



VEGAN

Hot Box Service Healthy Boxes

Here's a **Full Vegan Menu** designed for a full day of hot-boxed meals on set. The menu focuses on nutritious, plant-based ingredients that will provide energy and satisfy various tastes. The meals are well-suited for being delivered hot and boxed, ensuring they stay fresh throughout the day.

Full Vegan Menu (Breakfast, Lunch, Snacks, and Craft Table)

Breakfast (Vegan Hot Box Options)

1. **Tofu Scramble Wrap:**
 - Scrambled tofu with sautéed spinach, mushrooms, and peppers wrapped in a whole wheat tortilla
 - Served with roasted sweet potato wedges
 - Fresh fruit salad on the side
 2. **Vegan Breakfast Bowl:**
 - Quinoa porridge with almond milk, chia seeds, and fresh berries
 - Topped with roasted almonds and maple syrup
 - Served with a banana and an energy ball
 3. **Vegan Pancakes:**
 - Fluffy vegan pancakes with fresh fruit compote, maple syrup, and a side of coconut yogurt
 - Served with a small green smoothie (spinach, banana, and almond milk)
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Lunch (Vegan Hot Box Options)

1. Vegan Buddha Bowl:

- Brown rice or quinoa base with roasted sweet potatoes, chickpeas, sautéed kale, and avocado
- Topped with a lemon-tahini dressing and a sprinkle of sesame seeds
- Served with a side of hummus and pita bread

2. Grilled Veggie & Tofu Stir-Fry:

- Stir-fried tofu with bell peppers, broccoli, mushrooms, and carrots in a ginger-soy sauce
- Served over jasmine rice
- Side of vegan spring rolls with sweet chili sauce

3. Lentil and Sweet Potato Stew:

- Hearty lentil stew with chunks of sweet potato, carrots, and spinach in a rich tomato and herb broth
- Served with a slice of crusty vegan bread
- Side of mixed greens with a balsamic vinaigrette

4. Vegan Pasta Primavera:

- Whole wheat penne pasta tossed with roasted zucchini, cherry tomatoes, bell peppers, and spinach in a garlic and olive oil sauce
 - Served with a side of vegan garlic bread
 - Mixed green salad with lemon vinaigrette
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Afternoon Snack (Vegan Hot Box Options)

1. Energy Snack Box:

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

2. Vegan Snack Plate:

- Hummus, veggie sticks (carrots, cucumber, celery), and whole grain crackers
- A small portion of roasted almonds and dried apricots

3. Baked Vegan Treats:

- Mini vegan chocolate chip cookies, oat bars, and fruit skewers
 - A small portion of dark chocolate-covered nuts
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Craft Table (Vegan Options)

1. Morning Craft Table:

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

2. Afternoon Craft Table:

- Selection of vegan sandwiches (avocado and tomato, roasted veggie, hummus wraps)
 - Fresh fruit skewers, dark chocolate-covered almonds, and dried fruit
 - Sparkling water, fresh juices, herbal teas, and coffee
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Cost Breakdown for a Vegan Full-Day Menu (50 People)

Breakfast:

- **Vegan Breakfast Box:** £10 - £12 per person
- **Total for 50 people:** £12 x 50 = £600

Lunch:

- **Vegan Lunch Box:** £15 - £18 per person
- **Total for 50 people:** £18 x 50 = £900

Afternoon Snack:

- **Vegan Snack Box:** £5 - £7 per person
- **Total for 50 people:** £6 x 50 = £300

Craft Table (All Day):

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

Total Cost for 50 People (Full Vegan Menu, Full Day):

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

Final Total for Full Day (50 People, Vegan 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**

For example:

- **100 People (Full Day, Vegan Menu):**

£2,400 x 2 = £4,800

With a 5% discount: **£4,560**

- **3-Day Shoot (50 People per Day):**

£2,400 x 3 = £7,200

With a 10% discount: **£6,480**

This vegan hot box menu ensures a nutritious, balanced, and flavorful experience for cast and crew while accommodating a fully plant-based diet.
