

## Recommended Menu Options

### Menu 1 - £4.50

Any sandwiches (4 quarters each), Crisp Platter, 1 x Savoury Option

### Menu 2 - £5.45

Any sandwiches (4 quarters each), Crisp Platter, Fresh Fruit Skewers

### Menu 3 - £5.50

Any sandwiches (4 quarters each), Crisp Platter, 2 x Savoury Options

### Menu 4 - £6.95

Any sandwiches (6 quarters each), Crisp Platter, 2 x Savoury Options

### Menu 5 - £7.95

Any sandwiches (6 quarters each), Crisp Platter, 2 x Savoury Option, Selection of Desserts or Fresh Fruit Skewers

**Skinni Meal Deal Lunch Bag - £3.95\*** (minimum of 10 people required)

Any Menu Item, crisps or piece of fruit, canned drink \*£4.95 for the high protein salad



# SkinniMalinx

the home of healthy eating

## Healthy Catering

At SkinniMalinx we specialise in catering for business and outside events

You can choose from:

Lunch Platters

Breakfast Platters

Sandwich Platters

Fruit Platters

Muffin / Cake Platters

Bespoke Platters

At Skinnimalinx we are experts at providing for your corporate catering needs, whether it's a quick working lunch, a meeting or a training day.

Look after your clients and employees by ordering from our super healthy corporate catering menus, we can provide taste, quality, variety and value; making sure you create the right impression with our expert presentation.

All our corporate catering is low in fat, calories and salt, ensuring you and your clients and employees can enjoy the best of healthy eating and are also able to stay on your chosen healthy eating plan.

This menu is only a taste of what we can offer you. We also have a wide selection of hot specials and soups that can be delivered hot to your office as well as a wider menu available online at [www.skinnimalinx.co.uk](http://www.skinnimalinx.co.uk). If you would like to discuss catering for your meeting or event or would like more information, please contact us.

For more information or to book call us on 0151 236 6116 or email [catering@skinnimalinx.co.uk](mailto:catering@skinnimalinx.co.uk)



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# Catering Services

At SkinniMalinx we are committed to providing TASTY LOW FAT food.

ALL SkinniMalinx's food is made FRESH on the premises EVERY DAY therefore we can tailor your lunch to meet your exacting requirements.

If you want to exchange any of the items from our platter menus to another item offered at SkinniMalinx, NO PROBLEM, we can do this FOR YOU.

## Breakfast Menu

### Freshly Baked Mixed Berry Muffins or Scones

£1.45pp

### Fresh Fruit Platter

Finely selected ripe seasonal fruits, served on skewers for ease.

£1.95pp

### Porridge

delivered to your office hot, choose with: cinnamon, banana or sultanas

£1.50pp

### Toasted Muffins

delivered to your office hot, choose from Bacon & Tomato or Sausage & Egg

£2.10pp

### Toasties

delivered to your office hot, choose from Bacon & Sausage, Ham & Cheese, Cheese, Tomato & Onion

£2.95pp



All breakfast menus will be delivered to your office free of charge. Prices are per person and exclusive of vat. Please note a minimum of £15 is required for free delivery

## Drinks

**Mineral Water (500ml)** still or sparkling

75p pp

**Fresh Orange Juice (1ltr carton)**

£2.00

**Vitamin Water** - Revive, I Focus, Spark, Triple Berry, Defence

£1.85pp

**500ml Bottle** - Diet Coke, Diet Cherry Coke, Coke Zero, Sprite Zero, Fanta Zero

£1.30pp

**330ml Can** - Diet Coke, Dr. Pepper Zero, Lilt Zero, Fanta Zero, Sprite Zero

75p pp

**Tea & Coffee**

£1.20pp

## Sandwich Options - min 4 people

**£2.90 pp (4 quarters each) £4.30pp (6 quarters each)**

All our sandwiches are served on fresh Malted Brown Bread, the nutritional information is worked out using this. Wraps and Baguettes are available at no extra charge. The following platters are just suggestions to help guide you, feel free to mix and match or alternatively request your own preferences.

### Meat

- Roast Ham & Mustard Mayo
- Bacon, Lettuce & Tomato
- 'Skinni' Sausage & Caramelised Onion
- New Yorker (beef, gherkins, cheese)

### Vegetarian

- Egg Mayonnaise & Cucumber
- Reduced Fat Houmous & Caramelised Onion
- Mexican Five Bean, Cheese & Salsa
- Low Fat Cheddar Cheese & Pickle

### Chicken

- Classic Chicken Mayo
- Coronation Chicken
- BBQ Chicken & Cheese
- Chicken, Stuffing & Cranberry

### Fish

- Tuna Mayonnaise & Cucumber
- Prawn Marie Rose
- Sweet Chilli Prawn Salad
- Tuna Mayonnaise & Sweetcorn

## Salad Options - £3.30 pp

- Classic Chicken Mayo
- Sweet Chilli Prawn Noodle
- Ham Ploughmans
- Smoked Peppered Mackerel
- Greek (feta, oregano, olives)
- High Protein\* (tuna, chicken & egg white) - \*£4.00pp

All our individual salads come with a base of mixed salad leaves, cucumber, cherry tomato, mixed peppers and red onion. Balsamic Glaze and our Homemade Skinnislaw are available at no extra charge.

## Savouries - £1 pp (other options are available, contact us for details)

- Cooked Fillet Chicken Sate
- Lemon Grass Marinated King Prawn Skewer
- Lime & Coriander Mini Chicken Kebabs
- Thai Ginger Fish Brochettes
- Mini Chicken Fajita Bites
- Tomato & Ricotta Brochettes (v)
- Sausage & Caramelised Onion Skewer
- Falafel with a Mint Yoghurt Dip (v)

## Sides / Desserts

**Crisp Platter** - 75p pp, **Freshly cut Seasonal Fruit** - £1.95pp,

**Skinni Scone** (with jam & skinni cream) - £1.50pp, **Skinni Mixed Berry Muffins** - £1.45pp,

**Skinni Banana & Raisin Slice** - £1.30pp, **Apple Pie Slice** - £1.50pp

**Super Skinni Jelly Dessert served with either Custard or Yoghurt** - £1.75pp