



THE
FRUIT
PEOPLE

Q2 MENU
2024

CORPORATE EVENTS

MAKING FOOD A WORKPLACE EXPERIENCE



At The Fruit People, we believe that exceptional food experiences elevate workplaces and enhance well-being. Welcome to our Food menu, carefully crafted to delight your taste buds and elevate your office dining experience.





Our commitment to quality and diversity shines through every dish. We're not just passionate about creating delicious food; we're also dedicated to being environmentally responsible.



As part of our mission to make workplaces better, we strive to minimize our environmental footprint. From sourcing local and sustainable ingredients to reducing waste through eco-friendly packaging, we're on a journey to a greener tomorrow.



GET TO KNOW THE TEAM BEHIND YOUR MENU CHOICES



**Barry
Dennis**



**Amy
Blake**

DISCOVER HOW SIMPLE IT IS TO PLACE YOUR ORDER WITH US

Reach out to us at [\(01\) 534 5821](tel:015345821)

or info@thefruitpeople.ie to personalize your catering experience.





LET THE CULINARY JOURNEY BEGIN!

Presenting The Fruit People's delectable quarter two menu for 2024.

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BREAKFAST OPTIONS

****€5.10 each****

Pork Shoulder Sausage Roll

Contains: wheat, egg, sulphur dioxide

Mushroom and Ricotta Pasty: mushroom, spinach, ricotta

Contains: wheat, milk, egg

Smashed avocado with gluten-free toast

****€6.33 each****

Bacon and Cheese Croissants: streak bacon, cheddar, ballymaloe relish

Contains: wheat, sulphur dioxide, milk, egg

Brie and Caramelised Onion Croissant

Contains: wheat, milk, egg, sulphur dioxide

Breakfast Frittata: sausage, bacon lardon, cherry tomato, onion, egg, cheddar

Contains: egg, milk, sulphur dioxide

Veggie Breakfast Frittata: cherry tomato, onion, cheddar, egg, spinach, mushroom

Contains: egg, milk

****€8 each****

Smoked Salmon Bagel: smoked salmon, dill and lemon cream cheese

Contains: wheat, milk, fish

Bacon and Cream Cheese Bagel: streaky bacon, cream cheese

Contains: sulphur dioxide, milk, wheat

Smashed Avocado and Roast Red Pepper Bagel (V)

Contains: gluten, soybean

Breakfast Quiche: sausage, black pudding, bacon lardon, egg, cheese

Contains: wheat, egg, sulphur dioxide, milk

Leek and Comte Quiche: leek, comte, egg

Contains: wheat, egg, milk

BREAKFAST OPTIONS

****€4.00 each****

Pastries

Croissant

Chocolate and Hazelnut

Croissant

Almond Croissant

Allergens: Wheat, Egg, Milk, Nut

****€4.50 each****

Overnight Oat Pots

Blueberry Oat Pot

Chocolate and Banana Oat Pot

Bircher Pot

Contains: milk, nut
(hazelnut/almond)

****€5.70 each****

Fresh Fruit Choices

Fruit Salad

Pineapple, Melon, Watermelon,
Berries.

Fruit Pots

Pineapple, Melon, Watermelon,
Blueberry, Strawberry

****Minimum order of 10 per item ****

LUNCH OPTIONS

SANDWICHES

****€8.86 per wrap or sandwich****

Harissa Roast Chicken, Roast Red Pepper Tabbouleh, Preserved Lemon Mayo, Gold River Farm Mixed leaves

Contains:
wheat/egg/mustard/sulphites

Lemon, Garlic and Oregano Chicken Souvlaki, Tzatziki, Tomato and Cucumber Salsa, Rocket

Contains:
wheat/mustard/sulphites/milk

Roast Beef, Horseradish Mayo, Caramelised Red Onion, Mixed Leaves

Contains:
wheat/mustard/sulphites/milk

Beef Pastrami, Tomato, Swiss Cheese, Russian Dressing, Baby Gem

Contains: wheat/ sulphites/
mustard/ egg/ milk

Turkey Club Sambo, Beef Tomato, Bacon, Sriracha Mayo, Avocado, Baby Gem

Contains: wheat/ egg/ mustard/
sulphur dioxide

Falafel, Roast Red Pepper Hummus, Tomato and Cucumber Tabbouleh, Rocket, Soy Riata

Contains: sesame/soy/wheat

LUNCH OPTIONS

WRAPS

****€8.86 per wrap or sandwich****

Falafel Wrap, Hummus, Couscous, Pickled Red Cabbage, Harissa, Riata (V)

Contains: wheat, sesame, sulphites

Chicken Wrap, Sweet Chilli Mayo, Asian Slaw

Contains: egg, mustard, sulphites, wheat

Tuna & Sweetcorn Wrap, Baby Gem

Contains: egg, mustard, sulphites, wheat, fish

BBQ Pork Wrap, Ruby Slaw, Red Pepper Relish

Contains: egg, mustard, soy, sulphites, wheat

Chicken Caesar Wrap, Bacon, Parmesan, Baby Gem

Contains: egg, mustard, sulphites, wheat

Plain Fillings

Egg Mayo (DF)

Contains: egg/mustard/sulphur dioxide/wheat

Chicken & Stuffing (DF)

Contains: egg/mustard/sulphur dioxide/wheat

Ham & Cheddar

Contains: wheat/dairy/butter

SALADS OPTIONS

****Salads Large share salad €37.97 serves 8-10 pax****

****Individual veggie salads €9.50 – Individual protein salads €12.70****

Nicoise Salad (GF)

Ingredients: Fine Bean, Tomato, Red Pepper, Onion

Contains: sulphite/mustard.

Caesar Salad (GF)

Ingredients: Cherry Tomato, Baby Gem, Caesar Dressing

Contains: dairy, mustard, sulphite, eggs.

Giant CousCous

Ingredients: Giant Couscous, Vadouvan Cauliflower, Pickled Red Onion, Green Chili Chutney

Contains: wheat, sulphites, mustard.

Harissa Chickpea Salad (V)

Ingredients: Harissa Glazed Chickpea, Chipotle Roast Sweet Potato, Roast Red Peppers, Scallions, Herbs

Contains: sulphites.

Noodle Salad (V)

Ingredients: Rice Noodles, Edamame Bean, Peppers, Scallion, Spicy Peanut Sauce

Contains: soy, sulphites, peanut.

SOUPS OPTIONS

****€5.70 per serving****

Moroccan Harira
(V), (DF), (GF)

Tomato, Chilli and Coconut
(V), (DF), (GF)

**Curried Sweet Potato and
Red Lentil**
(V) (DF) (GF)

Leek and Potato
(VEG) (GF)
Contains: Dairy

Mushroom and Truffle
(V) (DF) (GF)

****Minimum order of 10 per item ****

HOT DISHES OPTIONS

****€14.20 per head with one side****

MEAT DISHES

Irish Beef Cottage Pie with Hegartys Cheddar Mash

Contains Dairy/Sulphites

Chicken with Wild Mushroom and Madeira Sauce

Contains Dairy/Sulphites

Beef Massaman Curry

Contains Soy/Fish/Shellfish/Nuts

Coq au Vin with Smoked Bacon, Mushroom, and Baby Onion

Contains Sulphites

Beef Shin Lasagna

Contains

Egg/Milk/Wheat/Sulphites/Celery

Beef and Chorizo in Red Wine

Contains Sulphites/Wheat

Beef Stroganoff with Mushroom

Contains Milk/Mustard/Sulphites

Smokey Irish Beef Chilli with Black Bean

Contains Sulphites

Chicken, Leek, and Ham Hock Pie

Contains

Dairy/Egg/Milk/Wheat/Mustard

Lamb Kofta Meatballs with Baharat Tomato Sauce

Contains Wheat/Sulphites

Lamb and Saffron Tagine with Chickpea and Apricot

Contains Sulphites

Slow Roast Chicken Leg, Cacciatore Sauce (DF)(GF)

Contains Sulphites

HOT DISHES OPTIONS

****€14.20 per head with one side****

VEGETARIAN DISHES

Thai Vegetable Curry

Contains Soy/Fish/Shellfish/Nuts

Veggie Lasagna

Contains

Egg/Milk/Wheat/Sulphites

Aubergine Moussaka

(VEG) (GF)

Contains Dairy/Sulphites

Roast Vegetable Paella

(V) (DF) (GF)

SEAFOOD DISHES

Roasted Salmon Darne with

Provençal Vegetables and Salsa Verde

Contains Fish/Sulphites/Mustard

SIDES

Steamed Basmati Rice

Creamy Mashed Potato

Garlic and Rosemary Roast Potatoes

Maple Roasted Sweet Potato Mash

CANAPES OPTIONS

Please note, samples and others in rotation, so ask for details.

****3 for €15.20****

****4 for €18.99****

****5 for €22.15****

**Mexican Salmon Tostada (GF)
(DF)**

Hot smoked Salmon, Crispy onion,
Avocado Cream, Chipotle
Mayonnaise, Corn Tortilla
Contains eggs/mustard/sulphur
dioxide

Lambay Island Crab

Dressed Crab, Green Apple,
Fennel, Pink Grapefruit, Jalapeno,
Creme Fraiche,
Sourdough Crouton
Contains shellfish/milk

**BBQ Pulled Pork Slider, Red
Pepper Relish, Brioche**

Contains
Wheat/Egg/Dairy/Sulphites/Soy

**Cornflake Chicken Tenders,
Chipotle Mayo**

Contains
Wheat/Egg/Dairy/Mustard
/Sulphites

**Pulled Irish Beef Slider,
Dubliner Cheddar, Red Pepper
Relish, Brioche**

Contains
Wheat/Milk/Egg/Sulphites

Korean Fried Chicken Slider

Contains
Wheat/Milk/Egg/Sulphur
Dioxide/Mustard

Saffron Arancini (VEG)

Saffron, Parmesan, Lemon aioli
Contains
Egg/Wheat/Milk/Mustard

**Goats Cheese Tartlet (VEG)
(GF)**

Goats Cheese Mousse, Beetroot,
Walnut, Fine Herbs
Contains milk(dairy,
goats)/nuts(walnut

Wild Mushroom Nori (V)

Contains Mustard, Sulphur
Dioxide

DESSERTS

OPTIONS

****€4.75 each****

Dark Chocolate Brownie (GF)

Contains Milk/Egg

Vegan Dark Chocolate and Raspberry Brownie

Contains Nut (Cashew, Almond)

Vanilla Cupcake with Cream Cheese Frosting (VEG)

Contains Wheat/Milk/Egg

Hazelnut, Almond, Cacao, Protein Ball

Contains Date, Hazelnut, Almond, Cacao, Coconut, Maple, Rose Petal

****All protein balls have been produced in an environment containing wheat, gluten, tree nuts, dairy, eggs, soya, sesame, and sulphites.****



THE
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MONTHLY WORKPLACE CELEBRATION IDEAS

For Every 2024 Event on the Calendar

THEMED MENUS

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Nationality Menu

Valentines Menu

International Womens Day

World Health Day Menu

Pancake Tuesday Menu

St Patricks Day Menu

Easter Menu

Wellness Menu

Cinco de Mayo Menu

LGBTQ+ Pride

Summer BBQ Menu

4th of July Menu

Autumn Menu

Halloween Menu

Thanksgiving Menu

Christmas Menu





APRIL

THEMED MENUS

WORLD HEALTH DAY BREAKFAST

****€17.10 per person****

Strawberry (VEG) (GF)

Contain Milk

Raspberry and Banana coconut (GF) (DF) (V)

Contain Soy

Fresh Juices (VEG)

Pressed Apple Juice, Squeezed Orange Juice.

Fruit Skewers (V)

Melon, Pineapple, Watermelon, Fresh Berries.

Vegan Bircher Pot, Breakfast Dukkah (V)

Contains nuts (almond, hazelnut) sesame

Smashed Avocado, Gluten Free Toast (GF) (V)

Avocado, Red Onion, Lime, Coriander, Tomato, Gluten Free Toast

Smoked Salmon, Avocado, Cream Cheese and Spinach Pot

Contains Milk /Fish

Hazelnut, Almond, Cacao, Protein Ball

Date, Hazelnut, Almond, Cacao, Coconut, Maple, Rose Petal

Contains wheat,gluten, tree nuts, dairy, eggs, soya, sesame and sulphites



MAYO

THEMED MENUS

CINCO DE MAYO

****€18.35 per person**

Main

Slow Cooked Chicken Pibil (GF)

Chicken spiced with achiote chilli, cumin, coriander, lime and garlic.

Beef Birria (GF)

Irish beef, slowly braised in a sauce made of tomatoes, chillies and spices.

Vegan Black Bean Chilli (VEG) (GF)

Black Bean, Kidney Bean, Chilli, Garlic, Tomato, Spices and Coriander.

Sides

Coriander and Lime Rice

Guacamole

Corn Tortilla Chips (GF)

Salsa Roja

Cheddar

Chopped Iceberg Lettuce

THE
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**ALL
SUMMER**

****€18.35 per person**

****€6.96 Desserts**

THEMED MENUS

SUMMER BBQ

Main

Grilled Irish Beef Burger, Hegartys Cheddar, Relish, Baby Gem, Brioche Bun

Contains milk/ egg/ flour/ sulfur dioxide/ mustard/ celery

Grilled Turkey Sausage Hotdog, Crispy Fried Onions, Wholegrain Mustard Mayo

Contains mustard/ wheat/egg/ sulfur dioxide

Smokey BBQ Glazed Grilled Chicken Paillard Burger

Contains wheat/fish

Curried Cauliflower and Quinoa Burger

Contains mustard/ wheat/ sulfur dioxide/ celery

Menu Served With, Pickled Gherkins, Red Onion, Beef Tomato, Iceberg Lettuce, Tomato Relish, Garlic Mayo, Margadh Burger Sauce

*Cold Salads

Summer Green Salad, Confit Garlic and Mustard Dressing

Contains mustard/ sulfur dioxide

House Ruby Coleslaw

Contains egg/ mustard/ sulfur dioxide

Potato Salad, Capers, Scallions, Dill and Mustard

Contains egg/ mustard/ sulfur dioxide

Asian Noodle Salad, Ponzu Dressing

Contains soy/ wheat/ egg

Desserts

Dark Chocolate Tart, Peanut Praline, Ganache Montee

Contains flour/egg/milk/nut(peanut)

Lemon Tart, Macerated Strawberries, Chantilly Cream

Contains flour/egg/milk



JUNE

THEMED MENUS

PRIDE BRUNCH

****€15.20 per person**

Mini Mixed Danish Pastries (VEG)

Contains wheat/ milk/ egg/ (may contain nut)

Fresh Fruit Skewers (DF) (V) (GF)

Pineapple, Melon, Kiwi, Mixed Berries

Tonka Bean Yoghurt, Blueberry Compote, House Made Granola (VEG)

Contains wheat/ nut/ milk/

Wexford Strawberry Smoothie (VEG) (GF)

Contain milk

Pina colada Smoothie (with coconut yogurt) (V) (GF)

Pork Shoulder Sausage Roll, Brown Sauce

Contains wheat/ milk /egg

Cup Cakes (VEG)

Pride Coloured Buttercream

Contains milk/ egg/ wheat



JULY

THEMED MENUS

4TH JULY BAR BITES MENU

****3 items for €15.20**

**** 4 items for €18.99**

**** 5 items for €22.15**

BBQ Pulled Pork Slider, Brioche

Contains milk/ wheat/ sulfur dioxide/ egg

Cornflake Chicken Tenders, Chipotle Mayo

Contains milk/ egg/ mustard/sulfur dioxide

New England Style Crab Cakes, Tartare Sauce

Contains fish/shellfish [crab]/ egg/ wheat/ milk/ mustard

Cauliflower Hot Wings, Lemon Yogurt Dip (V)

4th July Themed Cupcakes

Cream Cheese and Ruby Chocolate Frosting (VEG)

Contains wheat/ milk/ egg

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JULY

THEMED MENUS

BASTILLE DAY MENU

****€18.35 mains & sides**

****€8.23 starter add on**

****€6.96 desert add on**

Starters

French Onion Soup, Gruyere Crouton

Contains sulphites/wheat/milk

Salade Nicoise

French Crab Salad

Contain shellfish

Chicken Liver Parfait, Brioche

Contains milk/egg/sulphites/wheat

Main Course

Confit Duck Leg, Orange Sauce, Puy Lentil Cassoulet

Contain sulphites

Daube of Beef, Bourguignon Garnish

Contains mustard/sulphites

Coq Au Vin

Contain sulphites

Chicken Fricassee, Mushroom Cream Sauce

Contains sulphites/ milk

French Onion Tart (V)

Contains gluten/milk/sulphites/egg

Celeriac and Mushroom Pithivier (V)

Contains celery/wheat/milk/egg/mustard

Sides

Lyonnais Potatoes

Contains milk/mustard

Ratatouille

Glazed Chantenay Carrots

Desserts

Apple Tarte Tatin

Contains gluten/milk/egg

Cherry Clafoutis, Brandy Custard

Contains gluten/milk/egg/sulphites

Chocolate, Orange and Hazelnut Tart

Contains milk/ egg/ wheat

Legend: *Subject To Change (gf) for gluten free, (df) for dairy free, (v) for vegan and (veg) for vegetarian.



All pricing given is ex VAT, and does not include delivery or service fee. Delivery fee is €27, and service fee will depend on event size; please ask for more details.

**SERVING GROUPS OF 25+ IN CENTRAL DUBLIN
AND 50+ IN SURROUNDING AREAS.**

**THANK YOU FOR CONSIDERING
THE FRUIT PEOPLE FOR YOUR
OFFICE NEEDS.**



Contact Us:
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info@thefruitpeople.ie
www.thefruitpeople.ie