



All Round Menu for All! Hot Box Service

Full Gluten-Free & Dairy-Free Menu (Breakfast, Lunch, Snacks, and Craft Table)

Breakfast (Gluten-Free & Dairy-Free Hot Box Options)

1. Gluten-Free Breakfast Wrap:

- Scrambled eggs or tofu (for vegans) with spinach, tomatoes, and avocado, wrapped in a gluten-free tortilla
- Served with roasted sweet potato and a side of salsa

2. Protein-Packed Breakfast Bowl:

- Quinoa porridge with almond milk, chia seeds, and fresh berries
- Topped with pumpkin seeds and a drizzle of maple syrup
- Served with a banana and an almond butter energy ball

3. Vegan Pancakes (Gluten-Free):

- Fluffy gluten-free vegan pancakes with a berry compote and coconut yogurt
- Served with a side of mixed fresh fruit and a small green smoothie (spinach, banana, almond milk)

4. Classic English Breakfast (Gluten-Free & Dairy-Free):

- Scrambled eggs, turkey sausage (or vegan sausage), roasted tomatoes, sautéed mushrooms, and gluten-free toast
 - Served with a side of fruit salad
-



Lunch (Gluten-Free & Dairy-Free Hot Box Options)

1. Meat Options:

- **Grilled Chicken with Quinoa Salad:**
 - Grilled chicken breast served over quinoa with roasted vegetables (zucchini, bell peppers, and carrots), drizzled with lemon-tahini dressing
 - Served with a side of steamed broccoli
- **Steak & Veggie Bowl:**
 - Grilled steak strips served with roasted sweet potatoes, sautéed kale, and a balsamic glaze
 - Served with a side of quinoa and mixed greens

2. Fish Options:

- **Salmon & Brown Rice:**
 - Grilled salmon fillet with steamed brown rice, roasted asparagus, and a lemon wedge
 - Served with a side of mixed greens and a simple olive oil dressing
- **Tuna Poke Bowl (Gluten-Free Soy Sauce):**
 - Marinated tuna (in gluten-free soy sauce) served over rice with cucumber, avocado, pickled ginger, and shredded cabbage
 - Topped with sesame seeds and a drizzle of tamari

3. Vegetarian Options:

- **Grilled Veggie & Tofu Stir-Fry:**
 - Tofu stir-fried with bell peppers, broccoli, mushrooms, and carrots in a ginger-gluten-free soy sauce
 - Served over jasmine rice with a side of vegan spring rolls (gluten-free wrapper) and sweet chili sauce
 - **Quinoa & Chickpea Buddha Bowl:**
 - Quinoa base with roasted sweet potatoes, chickpeas, sautéed kale, and avocado
-



- Drizzled with lemon-tahini dressing and served with a side of gluten-free pita and hummus

4. Vegan Options:

- **Lentil & Sweet Potato Stew:**

- A hearty stew of lentils, sweet potatoes, carrots, and spinach in a tomato-based broth
- Served with a slice of gluten-free bread and a mixed green salad

- **Vegan Pasta Primavera:**

- Gluten-free penne tossed with roasted zucchini, cherry tomatoes, bell peppers, and spinach in olive oil and garlic
- Served with a side of gluten-free garlic bread and a green salad with lemon vinaigrette

Afternoon Snack (Gluten-Free & Dairy-Free Hot Box Options)

1. **Energy Snack Box:**

- Almond butter energy balls, gluten-free protein bar, and a small bag of mixed nuts
- Fresh fruit (apple, orange, or pear)

2. **Hummus & Veggie Snack Box:**

- Gluten-free crackers, fresh vegetable sticks (carrots, celery, cucumber) with hummus
- A small portion of roasted almonds and dried cranberries

3. **Baked Treats Snack Box:**

- Gluten-free mini cookies (chocolate chip or oatmeal), dairy-free brownies, and fruit skewers
 - A small dark chocolate square
-



Craft Table (Gluten-Free & Dairy-Free Options)

Morning Craft Table:

- Freshly brewed coffee (with almond, soy, and oat milk options), herbal teas, and fresh fruit juices
- Gluten-free muffins (banana nut, blueberry) and a fresh fruit platter
- Pre-packaged gluten-free vegan energy bars, trail mix, and mixed nuts

Afternoon Craft Table:

- Gluten-free sandwiches (turkey, avocado & hummus, roasted veggie wraps in gluten-free tortillas)
- Fresh fruit skewers, dark chocolate-covered almonds, and dried fruits
- Sparkling water, fresh juices, herbal teas, and coffee

Cost Breakdown for a Gluten-Free & Dairy-Free Full-Day Menu (50 People)

Breakfast:

- **Gluten-Free & Dairy-Free Breakfast Box:** £10 - £12 per person
- **Total for 50 people:** £12 x 50 = £600

Lunch:

- **Gluten-Free & Dairy-Free Lunch Box:** £15 - £20 per person
- **Total for 50 people:** £18 x 50 = £900

Afternoon Snack:

- **Gluten-Free & Dairy-Free Snack Box:** £5 - £7 per person
- **Total for 50 people:** £6 x 50 = £300

Craft Table (All Day):

- **Gluten-Free & Dairy-Free Craft Table (morning & afternoon):** £10 - £12 per person
- **Total for 50 people:** £12 x 50 = £600

Total Cost for 50 People (Full Gluten-Free & Dairy-Free Menu, Full Day):

- **Breakfast:** £600
-



- **Lunch:** £900
- **Afternoon Snacks:** £300
- **Craft Table:** £600

**Final Total for Full Day (50 People, Gluten-Free & Dairy-Free Menu):
£2,400**

Discounts for Larger Groups or Multiple Days:

- For 100 people or more: 5-10% discount
 - For multi-day shoots (3+ days): 5-15% discount
-

Final Costing for Larger Productions:

- **100 People (Full Day, Gluten-Free & Dairy-Free Menu):**
 $£2,400 \times 2 = £4,800$
With a 5% discount: **£4,560**
 - **3-Day Shoot (50 People per Day):**
 $£2,400 \times 3 = £7,200$
With a 10% discount: **£6,480**
-

This gluten-free and dairy-free menu offers a range of diverse, satisfying options for all dietary preferences, ensuring every crew member has tasty and balanced meals.
