

soothe

FRESH. NATURAL. GOODNESS.

CATERING MENU



Mains and Sides

Showcasing succulent meats, vibrant veggies, and classic favourites.

Charred Steak - £36.99 GF

Classic Steaks, perfectly seasoned and seared in oil, achieving a succulent and tender finish.

Pan Seared Chicken Breast £32.99 GF

Chicken Breasts pan-fried to create a beautifully crisp and flavourful exterior and juicy centre.

Flakey Salmon Fillet - £36.99 GF

Tender salmon fillets that are delicately cooked to ensure a flaky, succulent texture.

King Oyster Mushrooms - £32.99 GF | VG | VEG

Confit King oyster mushrooms, offering a meaty texture and rich, umami-packed flavour.

Miso Noodles - £17.99 VG | VEG

Noodles tossed with a rich miso sauce, mushrooms, soy, garlic, and spring onion, creating an umami delight.

Basmati Rice - £17.99 GF | VG | VEG

Fluffy basmati rice cooked in an aromatic vegetable stock.

Crushed New Potatoes - £17.99 GF | VG | VEG

Crushed new potatoes, with single origin olive oil & fresh cracked black pepper.

Golden Grains- £17.99 GF | VG | VEG

Velvety Sweet Potato Puree alongside a nutty Pearl Barley Risotto

Tenderstem Broccoli - £17.99 GF | VG | VEG

Tenderstem broccoli, lightly dressed with olive oil

Honey Glazed Carrots - £17.99 GF | VG | VEG

Sweet and simple, chantenay carrots glazed with honey.

Curried Cauliflower - £17.99 GF | VG | VEG

Cauliflower florets tossed in a rich 18 ingredient curry sauce.

Easy Greens - £17.99 GF | VG | VEG

A light and easy greens dish, combining peas, samphire, and runner beans, all brought to life with a fresh lemon dressing.

To Serve Up To 6 | Delivered In Large Trays | Served Ready To Eat or Reheat With Instructions

Assorted Sandwiches

Freshly prepared daily on locally sourced, focaccia romana bread.

Chicken & Avo - £29.99

Pan Seared Chicken Breast, Smashed Avocado Guacamole, Rocket, Rose Harissa and Mayonnaise

Roasted Pepper & Hummus - £24.99 VG | VEG

Roasted Red & Yellow Peppers, Homemade Hummous and Fresh Salad

Ham & Cheese- £29.99

Roasted Honey Glazed Ham, Mature Manchester Cheddar and a Freshly Made Onion Chutney.

Mozzarella Pesto- £24.99 VEG

Italian Mozzarella, Freshly Made Pesto, Cherry Tomatoes, Rocket and Mayonnaise

Smoked Salmon- £29.99

Scottish Cured Smoked Salmon, Crème Fresh and Dill

Italian Salami- £29.99

Spiced Italian Salami, Baby Leaf Salad, Tomatoes and Garlic & Herb Sauce

Serves 4 | Served Cut In Half | GF Available



Assorted Wraps

Freshly prepared daily on flour tortillas.

Curried Chicken Wrap - £29.99

Pan Seared Chicken Breast, Fresh Curried Marinade, Onions and Spinach

Falafel Wrap - £24.99 VEG

Freshly Made Falafel, Sriracha Spiced Hummus, Garlic & Herb Yoghurt and Mixed Salad

Tuna & Greens - £29.99

Fresh Scottish Tuna, Sweetcorn, Mixed Greens and Mayonnaise

Chimichurri Steak - £29.99

Charred Steak Bites, Fresh Chimichurri Sauce and Fresh Rocket



Serves 4 | Served Cut In Half | GF Available

Fresh Salads

Vibrant Salads prepared daily, served as a side or a main.

Watermelon & Feta - £14.99 GF | VEG

Fresh Watermelon, Greek Feta, Pomegranate and Mixed Leaves combined for the complete fresh salad.

Caesar Salad - £14.99 VEG

Crisp romaine lettuce, tossed with tangy Caesar dressing, Parmesan cheese, Pancetta and crunchy croutons.

Edamame Salad- £14.99 GF | VG | VEG

Vibrant, crunchy salad with edamame beans, sugar snaps, parsley, chives, radishes, baby spinach, and a tangy balsamic dressing.

Asian Slaw - £14.99 GF | VG | VEG

A crisp and tangy Asian slaw bursting with flavours, featuring carrots, coriander, spring onion, red and white cabbage, beansprouts. Tossed in sesame oil & soy.

Mediterranean Couscous - £14.99 VG | VEG

A Mediterranean-inspired couscous salad packed with chickpeas, cucumber, sundried tomatoes, shallot, and toasted pine nuts, all tossed in a zesty chimichurri dressing.

Baby Leaf Salad - £9.99 GF | VG | VEG

A simple and refreshing baby leaf salad, delicately dressed with a zesty lemon vinaigrette.

To Serve Up To 6 | Served In Large Trays



Platters

Perfect for sharing, our platters are certain to please a crowd.

Gourmet Graze - £44.99

A selection of local Manchester Gourmet Cheeses', served with seasonal fruit, vegetables and fresh bread.

Cured Charms - £44.99

A selection of cured Italian meats, including Salami, Prosciutto and more.

Perfect Pairing - £49.99

A mix of our finest Manchester cheeses' and Italian meats, served with fresh bread and seasonal fruit & veg.

Serves 8-10 | Served In Large Trays



Sauces

The perfect accompaniment to our delicious dishes

Chimichurri - £12.99 GF | VG | VEG

A zesty Chimichurri sauce, made with fresh herbs, olive oil, and a splash of red wine vinegar, offering a burst of bright flavour.

Garlic & Herb - £12.99 GF | VEG

A perfect blend of the bold flavours from garlic with the fresh, fragrant notes of assorted herbs.

Teryaki - £12.99 GF | VG | VEG

A savoury and sweet teriyaki sauce, crafted using ingredients imported from Japan.

Serves 8-10 | Served In Side Bowls



Desserts

Decadent delights, the perfect finale for any occasion

Ultimate Brownie - £14.99

Our fan favourite. Milk, White and Dark chocolate combine to give you the ultimate fudgy brownie.

Pistachio Millionaire Shortbread - £14.99

A touch of luxury. Layers of shortbread, Salted Caramel and Chocolate Pistachio form the most luxurious dessert.

Fresh Fruit Salad - £12.99 **GF | VG | VEG**

A selection of seasonal fruit in a vibrant and fresh salad.

Serves 8-10 | Served In Large Trays



Smoothies | Shots

The best way to get a refreshing health kick.

Green Boost - £4.20 GF | VG | VEG

A nutrient-packed Smoothie, blending flax and chia seeds with spinach and coriander, creamy avocado, sweet banana, and almond milk.

Super Berry - £4.20 GF | VG | VEG

A vibrant mix of blueberries, raspberries, cherries, and strawberries, blended with almond milk for an antioxidant-rich drink.

Tropical Breeze - £4.20 GF | VG | VEG

A sunny blend of mango, pineapple, kiwi, and lime, mixed with coconut water for a refreshing and hydrating taste of the tropics.

Ginger Shots - £14.99 GF | VG | VEG

Fiery, refreshing blend of ginger, apple and lemon in a 50ml shot.

Turmeric & Cranberry Shot - £14.99 GF | VG | VEG

Earthy turmeric with cranberry and lime in a 50ml shot.



Served Individually | Minimum Order Quantity 6

Shakes

Crafted with high quality protein to fuel your performance.

Chocolate Peanut - £4.99

A decadent blend of peanut butter, cacao nibs and cacao powder. Enhanced with protein powder and almond milk.

Pistachio & Matcha- £4.99

Pistachios and matcha, sweetened with honey, enriched with protein powder, and combined with almond milk.

Kiwi and Coconut - £4.99

A zesty, tropical fusion of kiwi and lime, blended with coconut water and protein powder.

Strawberry, Banana and Mint - £4.99

A refreshing mix of banana, strawberries, and fresh mint, combined with protein powder and almond milk.



Served Individually | Minimum Order Quantity 6

Drinks

Canned and Bottled Drinks, Ready to serve.

CANO Water - £1.99

Still Water, served in a sustainable alternative to plastic.

San Pellegrino Sparkling Water - £1.99

Sparkling Water straight out of the Italian Springs.

Coca Cola - £1.99

The classic.

Diet Coke - £1.99

The classics sibling, diet.

Hip Pop Kombucha - £3

Available in Cherry & Blackberry, Passionfruit & Guava and Oragne & Grapefruit. Contains CBD.

Sold Individually



Terms and Conditions

Please contact us for any additional information.

Dietary and Allergens

Our full dietary list can be found here for our core menu. We can cater to a wide range of dietary/allergen requirements and adapt dishes where necessary, please contact us for more information.

Minimum Order Value

Our Minimum Order Value is £35 for both delivery and collection.

Delivery and Collection

Delivery rates are calculated according to location. Alternatively, collection is available free of charge.

Cuterly and Packaging

All orders are packed in Soothe branded sustainable packaging. Utensils and napkins are available upon request.

Packages/Requests

We can offer a wide range of packages to suit all types of events, ensuring you get the complete soothe experience. If you don't see something you are looking for or have a concept in mind, contact us and we can be sure to help.

Ordering

Orders can be placed by contacting us via tom@soothefood.co.uk or by using the contact form on our website.

Cancellation

Cancellations must be requested a minimum of 48 Hours in advance. Cancellations with less than 48 Hours remaining will result in a reduced refund amount.