



the  
bear kitchen

*Rooted in Nordic tradition with Indo-Asian influences*

**Events and Special Dining Experiences  
Autumn/Winter/Christmas 2019**

**Do you need food for an event?**

Let The Bear Kitchen create nutritious, energising food for your event. Forget food comas, and bland flavours – we use proper ingredients to prepare creative, colourful menus with a strong focus on seasonality and local sourcing. They will delight omnivores, vegetarians and vegans alike.

Tell us what you're planning and leave the cooking to us. Then all you have to do is welcome your guests and bask in their praise (check out testimonials on next page).



**Eat with impact.**  
**Eat like a bear.**

The bear eats mostly plants. She's never heard of factory farmed meat and all the hyper processed foods that are destroying our health, and the eco-systems on which we depend.

We are on a mission to empower YOU to make a positive difference for joy, for health and for the planet. Together we are changing the world by changing the way we eat.

Jens and Michael



**Elevate your event above the ordinary.**

Our core menus are plant-powered. Ethically sourced meat and fish are optional add ons. That means:

- **It's inclusive.** Everyone can share the same meal regardless of personal preferences.
- **It's easy.** Save time and avoid the stress for YOU the organiser.
- **It's great story-telling.** Raise your brand profile by showing that you care for the planet.



## Previous customers and testimonials

*“Thanks for a brilliant experience. It was all I imagined and more! The team were so happy and you could feel an elevation of energy in the room. The food was superb - even better than described.”*

*Kate Walsh, Employee Experience Manager, AIRBNB HQ LONDON*

**WAITROSE**  
& PARTNERS



**RIVER ISLAND**



**memrise**  
Grow your mind



**VisitDenmark**



*“It was honestly fabulous and the food was divine. Everyone was so pleased and we'd love to do something together again.”*

*Kieran O'Shea, Event Manager, HUCKLETREE WORKSPACES*

*“The Bear Kitchen was a total breath of fresh air. Having something so clean and invigorating to eat upped the tone and gave everyone a talking point. DELICIOUS!”*

*Joe Cripps, MD & Co-founder, TRAIL*

*The Bear Kitchen provided a fantastic dining experience for us and our experience hosts. The organisation in advance and on the evening itself was seamless. The food was fantastic, and it's great to be able to educate, as well as enjoy,*

*Shona Marsh, Experiences Market Manager, AIRBNB HQ LONDON*

*“Thank you so much for the lunch last week, it was SUPER appreciated and everyone loved the delicious food!”*

*Sari Heikkila, Office Manager, MOVING BRANDS*

*“Thank you for being with us all evening and making the food experience a dream for everyone!”*

*Enrica Dellapiata, Event Manager, HUCKLETREE WORKSPACES*

## Food for casual occasions and mingling

(We can also do bespoke items. Just ask and we'll happily create to your requirements)

### Nordic Tacos

Roasted cauliflower, mushroom & walnut mince; spiced pink onion & citrus 'crema'. GF, VG

Pulled pork from Red Gate Farm, slow-roasted with wild herbs, red cabbage braised with warming spices, organic sour cream & crispy crackling. GF

Slow-roasted Turkey from Fosse Meadow Farm, carrot & cranberry chutney & stuffing crumble'. GF

### Sourdough Crostinis

Pâté of shiitake mushrooms, locally grown camelina seeds & walnuts on sourdough crostini with grilled pepper, apple balsamic reduction & parsley. VG, GFO

Chicken from Fosse Meadow Farm & mushroom pickle in a curry 'coronation' dressing with crispy bacon on sourdough crostini. GFO

North Atlantic prawns & pickled cauliflower in a dill dressing, avocado, gem lettuce on sourdough crostini. GFO

### Bread-free Items

Smokey umami yellow pea mousse on crispy seed & nut bread with apple relish. VG, GF

Herb cured white fish, on baked turnip with a beetroot relish and horseradish cream. GF

Chantenay carrots caramelised in cacao butter & wild mugwort flower served with a herb yoghurt on a crunchy gem lettuce leaf. GF, V, VGO

The Bear roll-mop herring with a crunchy winter slaw. GF

Salt-baked candy beetroot with an apple balsamic reduction, walnuts, Somerset blue cheese on a gem lettuce leaf. GF, V, VGO

### Dips

Baked pumpkin humus served with sourdough bread & root-veg crisps. VG

Jerusalem artichoke & citrus purée with sourdough bread & root-veg crisps. VG

Rocket & walnut pesto with sourdough bread & root-veg crisps. VG

### Little Bear Bowls (served warm)

Locally grown fava beans & split peas done Indian dahl-style, spice-roasted cauliflower, crunchy slaw of winter brassicas, home-made lime pickle veganise, carrot & apple chutney, toasted cashews & coriander. VG

Locally grown marrowfat & split green peas in green curry, pumpkin roasted with peanut butter & lime zest, root veg stir-fry, apple relish, mixed herbs & sprouts. VG

Nordic Black carlin & green peas casseroled with seasonal leafy greens & seaweed, pan-roasted sweetheart cabbage; wild garlic kimchii, rhubarb relish & roasted hazelnuts. VG

Spelt noodles fried with a tamarind & barley miso sauce, seasonal veggies, shiitake mushroom pickle, sprouted pulses, toasted nuts & seeds. VG

Veggie lasagne with layers of leafy winter greens, lentil & mushroom Bolognese, & oat milk polenta bechamel served with a side of carrot & red cabbage slaw, lacto-fermented shallots & an apple balsamic reduction. VG

### Optional meat, fish and dairy add-ons for the bowls

Whole roasted chicken from Fosse Meadow, pulled off the bone.

Proper Swedish meat balls.

Slow-braised pulled pork with crispy crackling from Plantation Pigs in Sussex.

Day-boat white fish poached in herbs & citrus.

Organic Greek style yoghurt from Hurdlebrook Farm.

### Sweets Things

Brandy 'Snaps' (The Bear's take on Brandy Snaps, but our signature Christmas flavoured Aquavit cream). V

Hazelnut & olive oil muffins with organic creme fraiche. V

Raw cacao truffles made with a variety of dried fruits, toasted nuts & seeds. VG

## Buffet and sit-down menus

(These are examples. We have more menus available, and also do bespoke menus for your requirements)

### Buffet menu

#### Plant-powered core menu

Locally grown haricot bean & olive green lentils braised with ginger, bay leaf, black cabbage & mushrooms served with strained yoghurt (optional), herb salsa verde & toasted sesame.

Red cabbage slow-braised with cranberries, apple balsamic, orange peel & warming spices.

Salad of roasted celeriac, shaved cauliflower, dried apricots, black currants, Earl Grey soaked sultanas, toasted hazelnuts, roasted buckwheat & parsley with a honey & mustard vinaigrette.

Salad of shaved candy beetroot & heritage carrot raw-marinated in ginger, rice vinegar, honey & citrus with shredded kale, Cox apples, crushed walnuts & toasted omega seeds.

Roasted pumpkin & black garlic humus. Jerusalem artichoke & citrus purée. Apple & preserved lemon relish. Herb yoghurt dressing. Sourdough bread.

#### Optional meat or fish add-on

Roasted, pulled chicken from Fosse Meadow Farm.

Pork-belly & shoulder from Red Gate Farm slow-braised, pulled, and served with the crispy crackling.

Hake steamed with citrus & herbs

### Sit-down menu

#### For the table

Sourdough bread from E5 Bake House with herb butter, & rocket & walnut pesto (VG).

#### Starter

Cream of Jerusalem Artichoke soup, apple & preserved lemon relish, chives & rye crunch. V, VGO

#### Main

Locally grown red haricot beans & puy type lentils braised with foraged herbs & mushrooms, winter greens, ginger & star anise. VG

This is served with roasted celeriac, puffed buckwheat, red cabbage chiffonade, dried apricots, black currants & bergamot infused sultanas with a citrus & cold-pressed hazelnut oil dressing. VG

#### Optional meat or fish add-on

Whole chicken from Fosse Meadow Farm slow-roasted with herbs, pulled, and served 'au jus'.

Pork from Red Gate Farm, braised with wild herbs.

Hake steamed with citrus & herbs

#### Dessert

Panna cotta made with organic cream from Tim's dairy, bitter almond crunch & a mulled wine reduction. VGO

## The Bear Kitchen Drinks Menu

We have hand-picked a selection of drinks to compliment your food and have chosen products from producers that echo our philosophy of sustainability & low environmental impact.

### Aperitif

The Bear Kitchen foraged Aquavit -£3.50

As is tradition in the Nordic countries, every meal begins with a toast! We have infused the finest Danish snaps with seasonal foraged herbs & spices

### The Bear Cocktails from £6.50

We use the finest spirits, shrubs & mixers mixed with seasonal herbs, spices & hydrosols. Please see our cocktails menu for some suggestions. We are more than happy to create a bespoke cocktail especially for your event.

### Wine

We have carefully picked a selection of low intervention, organic & biodynamic wines that perfectly compliment our food & echo our food philosophy.

Please ask for our full menu.

### Beer

**Good Things Brewery in Sussex** is now using solar for their energy instead of fossil fuels, as well as recycling & re-using all their water & by "products, making the brewery totally self-sustainable.

330ml cans - Pale Ale 4% -£3.5 Pilsner 4.8% - £3.5 Saison 5% £3.75

### Zero/Low alcohol

Kombucha from Old Tree Brewery " Original/Hemp/Lemon Zest all 1.2%abv. - £3.75

The Bear Kitchen home-made Lemonade - £2.75 (minimum order 2L)

### Coffee

Chemex Japanese style pour-over coffee - £3.00

We use single-origin, direct trade coffee, roasted for use by our friends at Pharmacie Coffee Roasters.

We can supply a complete coffee bar, with baristas, for larger events. Please ask

### After Dinner

Aalborg Nordguld Aquavit - £4.50

An indulgent Danish treat, is distilled using a very special ingredient amber, as well as aged in ex Sherry casks to add further depth and complexity.

**Let The Bear Kitchen wow your guests. Get in touch today!**

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**Find us on Insta: @thebearkitchen\_**