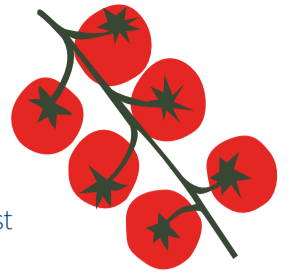




Our food & our suppliers



Our menus change daily and our food is always freshly prepared in-house using the best seasonal British produce. Sustainability and environmental responsibility are very important to us, so we buy locally and seasonally wherever possible.

We use several different London-based suppliers:

McKanna Meats

Butcher

McKanna Meats are a local family butchers on Theobald's Road, who supply British, farm-assured meat and free-range eggs. Upon request, McKanna can supply us with halal, free-range & organic meat. Delivery miles are kept to a minimum, as they're close to all our buildings.

County Supplies

Fruit & Vegetable Supplier

County Supplies are based at New Covent Garden Market and source much of their British produce from farms local to London and the Southeast of England. As a company they focus on sustainability and eco-friendly practices – they keep plastics to a minimum and are in the process of converting their delivery fleet from diesel to electric. They are accredited by LEAF (Linking Environment and Farming), BRC Storage and Distribution and the Red Tractor Assured Food Standards.

They give us regular market reports on what's in season, and any changes in supply due to weather conditions and other variables. We then design menus accordingly.

“When it's the right season, we buy the very best local produce from British growers and suppliers. Beyond that, we work with an established network of growers and suppliers across Europe and around the globe. Most produce is transported by road, which helps minimise carbon emissions.

Our menus make the best use of British, seasonal fruits and vegetables where possible. But to offer daily changing menus with a variety of different ingredients, nutritional balance and colour, we also source some of these ingredients from further afield – such as vegetables and fruits from southern Europe and North Africa.

Daily Fish

Fish & Seafood Supplier

Daily Fish are based in London and supply many leading restaurants. They only source and sell MSC Certified fish and seafood. MSC stands for Marine Stewardship Council – a global body that certifies if fisheries are well-managed and sustainable.

Franconian Sausages

Sausage Supplier

Our sausage supplier is based in Kent. They make all their sausages fresh daily and only use fully traceable UK reared meat in them.

R-Oils

Rapeseed Oil Supplier

Where possible we use British extra virgin Rapeseed Oil supplied by a family run company in the Cotswolds, instead of Sunflower, vegetable and olive oil. Not only is this an excellent product with a great flavour profile, but with it being a British product this also helps keeps the carbon footprint to a minimum.

A bit more about our menus

Our menus are globally inspired and joyfully reflect the cultural diversity of London.

They are plant focused and champion vegetables. There's always a veg option and a vegan option available on request (although we often make the veg option vegan.)

Our menus are designed to be balanced and light, yet filling and satisfying. The right mix of ingredients including slow releasing carbs, pulses and ancient grains encourage and improves concentration to those all-important afternoon sessions!

