



LUNCHTIME MENU

CRUCIAL FOOD DELIVERS FRESH HEALTHY FOOD STRAIGHT TO YOU

Crucial's Lunches are designed by our Founder and Clinical Nutritionist Ruth Wood, freshly prepared daily by our team of chefs and delivered from our West London Kitchen. Nutritionally balanced, tasty and inspiring meals to help improve your work performance and provide food that's just good for you!

REFRESHINGLY NUTRITIOUS

CRUCIAL
FOOD

DELIVERIES

CRUCIAL FOOD mailus@crucialfood.com www.crucialfood.com +44 (0) 20 3637 7603

LUNCHBOX OPTIONS

@ £8.50 PER HEAD (MINIMUM OF 8 PEOPLE)

The Crucial Difference: No refined sugar; great oils; whole-grains; good quality fruit and vegetables and fresh cold pressed juices... you can taste the difference!

REFRESHINGLY NUTRITIOUS
CRUCIAL
FOOD
DELIVERIES

LUNCHBOX 1

GF

Peri peri chicken
with lemon yoghurt
+
Japanese slaw

LUNCHBOX 2

Beef kofta
with muhammara
+
Greek salad

LUNCHBOX 3

V/VG/GF/DF

Crucial falafel
with pink hummus
and cashew mayo
+
Puy lentil tabouleh

LUNCHBOX 4

GF

Smoked mackerel,
quinoa cakes with
dukkah and horseradish
+
Brown rice, roast
vegetables and sweet
lime dressing

LUNCHBOX 5

GF AVAILABLE

Choice of Sandwiches
- choose 1 from:
Smoked salmon
banh-mi wrap/Falafel
wrap or chicken
salad bap
+
Kale Caesar

V: vegetarian VG: Vegan
GF: Gluten Free DF: Dairy Free

**FOOD CAREFULLY CONSIDERED
TO INCREASE ENERGY, IMPROVE
CONCENTRATION AND OVERALL
WORK PERFORMANCE**

If the choice you'd prefer is not listed, please contact us and we'll do our best to make it happen!

To order contact us at mailus@crucialfood.com
or call +44 (0) 20 3637 7603

COLD PRESSED,
FRESH JUICES
Additional
£4.00 for 250ml or
£8.00 for 500ml

Orange juice
Super-greens
Ginger spice
Beet berry

SWEET TREATS
Additional £2.50

Granola Bar
Johnny Cashew AmazeBall
Charlie Brown AmazeBall
Cacao Date Banana Slice

GROUP PLATTER OPTIONS

@ £12.50 PER HEAD (MINIMUM OF 5 PEOPLE)

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CRUCIAL
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MENU A

Peri peri chicken
with lemon yoghurt
+
Crucial falafel with pink
hummus and cashew
mayo
+
Japanese slaw
+
Puy lentil, beetroot,
red onion and feta
+
Chocolate Brownie

MENU B

Beef kofta with
muhammara
+
Sweet potato cakes
with pico di gallo
+
Greek salad
+
Puy lentil taboulleh
+
Johnny cashew
amazeball

MENU C

Smoked mackerel,
quinoa cakes with
dukkah and horseradish
+
Crucial falafel with pink
hummus and cashew
mayo
+
Kale caesar
+
Roast vegetables with
salsa verde
+
Date, cacao, banana,
cashew slice

MENU D

Peri peri chicken
with lemon yoghurt
+
Supergreens frittata
with lemon yoghurt
+
Sweet potato,
courgette and sea
vegetable
+
Greek salad
+
Granola bar

MENU E

Smoked salmon banh-
mi wraps
+
Falafel wraps
+
Chicken salad bap
+
Beef kofta wrap
+
Johnny cashew
amazeball

**MENUS CAREFULLY CREATED
TO PROVIDE FOR MOST DIETARY
REQUIREMENTS**

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Beet berry

SWEET TREATS
Additional £2.50

Granola Bar
Johnny Cashew Amazeball
Charlie Brown Amazeball
Cacao Date Banana Slice



HOW TO ORDER

Please email your order to mailus@crucialfood.com

Minimum order for free delivery is £100 below this there will be a small charge.

For orders under £500 please place your order by Midday the working day before.

For orders over £500 please provide us with 7 days notice.

You can choose your menu or if you are unsure please email us and we can build a menu to fit your requirements.

We will confirm your order with an email prior to the delivery

Our aim is to deliver your food 30 minutes before your requested time.

Our food can be kept out of refrigeration for up to 2 hours.

Please let us know of any allergens at the time of ordering. We will provide allergen information with your delivery.

If you need your delivery to arrive at a specific time please let us know and we will do our best to make this happen.



TERMS & CONDITIONS

Cancellations need to be a minimum of 24 hours prior to scheduled delivery – otherwise full charge will apply. All prices are net and subject to VAT which will be added to your invoice. If you have any last minute enquiries you can call on 020 3637 7603.