



THE GLUTEN FREE KITCHEN COMPANY

CAFE ~ DELI ~ FOODSTORE ~ BAKERY

Europe's 1st Entirely Gluten & Wheat Free Eatery

Email: orders@thegfkitchenco.ie

Web: www.thegfkitchenco.ie

Tel: 086 241 43 49

Outside Catering Pricelist 2015

Disclaimer: The Gluten Free Kitchen Company LTD., own the rights of this product list & prices advertised are subject to change due to ingredient price increases.

TGFKC is a HSE Certified Gluten Free Safe Kitchen. All our products are 100% Certified Gluten & Wheat Free.

TGFKC does not take responsibility for the handling of our food products once they have left our premises. Food Safety Regulations must be adhered to once the product has left our premises.

EU Allergen Legislation 2014 - TGFKC is 100% certified Free From Gluten & Wheat which we CAN Guarantee NO risk of cross contamination from these ingredients however we do use other ingredients listed on the allergen list which we can not guarantee free from cross contamination in our kitchen but all care and due diligence is taken into account when catering from other allergen requests. All allergens are clearly listed on all our products.

Soup (Seasonal) May Contain Celery

*€3 per portion

Award winning Farmhouse Brown Seeded Bread €4.00 per 2lb loaf

Contains Sesame Seeds, Dairy, Soya

White Bread with Poppy Seeds €4.00 per 2lb loaf

Contains Dairy, Soya, Egg

Flavoured Breads (Tomato, Pesto or Olive) €4.95 per 2lb loaf

May Contain Sesame Seeds, Dairy, Soya, Egg, Nuts

Home Cooked Honey Glazed Ham €75.00

Contains Mustard

Platters of cooked Meats ~ Beef, Ham,

Turkey & Chicken, carved & garnished Priced Per KG

Contains Mustard

TGFKC Gourmet Quiches; Contains Eggs, Dairy, Maize, May contain Nuts, Celery, Mustard

Feta/Olive & Sundried Tomato

Leek & Mustard,

Cheese Chive & Onion,

Quiche Lorraine (Ham Cheese & Onion),

Goats Cheese & Roasted Red Pepper.

Spinach & Goats Cheese

Price €25 each. Serves 6 to 8 Each depending on portion size sliced by customer.

TGFKC Salads; May contain Eggs, Dairy, Nuts, Celery, Mustard

TGFKC Potato Salad – Baby Potatoes, Scallions dressed in a wholegrain mustard mayo.

Baby Spinach/ Feta & Roasted Pepper tossed in a rapeseed oil.

Mixed Leaf Salad with Cherry Tomatoes, Fresh Basil, Peeled Cucumber & Red Onion.

TGFKC Coleslaw – Traditional Coleslaw mixed with Red Cabbage, Sliced Red Onion & Red peppers.

Crispy Baby Gem Lettuce filled with finely shredded chicken, lardons of bacon, parmesan Shavings, lightly coated in a homemade Caesar dressing topped with a warm crispy Croute.

Fetta Olive & Sundried Tomato.

Grated Carrot & Poppy Seed

Cucumber, Red Onion & Poppy Seeds

Fruity Curried Rice

Waldorf Salad, Celery, Walnuts & Apple Salad

Mixed Bean salad

Price €16.00 per bowl serves approx 8 portions.

HOT BUFFET

***Beef Lasagne** _Contains Eggs, Dairy, Maize, Garlic May contain Soya, sugar

Homemade Irish Beef Lasagne baked in a rustic tomato sauce topped with a white sauce and cheddar cheese.

€5.50 per portion

Tray (serves 6-8approx) €30

***Spinach & Ricotta Vegetarian Lasagne** _Contains Eggs, Dairy, Maize, Garlic May contain Celery, sugar

Mixed Peppers, Onions, Sundried Tomatoes & Spinach baked in layers with a rustic tomato sauce topped with a Ricotta Cheese & white sauce.

€4.50 per portion

Tray (serves 6-8approx) €25

***Chicken A La King** _Contains Dairy, Garlic May contain Celery

Breasts of Chicken Sautéed with Leeks, Mushrooms & tarragon in a creamy white wine sauce.

€6.50 per portion

***TGFKC Fish Pie** _Contains Dairy, Garlic, Shellfish May contain Celery

A selection of fresh seafood in a creamy white wine sauce topped with herbs & mashed potatoes.

€6.50 per portion

***Irish Stew** May contain celery, Garlic

A traditional Irish stew of Kerry Lamb, with a selection of root vegetables.

€6.95 per portion

SIDE ORDERS

Boiled Rice €1.50 per portion*

Creamy Mashed Potato Contains Dairy €1.60 per portion*

TGFKC House Dressing Contains Mustard, Sugar €4.50 per bottle

TGFKC Caesar Dressing Contains Eggs, Dairy, Garlic €5 per bottle

Gourmet Open Sandwich Platters served on a choice of our homemade award
Winning Brown or White Bread. €5 per person*

Home Cooked Honey Glazed Ham

Roast Free Range Chicken

Free Range Turkey (when available)

Tuna, Mayo & Spring Onion

Egg Mayo

Gourmet Closed Sandwiches/ Wraps or Baps served with a choice of various
fillings on request using Bfree Bread Products. €4.50 per person*

***Minimum Orders apply**

CONFECTIONARY/ DESSERTS. Desserts containing dairy may be made dairy free on request

Choc Fudge Cake Contains Dairy, Eggs, Sugar, May contain Nuts	8" €38 rnd/ 10" €55.00 Rnd/ 2lb €15 loaf/ 1lb €10 loaf
Vic Sponge Full Cake Contains Dairy, Eggs, Sugar	8" €20/ 10" €30.00
*Apple & Cinnamon Sponge Slices Contains Dairy, Eggs, Sugar	€2.50ea/ €35 per tray (15 slices)
Cheesecake Contains Dairy, Eggs, Sugar, Gelatine	8" €28/ 10" €32.00
*Brownies Contains Dairy, Eggs, Sugar, May Contain Nuts	€3ea/ €36per Tray (12 slices)
*Pecan Brownies Contains Dairy, Eggs, Sugar, May Contain Nuts	€3ea/ €38 per Tray (12slices)
*Carrot Cake Squares Contains Dairy, Eggs, Sugar, Almonds	€3ea/ €45 per Tray (15 slices)
*Carrot Cake Contains Dairy, Eggs, Sugar, Almonds	8" Round €28/ 10" €38.00/ 2lb €15.00/ 1lb €8
*Coffee Cake Contains Dairy, Nuts, Eggs, Sugar	8" Round €28/ 10" €38.00/ 2lb Loaf €15/ 1lb €8
Strawberry & Custard Tartlets Contains Dairy, Eggs, Maize, Sugar	€3.50 ea
Tray of Cupcakes, 12 Contains Dairy, Eggs, Sugar, May contain Nuts Vanilla*, Chocolate, Mint Choc, Choc Chip, Red Velvet	€25.00
Lemon Meringue Tartlets' Contains Dairy, Eggs, Sugar, Maize	€3.95 ea
Lemon Meringue Tart Contains Dairy, Eggs, Sugar, Maize	€28.00
Chocolate Torte Contains Dairy, Eggs, Sugar, MaizeMay contain nuts	€28.00
*Scones (Plain, Fruit or Brown) Contains Dairy, Eggs, Sugar, Soya	€1.20ea
*Apple Tart Contains Dairy, Eggs, Sugar, Maize	7" €12/ 10" €25
*Bakewell Tart Contains Dairy, Eggs, Sugar, Almonds, Maize	10" €28.00
Cherry & Almond Cake Contains Dairy, Eggs, Sugar, Almonds	€32.00 10"
Apple/ Rhubarb Crumble Contains Dairy, Eggs, Sugar	€18.00
Trifle Contains Dairy, Eggs, Sugar	€18.00 tray
Orange & Almond Cake Contains Dairy, Eggs, Sugar, Almonds	€32.00 10"
Fresh Cream Pavlova Contains Eggs, Sugar	€18.00
Muffins Contains Dairy, Eggs, Sugar May contain Nuts	€2.80 ea
Tea Brack Contains Dairy, Eggs, Sugar, Nuts	1lb €8/2lb €15
Éclairs Contains Dairy, Eggs, Sugar, May Contain Nuts	€18 tray 6
Add Chocolate Handwritten "Happy Birthday"	€2.50

Cold Canapé's €7pp Minimum order of 25 of each item

Prosciutto, Pear & Rocket Rolls

Pear & Rocket Leaves Rolled in Finely Sliced Prosciutto Ham

Little Caesar Contains Eggs, Garlic

Crispy Baby Gem Lettuce filled with finely shredded chicken, lardons of bacon, parmesan Shavings, lightly coated in a homemade Caesar dressing topped with a crispy Croute.

TGFKC Bruschetta Contains Nuts, Garlic, Egg, Soya, May contain Sesame Seeds .

Toasted Bruschetta Topped with Pesto, Roasted Peppers & Sun Blushed Cherry Tomatoes (V)

King Prawn Cocktail Contains Shellfish, Cajun Pepper

Succulent King Prawns served in a Baby Gem Leaf or

A Cajun King Prawn & Pineapple Skewers

Selection of Finger Sandwiches May Contain Egg, Soya, Sesame Seeds, fish, Dairy

Various Fillings (V)

Selection of Mini Tartlets' Contains Egg Dairy, May contain Garlic

A choice of Meat & Vegetarian Fillings

Cucumber & Smoked Salmon Boat Contains Fish

Sliced Cucumber, served with thinly Sliced Smoked Salmon & Avocado Mousse topped with Chervil

Selection of Miniature Desserts

Lemon & Lime Cheesecake & Chocolate Brownie Contains Egg, Dairy, Sugar

Add Glass of Prosecco for €2.50pp

Wine, GF Beer, Cider & Prosecco Can be arranged also.

Terms: Minimum Order Applies. Payment must be paid in Full to Confirm Order. Payment Made by Bank Transfer. Products are fresh, handmade & made to order.

As our products are handmade and made with fresh ingredients Cancellations within 48hours of Delivery will not be refunded. Cancellation must be made during office hours Monday to Friday 10am to 6pm, 50% will be refunded if cancelled One Week Prior to Order Being Delivered. Please put Order Name as Narrative.

Please tick if you would like to be part of our future mailing lists _____

Bank Details for Payment in Full:

IBAN: AIBK 936219 83535098 BIC: AIBKIE2D

AIB Tralee 93 62 19 A/c 83535098 T/A The Gluten Free Kitchen Company.

All our products are HSE Certified 100% Gluten Free using Organic Flours and no chemical added preservatives.

Approved by The Coeliac Society of Ireland.

* Dairy Free Options available on request. Add €5 where applicable.

DELIVERY TERMS; Nationwide Delivery Available. Local Deliveries Free of Charge within a 5mile radius. All other deliveries will be charged €1.50c per KM . Minimum order applies. No Deliveries on Sundays, Bank Holidays or Public Holidays unless previously agreed. Collection Point Also Available.

Orders can be made via email at orders@thegfkitchenco.ie or Telephone **0862414349** Monday to Fridays.

Order is not complete until Payment is Received in Full and Confirmation Receipt/ Email is returned to customer. Restaurant Vouchers are not redeemable against Cake Orders. Updated May 1st 2015

Prices **Do not** include service, serving equipment or delivery.

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Awards & Accreditations received to Date

Gold Star Winners of the 2013 Great Taste Awards

Recommended in Georgina Campbell's Guide to Ireland 2014/ 2015

Nominated "Best Casual Dining" Irish Restaurant Awards 2014

Tripadvisor Certificate of Excellence Award 2014

Nominated in The Irish Times "Best Shops" Awards 2014

Shortlisted in the FreeFrom Awards 2014

