

freshideas

menu

INTRODUCTION

Fresh Ideas are here to provide the best possible delivered hospitality on our University campuses. From a small meeting, to a delivered lunch or a department celebration, our foodservice aims to support and enhance the work of the University.

OUR PROMISE:

To make our customers the focus of everything we do

To offer a professional and credible service

To act with integrity and respect at all times

To provide the best customer experience possible at every opportunity

Our aim is to provide a high quality service offering value for money for all our customers.

The Fresh Ideas service team provides a comprehensive offer for our customers, providing an efficient and friendly service at all times.

For fully managed events, our colleagues at Event Exeter are on hand to assist you from start to finish. Event Exeter provide a range of services for events on or off campus. The team co-ordinate the foodservice and all aspects of your event from venue sourcing to booking meeting space and arranging staffing, taking the organisational responsibilities from you. They will manage the costs of the event, charging you afterwards as part of the service.

If you would like a simpler service, our click and drop service style makes it easy for your meetings and events. We will deliver to your chosen location and collect following your event. We ask you to lay the order out to your preference, and pack it up again ready for collection. (please be sure to check our room delivery guide for any location restrictions).



HOW TO PLACE AN ORDER

We provide a range of refreshments for meetings, events and functions taking place on the Streatham or St Luke's campuses.

Internal customers can [book online](#) - please ensure you have registered and signed in before you begin your order.

Late orders - if your event is taking place in the next 2 working days please use the [late order form](#).

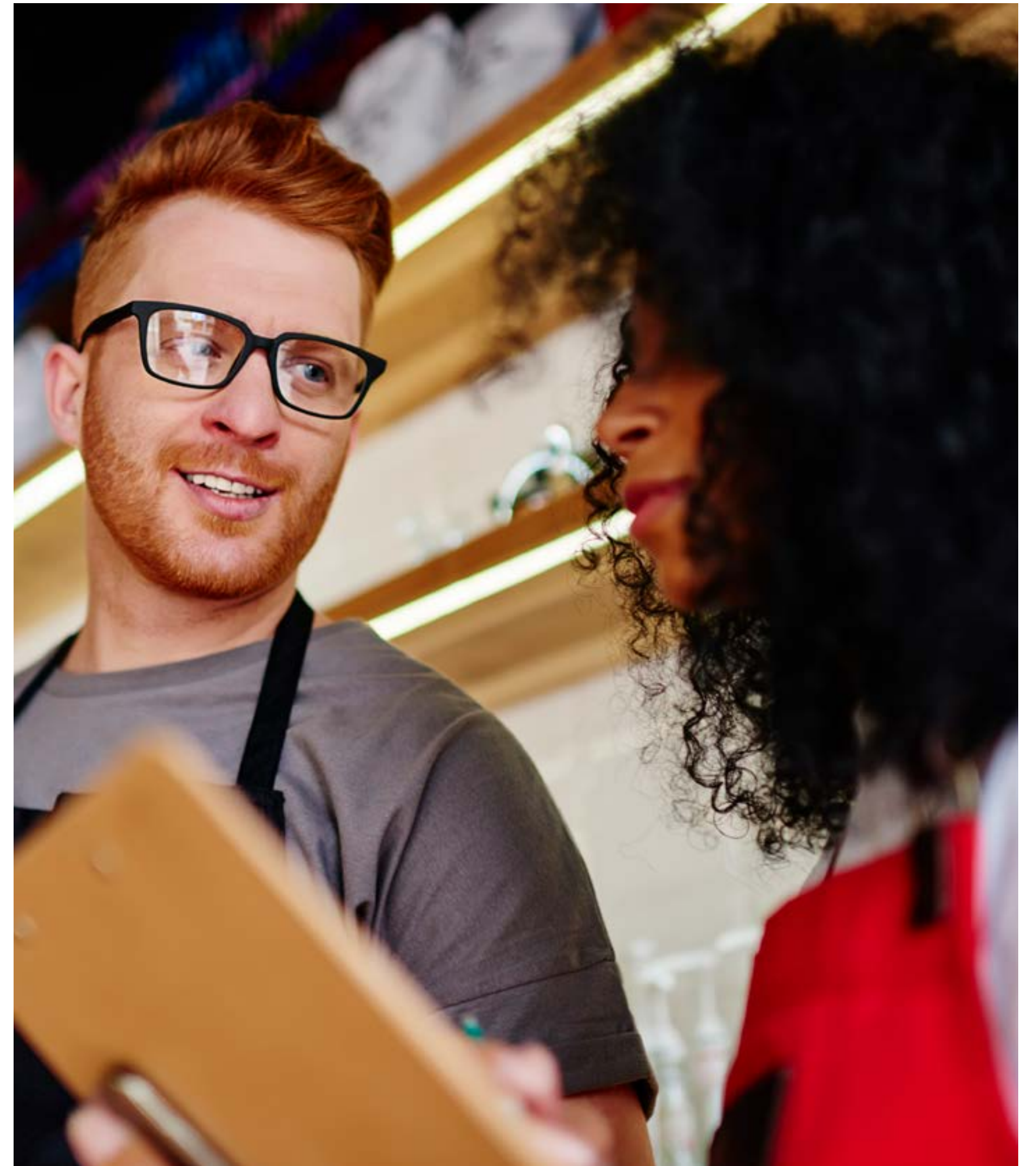
Important Booking Information

Please note that any bookings for Reed Hall should be made directly with the [Event Exeter team](#).

Other restrictions apply to deliveries to various rooms across campus - take a look at our [Room Delivery Guide](#) for details.

Please read the Fresh Ideas [Terms and Conditions](#) prior to ordering.

We are unable to take verbal bookings.



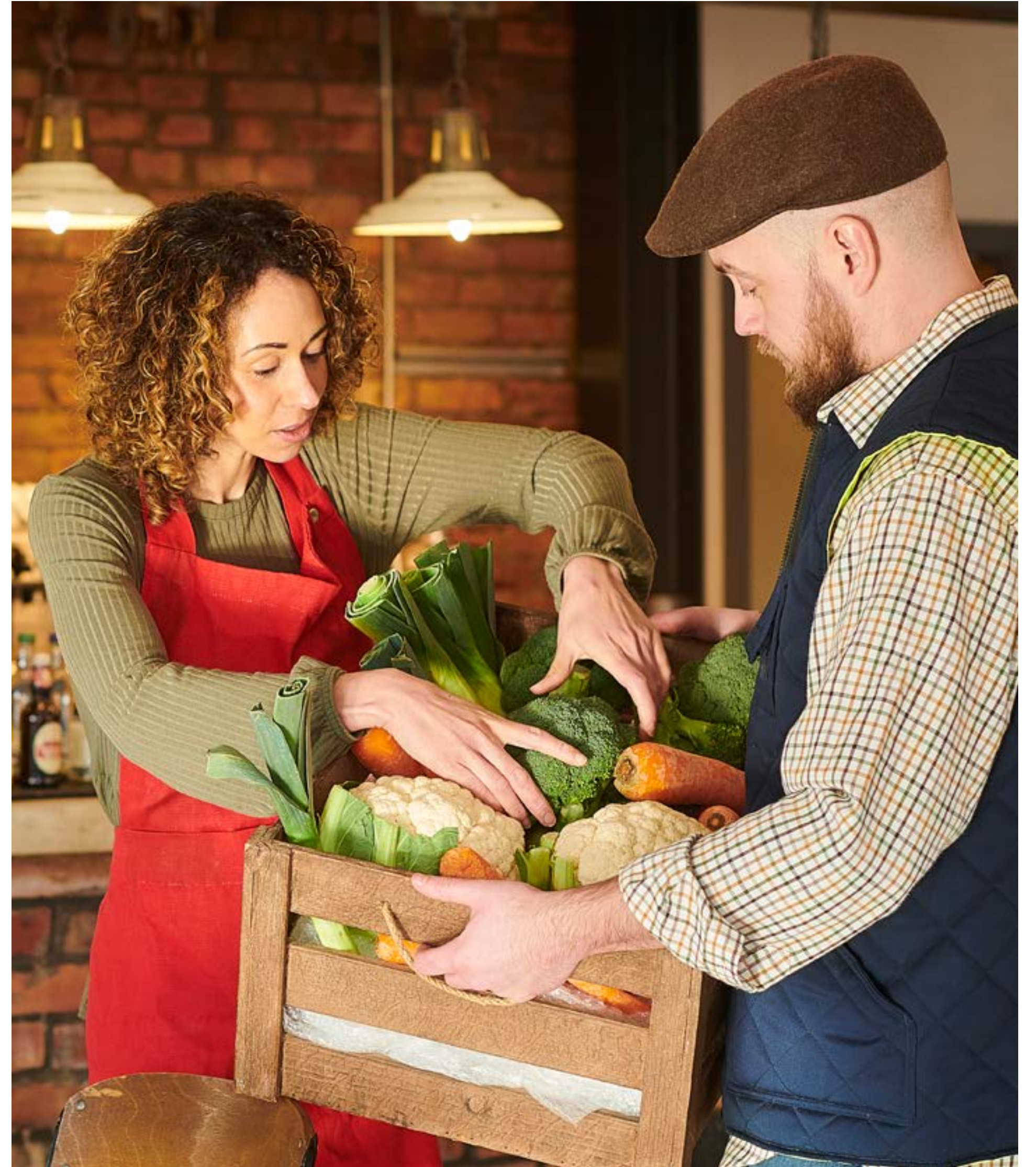
SUSTAINABILITY

As the University Catering and Retail Services Team, we take our responsibilities to the environment very seriously. As part of our commitment to the University's climate change emergency declaration, we're always looking for ways to reduce our carbon footprint and increase our sustainability.

One of our biggest achievements includes switching to electric vehicles for our delivered food service, which has seen a drastic reduction in our emissions.

We try and source local products where possible and are proud to work with suppliers such as Honeybuns, MC Kelly, St Austell Brewery, Trewithen Dairy and Burts crisps.

Our tea and coffee are all Fairtrade.



DRINKS

HOT DRINKS

(MINIMUM ORDER OF 10)

Fairtrade coffee, tea & herbal teas

£1.75

SOFT DRINKS

WATER IN A BOX

(500ml carton 100% recyclable sustainable spring source)

£1.75

MINERAL WATER STILL OR SPARKLING

(500ml plastic reusable PET)

£1.25

MINERAL WATER STILL OR SPARKLING

(750ml recyclable glass)

£2.10

CANNED WATER SPARKLING

(330ml recyclable can)

£1.15

CANNED WATER STILL

(330ml recyclable can)

£1.15

FRUIT JUICE

Apple juice (1L)

£2.35

Orange juice (1L)

£2.35

Cranberry juice (1L)

£2.35

BOTTLE GREEN ELDERFLOWER CORDIAL

500ml serves approx 25 glasses
mixed with still or sparkling water

£6.00

CANS

(330ML)

£1.35

A SELECTION OF:

Coca Cola

Diet Coke

Coca Cola Zero

Fanta Lemon

Fanta Orange Zero

Fanta Twist

Sprite Zero

FENTIMANS SPARKLING DRINKS £2.70

(275ML GLASS BOTTLE)

A SELECTION OF:

Rose lemonade

Sparkling elderflower

Mandarin & Seville orange

Victorian lemonade

Dandelion & burdock

Ginger beer

REGIONAL SOFT DRINKS

(250ML)

Healeys Cornish apple juice

£2.50

Healeys Avalade cloudy lemonade

£2.50

Frobishers crisp apple & elderflower

£2.25

Frobishers raspberry & rhubarb

£2.25

Jolly's Cornish sparkling elderflower

£2.35

Jolly's Cornish Cola

£2.35



Subject to availability. We may make substitutions when required

SWEET TREATS

BRONTE BISCUITS

A SELECTION OF MINI PACKS

Chocolate chip
Golden crunch
Fruit Shrewsbury
Shortcakes

£0.75

BORDERS BISCUITS

A SELECTION OF MINI PACKS

Chocolate cookies
Golden oat crumbles
Butterscotch crunch

£0.75

NAIRNS

A SELECTION OF GLUTEN FREE BISCUITS

Chocolate chip **GF**
Fruit **GF**
Salted caramel **GF**

£1.25

MINI PASTRIES

(2 PER PERSON)

Danish pastries **V**
Pain au chocolat **V**
Mini croissant **V**

£1.95

£1.75

£1.75

PASTRIES

Croissant **GF** £1.75
Vegan Blueberry croissant **VG** £1.75

FRUIT PLATTERS

(CATERS FOR 10 PEOPLE)

Selection of apples, satsumas, bananas, watermelon,
plums, grapes and pears **VG GF** £10.00

£10.00

NATURAL BARS

A SELECTION OF NATURAL BARS

Nakd cocoa orange **VG / GF** £2.00
Nakd bakewell tart **VG / GF**
Nakd blueberry muffin **VG / GF**
Kind bar dark chocolate & sea salt **GF**
Kind bar caramel almond & sea salt **GF**

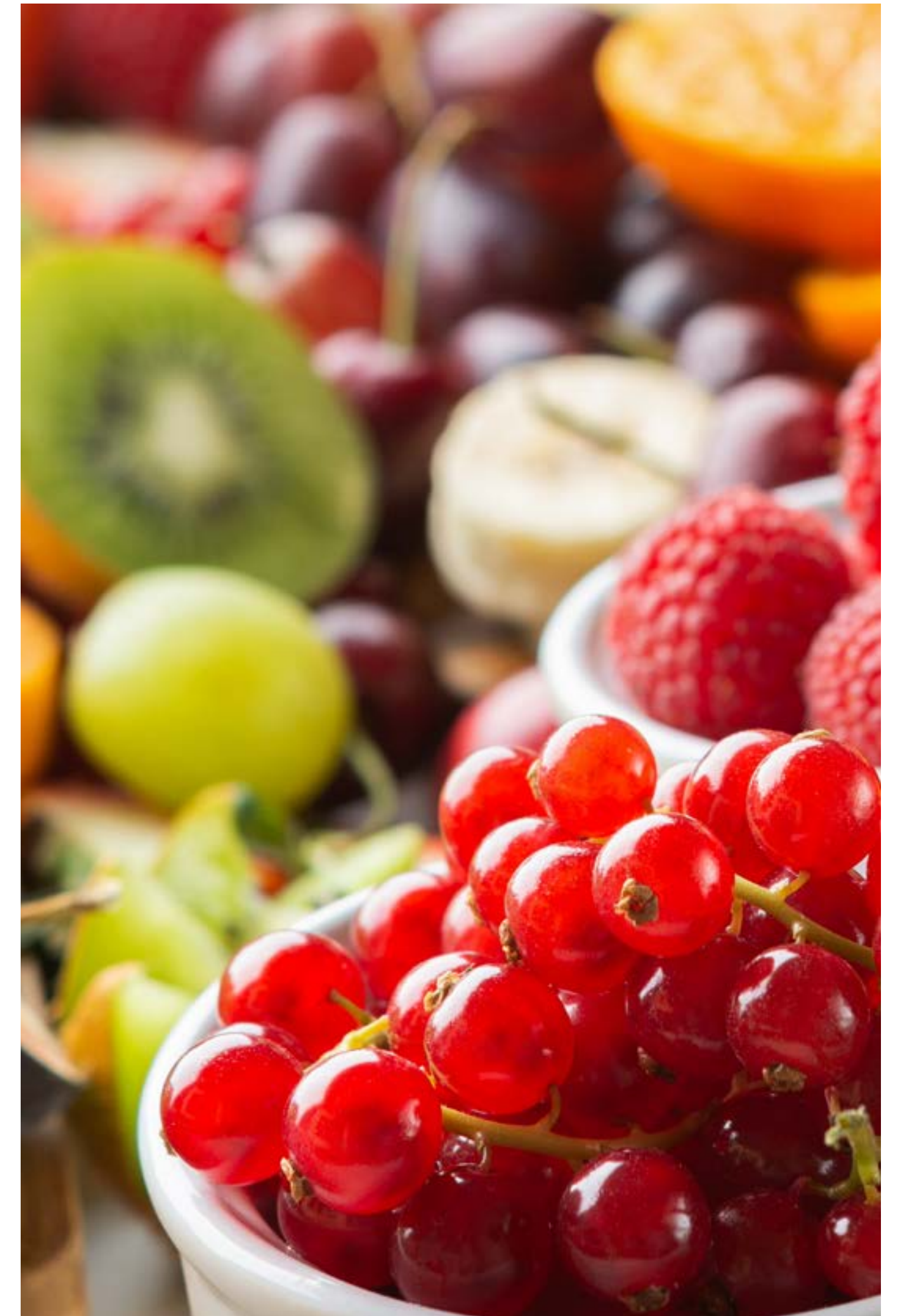
£2.00

WRAPPED COOKIES

A SELECTION OF COOKIES

Chocolate fudge **V** £1.80
Fruity oat **V**
Triple chocolate **V**

£1.80



Subject to availability. We may make substitutions when required

KEY - V VEGETARIAN / VG VEGAN / GF GLUTEN FREE

SWEET TREATS

DEVONVALE

A SELECTION OF WRAPPED TRAYBAKES

- Plain flapjack **VG**
- Chocolate chip flapjack **VG**
- Cherry & sultana flapjack **VG**
- Raspberry flapjack **VG**
- Cherry bakewell flapjack **V**
- Banoffee flapjack **V**
- Chocoholic flapjack **V**
- Yoghurt flapjack **V**
- Apple & raspberry crumble slice **VG**
- Chocolate tiffin slice **V**
- Rich chocolate cake slice **V**
- Caramel shortbread slice **V**

HONEYBUNS

A SELECTION OF WRAPPED TRAYBAKES

- Oaty raspberry bar **VG**
- Millionaires slice **VG / GF**
- Dark chocolate brownie **VG / GF**
- Milk chocolate brownie **GF**
- Fruit flapjack **GF**
- Lemon & ginger shortbread **GF**
- Dark chocolate & orange brownie **GF**
- Chocolate & caramel shortbread **GF**

£1.80

£2.00

MUFFINS

A SELECTION OF MUFFINS

- Blueberry crumble **V**
- Lemon meringue flowerpot **V**
- Triple chocolate **V**
- Raspberry & white chocolate **V**
- Salted caramel **V**

TRAY CAKE PLATTERS

(SERVES 10 PEOPLE)

A SELECTION OF CAKES

- Lemon drizzle **GF**
 - Chocolate brownie **GF / VG**
 - Cherry bakewell tart **GF**
 - Carrot cake **GF**
- (serves 10 people)

CREAM TEA

CREAM TEA, SERVED THE DEVON WAY **V**

One scone with clotted cream & strawberry jam, tea & coffee

GLUTEN FREE CREAM TEA **GF**

Gluten free scone in two halves with clotted cream & strawberry jam, tea & coffee

VEGAN CREAM TEA **VG**

Vegan scone in two halves with plant based cream & strawberry jam, tea & coffee

£2.00

£20.00

£4.25

£4.25

£4.25



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KEY - V VEGETARIAN / VG VEGAN / GF GLUTEN FREE

SANDWICH LUNCHES

ZERO CHEESE VEGAN SANDWICH SELECTION VG

£11.60

Fillings to include:

Zero cheese Wowman's on rye
Zero plant cathedral on malted bread
(serves 3 people)

VEGAN SPICY HOUMOUS & MEXICAN BEAN SANDWICH SELECTION VG

£11.60

Fillings to include:

Spicy houmous & spinach on malted bread
Mexican bean salsa on malted bread
(serves 3 people)

CLASSIC VEGETARIAN SANDWICH SELECTION V

£14.25

Fillings to include:

Free-range egg mayo & cress in malted bread
Cheese savoury in malted bread
Pesto, mozzarella, tomato & rocket in white bread
2 x cheddar cheese & tomato in white bread
(serves 5 people)

PREMIUM VEGETARIAN SANDWICH SELECTION V

£18.30

Fillings to include:

Free-range double egg & cress in malted bread
2 x Pesto, mozzarella, tomato & rocket in white bread
Mature cheddar cheese ploughman's in malted bread
Falafel crumble, salsa & coriander in rye bread bread
(serves 5 people)

CLASSIC SEAFOOD SANDWICH SELECTION

£15.65

Fillings to include:

Tuna mayo in white bread
Salmon & cucumber in oatmeal bread
Prawn marie rose in oatmeal bread
2 x tuna mayo & sweetcorn in malted bread
(serves 5 people)

Crisps & drinks can be added to all sandwich boxes. Various boxes can be selected to make up a buffet selection.

In line with the climate change emergency, we would ask you to give greater consideration to ordering plant-based selections.

If you would like your booking to be set up you can select this option for a 10% surcharge on your booking value. Please ensure tables are provided.



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KEY - V VEGETARIAN / VG VEGAN / GF GLUTEN FREE

SANDWICH LUNCHES

PREMIUM SEAFOOD SANDWICH SELECTION

£19.45

Fillings to include:

Salmon mayo & cucumber in oatmeal bread
Prawn & cream cheese in malted bread
Tuna mayo, sweetcorn & lettuce in malted bread
Prawn marie rose in oatmeal bread
(serves 5 people)
(all seafood is MSC approved)

CLASSIC MEAT SANDWICH SELECTION

£15.60

Fillings to include:

Ham, cheddar & mustard mayo in white bread
2 x bacon, lettuce & tomato in white bread
2 x chicken mayo, sweetcorn & lettuce in malted bread
(serves 5 people)

PREMIUM MEAT SANDWICH SELECTION

£19.45

Fillings to include:

Ham, cheddar & mustard mayo in white bread
Chicken Caesar in malted bread
Bacon, lettuce & tomato in white bread
2 x chicken tikka & minted yoghurt in malted bread
(serves 5 people)

ADD A BAG OF BURTS CRISPS TO YOUR SANDWICH SELECTION

£1.00

PACKED LUNCH (MINIMUM QUANTITY OF 10)

FRESH IDEAS CLASSIC

£6.60

Classic wrapped sandwich, crisps, a piece of fruit & a carton of juice

FRESH IDEAS PREMIUM

£7.95

Classic wrapped sandwich, crisps, a piece of fruit, Devonvale wrapped traybake & a bottle of Fairtrade juice

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SANDWICH LUNCHES

GLUTEN FREE WRAP **VG**

Peri Peri mezze

£5.25

GLUTEN FREE SANDWICH **V**

Egg mayo & cress

£5.25

GLUTEN FREE WRAP

Peri Peri chicken (no mayo)

£5.25

GLUTEN FREE SANDWICH

Chicken salad

£5.25

ADD A BAG OF BURTS CRISPS TO YOUR SANDWICH SELECTION

£1.00

GLUTEN FREE ROLLS PLATTER **GF / V**

£15.80

Fillings to include:

Free-range egg & cress

Sweet potato piri piri houmous & spinach

Ploughmans with Branstons pickle

(serves 3 people)

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SALADS & PLATTERS

SALAD PLATTERS

(SERVES 10 PEOPLE)

SWEET POTATO FALAFEL **VG**

£29.00

Sweet potato falafels, Moroccan cous cous, houmous, cucumber & tomatoes with creamy tahini dressing

VEGETABLE SAMOSA **V**

£25.00

Vegetable samosas, rocket, spiced cous cous, mint yoghurt & mango chutney

ORZO PASTA **V**

£40.00

Pesto & sun blush tomato, pimentos & bocconcini

CLASSIC CHICKEN CAESAR

£65.00

A classic dish of crunchy lettuce, creamy dressing, tender chicken slices, croutons & shavings of cheese

HAM HOCK, EGG & CRESS

£45.00

Pea & ham hock terrine, boiled eggs, crunchy lettuce with piccalilli and cress

OPTIONAL EXTRAS

SELECTION OF ARTISAN BREAD

£13.00

(SERVES 10 PEOPLE)

Freshly baked bread selection served with butter portions & vegan spread

SNACK PLATTERS

(SERVES 10 PEOPLE)

CLASSIC SNACK PLATTER **GF / VG**

£12.50

A platter of bar snacks to include:
A selection of crisps, salted peanuts, Popchips, Hippeas & popcorn

PREMIUM SNACK PLATTER **GF / VG**

£15.00

A platter of bar snacks to include:
A selection of Burt's crisps, root vegetable crisps, cashews, Hippeas & Popchips



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PLATTERS

ARTISAN PLATTERS

(SERVES 10 PEOPLE)

VEGAN ANTIPASTI **VG**

£45.00

Applewood vegan cheese & vegan mozzarella with olives, sundried tomatoes, marinated artichoke hearts, roasted peppers, cherry tomatoes, houmous, decorated with rocket & served with sliced sourdough bread

VEGETARIAN ANTIPASTI **V**

£45.00

Mozzarella balls with olives, sundried tomatoes, marinated artichoke hearts, roasted peppers, cherry tomatoes, houmous decorated with rocket & served with sliced sourdough bread

CHEESE PLOUGHMANS **V**

£45.00

West Country cheddar, Somerset brie & Devon Blue with Ottervale chutneys & grapes served with sliced sourdough bread

MEAT ANTIPASTI

£45.00

Milano salami, chorizo & prosciutto with olives, sundried tomatoes, marinated artichoke hearts, cherry tomatoes, decorated with rocket served with sliced sourdough bread

SUSHI PLATTERS

SPICY TOFU SAUCY ROLLS **VG**

£12.00

With Gochujang chilli miso dip (10 pieces)

VEGETARIAN OSAKA TRAY **V**

£86.00

Selection of large & small rolls, inside & out maki rolls & california rolls (46 pieces)

OSAKA SMALL TRAY

£22.50

Selection of fish & seafood small rolls, inside & out maki rolls (20 pieces)

TOKYO TRAY

£95.00

Selection of fish nigiri & large & small maki rolls (60 pieces)



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PIZZA

All hand rolled artisan 12" bases and fresh from the pizza oven.

Our pizzas can also be made Gluten Free – please ask.

Minimum order quantity of 10 pizzas

THE MIGHTY VEGAN VG Tomato passata base with artichokes, pimentos, courgettes, rosemary & mozzarella Sheese	£8.00	BBQ CHICKEN Tomato passata base with BBQ chicken, sweetcorn & mozzarella	£8.75
VEGAN MARGHERITA VG Tomato passata base with mozzarella Sheese & fresh basil	£7.50	PEPPERONI Tomato passata base with pepperoni & mozzarella	£8.75
THE MIGHTY VEGETABLE V Tomato passata base with artichokes, pimentos, courgettes, rosemary & mozzarella	£8.00	SAUCES Garlic mayo GF / VG £0.35 Vegan mayo GF / VG £0.35 Ketchup GF / VG £0.35 BBQ GF / VG £0.35 Sweet chilli GF / VG £0.35	
THE GOATS CHEESE V Tomato passata base with creamy goats cheese, red onions, fresh rosemary, basil, pesto & mozzarella	£8.00		
MARGHERITA V Tomato passata base topped with mozzarella & fresh basil	£7.50		



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CELEBRATORY
DRINKS

WINE

(BOTTLES 75cl)

HOUSE WHITE £11.85

11-13%

HOUSE RED £11.85

11-13%

HOUSE ROSE £11.85

11-13%

I SOMELIERI BARBERA D'ASTI £14.85

13.5%

PICPOUL DE PINET £14.85

Reserve Roquemoliere, 2017 France (white) 13%

PROSECCO BOTTLE £17.30

11%

OTHER ALCOHOL

(PACKAGED PRODUCTS)

PIMMS & LEMONADE £3.80

(250ml) 5%

GORDONS GIN & TONIC £3.80

(250ml) 5%

TRIBUTE ALE £4.60

(500ml) 4.2%

THATCHERS HAZE CIDER £4.30

(500ml) 4.5%

PREMIUM LAGER BOTTLE £4.00

Corona, Heineken, Budweiser or similar (330ml) 4-5%

REGIONAL WINES

(BOTTLES 75cl)

SHARPHAMS SPARKLING BLANC £33.45

Devon 12%

LYME BAY SPARKLING BRUT RESERVE £34.15

Devon 11%

LYME BAY PINOT NOIR, RED £31.80

Devon 12.5%

SHARPHAMS RESERVE, WHITE £19.85

Devon 11%



Subject to availability. We may make substitutions when required

FOR LARGER OCCASIONS
Open sleeved catering packs suitable for open days etc

SWEET TREATS

SWEET BISCUIT ASSORTMENT V £16.99

A selection of your favourite plain & cream filled biscuits
4 x 500g wrapped trays. Box of 172 biscuits.

BRONTE TRADITIONAL BISCUIT ASSORTMENT V £26.99

Traditional biscuit assortment to include chocolate chip, golden crunch, fruit Shrewsbury, shortcakes & Viennese. Box of 100 packets.

NESTLE BIG BISCUIT BOX V £35.99

Kit Kat Original, Kit Kat Orange, Kit Kat Dark, Blue Riband, Toffee Crisp. 69 wrapped biscuits.

ICED RING DOUGHNUT ASSORTMENT £14.99

Chocolate, strawberry & iced doughnuts
Tray of 20 doughnuts.

CHOCOLATE CREAM DOUGHNUTS V £11.99

Tray of 12 doughnuts.

VANILLA CREAM DOUGHNUTS V £11.99

Tray of 12 doughnuts.

BLUEBERRY CRUMBLE FLOWERPOT MUFFIN V £29.99

Tray of 24 muffins.

TRIPLE CHOCOLATE FLOWERPOT MUFFIN V £29.99

Tray of 24 muffins.

LEMON MERINGUE FLOWERPOT MUFFIN V £29.99

Tray of 24 muffins.

SALTED CARAMEL FLOWERPOT MUFFIN V £29.99

Tray of 24 muffins.

CAFE STYLE TRAY CAKES V £22.50

Tray of 10 locally produced tray cakes

CAFE STYLE TRAY CAKES VG £22.50

Tray of 10 locally produced tray cakes



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OFFICE SUPPLIES
Order supplies for your office kitchen

YORKSHIRE TEA BAGS (1X1100)	£24.29
CLIPPER FAIRTRADE TEA BAGS (1X600)	£43.29
KENCO FREEZE DRIED INSTANT COFFEE TIN (1 X 750G)	£47.52
LONG LIFE MILK (12X1LTR)	£20.10
OAT MILK (6X1LTR)	£13.97
SOYA MILK (12X1TR)	£23.83
WHITE SUGAR STICKS (1X1000)	£9.30
DEMERARA SUGAR STICKS (1X1000)	£9.84

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