

LET'S DO
AN EPIC
LUNCH

WE ARE
EPIC CATERERS.



WELCOME

CHOOSE TO HAVE AN EPIC WORK DAY

On busy days filled with back-to-back meetings, lunchtime is often the highlight. At We Are Epic Caterers, we turn working lunches into something to look forward to—fresh, healthy, and delicious. Our menus offer a tempting selection of artisan breads, freshly baked pastries, beautifully crafted savoury bites, and indulgent sweet treats.

All buffets are delivered in disposable, recyclable packaging included as standard.

If you'd prefer individually packed buffets or require plates and cutlery, just let us know—these can be provided for a small additional charge.

Delivery is free within the Cardiff area. Locations outside Cardiff may incur a delivery fee, depending on distance.

Prices are based on a minimum order of 10 people.

Please inform us of any allergies or dietary requirements at the time of booking.

Simply email us your order giving us as much notice as possible for us to fulfil your requests

We can do our best to help with short notice orders also.

Contact us

Email: office@epiccaterers.com

Call: 03308181424

All prices are subject to VAT

WE ARE
EPIC CATERERS.



BREAKFAST **BUFFET**

Freshly baked croissants, butter & jam
Fruit platter
Breakfast flapjacks

Selection of freshly baked danish pastries
Fruit platter

Ham & cheese filled croissants, breakfast chutney
Danish selections
Fresh yoghurt & blueberry compote
Fruit platter
Breakfast flapjacks

Soft breakfast rolls
Filled with a choice of bacon or sausage, or egg served with
condiments.

Breakfast Wrap
Bacon, sausage, mushroom, egg and hash brown

One choice for all guests

Vegetarian, vegan and dietary alternatives available on request



HOT BOXES

Delivered hot and ready for you to enjoy

(only delivered within a 15-mile radius)

Salmon, crushed new potatoes, tenderstem, lobster bisque

Spicy Korean glazed chicken, sesame, wild rice, flatbreads.

Pulled beef bourguignon, silver skin onion, bacon lardons, mushrooms, seasonal greens, buttered mash potato.

Cauliflower, cumin and lentil pie, smashed peas, parmentier potatoes, curry sauce.

Thai sweet to, cauliflower and chickpea curry, coconut rice, (V, VE)

Gourmet beef brisket lasagne, sourdough garlic bread, garden salad

Roast pork belly, roasted carrots, parsnips, potatoes, chefs green, stuffing ball, sticky apple jus

Served with disposable cutlery & napkins
Vegetarian and Vegan alternatives of each dish available
One choice for all guests, excluding dietaries.



SALAD BOXES

Delivered ready for you to enjoy

(only delivered within a 15-mile radius)

Gently spiced chicken skewer, piadina bread, oversized cous cous, Turkish salad, rose petal yoghurt.

Chicken Caesar salad, carrot ribbons, boiled egg, parma ham crisps, crispy croutons, chicken breast, caesar dressing

Greek salad mezze, lightly spiced beetroot falafels, greek salad, smoked paprika hummus, pitta bread, tzatziki. (V)

Penne pesto pasta, sun-dried tomatoes, pine nuts, garden salad

Ploughman's, ½ scotch egg, pork pies, cheeses, chutney fruit, crackers.

Caramelised red onion & goats cheese quiche, garden salad.

Served with disposable cutlery & napkins
Vegetarian and Vegan alternatives of each dish available
One choice for all guests excluding dietaries



BUFFET **LUNCH**

3 different sandwich fillings on chefs' daily bread
2 savoury selection
2 mini desserts
fruit platter

3 different sandwich fillings on chefs' daily bread
3 savoury selections
2 mini desserts
fruit platter

4 different sandwich fillings on chefs' daily bread
4 savoury selections
2 mini desserts
fruit platter



LUNCH

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LUNCH



BUFFET LUNCH CHOICES

SANDWICHES

Served on a selection of breads, wraps, bagels or focaccia

BLT - Bacon, lettuce & tomato

Flaked tuna, mayonnaise & cucumber

Pulled ham hock, chunky piccalilli

Cheddar cheese ploughman's, tomato, little gem, chutney (V)

Egg mayonnaise, watercress (V)

Smoked salmon, soft cheese, pickled cucumber

Hand carved ham, cheddar cheese, salad, mustard mayonnaise

Chicken Caesar, smoky bacon, little gem, parmesan

Lightly spiced beetroot falafel, rocket & hummus (V) (VE)

Vegan 'not chicken' caesar, little gem (V) (VE)

SAVOURIES

Crispy brie bites, onion jam. (V)

Rainbow vegetable samosa, sweet chilli dip (V) (VE)

Truffle cheese arancini (V)

Duck spring rolls, Hoisin dip

Filo prawns with sweet chilli dip

Southern fried chicken goujons, Korean BBQ dip

BBQ beef brisket sausage rolls

Mini cheddar & sweet potato pies (V)

Mini beef & ale pies

MINI DESSERTS

Lemon drizzle cake

Raspberry frangipane

Chocolate brownie

Traditional carrot cake

Millionaires shortbread

Jam filled Welsh cakes



ADD-ON DRINKS

Bottled drinks

Elderflower Presse
Raspberry Lemonade
Ginger beer
Orange juice
Apple juice

Smoothie Station

Two choices of freshly made smoothies from:
Berry- Blueberry, strawberry, coconut water
Tropical- Pineapple, passionfruit, banana
Green- Cucumber, apple, spinach
Immunity- Banana, apple, ginger, turmeric

1 litre jugs

Orange juice
Apple juice

Glass Jug Hire available

Glass Hire available

Gut Health and Wellness Shots



ADD-ON EXTRAS

Additional savoury item, per person per item

Additional sweet treat, per person per item

Homemade banana loaf

Naturally sweet and soft banana loaf

Selection of mixed salty snacks

Olives, nuts, crisps, pretzels, popcorn

Tea and Coffee Station

Staffing charges for service may be applicable

Pick Up Station

Selection dried fruits, nuts, popcorn, mini pretzels

Dessert cones

Goopy brownie, choux bun, macaroon, fresh fruit
kebab, chocolate dipped
waffle finger, cake pop.

Charcuterie cones

Selection of cured meats, cheeses, crackers, olives,
focaccia.



FUELING
YOUR
WORKDAY
WITH
EPIC
FLAVOURS

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