vegan · Allergens: None

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### SAVOURY

#### Meat

##### **Za'atar & Lemon Chicken Skewers**

*Grass-fed organic free-range chicken marinated in za'atar, lemon, garlic and olive oil. Grilled and served at room temperature on skewers.*

GF · DF · Allergens: None

##### **Mini Brioche Breakfast Rolls**

*Soft brioche rolls with a selection of fillings: free-range egg and chive mayo, and smoked salmon with cucumber and herb cream cheese.*

Allergens: Gluten, Eggs, Dairy, Fish (salmon)

#### Vegetarian

##### **Courgette & Feta Fritters**

*Golden, crisp fritters with courgette, feta, herbs and lemon zest, served with a whipped feta-yoghurt dip and fresh mint.*

GF · Vegetarian · Allergens: Dairy, Eggs

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### SALADS & SIDES

##### **Spring Potato, Asparagus & Pea Salad**

*Jersey Royal potatoes, British asparagus, garden peas, soft herbs and lemon-mustard dressing.*

GF · DF · Vegan · Allergens: Mustard

##### **Warm Butter Bean, Bacon & Herb Salad**

*Butter beans with crispy free-range bacon, fresh parsley, lemon and Dijon dressing.*

GF · DF · Allergens: Mustard

##### **Brown Rice Salad with Mushrooms & Peas**

*Organic brown rice with roasted mushrooms, garden peas, spring onions and a light herb dressing.*

GF · DF · Vegan · Allergens: None

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### FRESH & LIGHT

#### **Kiwi Bliss Chia Pudding Pots**

*Coconut milk chia pudding with fresh kiwi, lime zest and toasted coconut. Served in small individual pots — 80-100ml.*

GF · DF · Vegan · Allergens: None

#### **Ruby Reset Smoothie Cups**

*Beetroot, raspberry, orange, banana, almond milk, cinnamon and vanilla. Deep ruby colour. Served in 80-100ml shot cups on arrival.*

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

#### **Seasonal Fruit Platter**

*British seasonal fruit prepared fresh with a scattering of fresh mint.*

GF · DF · Vegan · Allergens: None

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### BAKERY

#### **Pastry Selection**

*Croissants and pain au chocolat, sourced from a local artisan bakery.*

Vegetarian · Allergens: Gluten, Dairy, Eggs

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### OPTIONAL SWEET BITE · + £3 per person

#### **Sunshine Blueberry Bars**

*Oat and date base with blueberry topping, chia and toasted coconut. Refined-sugar-free.*

GF · DF · Vegan · Allergens: None

— or —

#### **Green Glow Matcha Muffins**

*Soft oat-based muffins with matcha, flax and banana. Naturally sweetened, refined-sugar-free.*

GF · DF · Vegan · Allergens: None

# How to Book

*Booking a NooriBite Morning Table is simple. Choose your menu, tell us your guest count and venue, and we handle everything else.*

*Each menu offers meat, vegetarian and vegan options. At booking, please confirm how many guests prefer each — we prepare exactly what's needed, with a small buffer on plant-based portions.*

## PRICING

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30 guests or more	<b>£20 per person</b>
15 to 29 guests	<b>£22 per person</b>
10 to 14 guests	<b>£24 per person</b>

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*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, platters and bowls (provided by us)
- HACCP-compliant food safety, full allergen documentation
- Designed for room-temperature service — no kitchen access needed
- Hot service with chafing dishes available — please discuss at booking
- Leftover food packed in compostable boxes at end of event — available on request

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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) 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**

*Founder & Holistic Chef*

maria@nooribite.com

07350 245951

www.nooribite.com

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## **NooriBite**

*Mission Kitchen Food Exchange*

*New Covent Garden Market*

*London SW8 5EL*