

# Corporate Events

Making food a  
workplace experience



# Welcome!

**At The Fruit People, we believe exceptional food enhances workplaces and well-being.**

Our menu is thoughtfully designed to delight your taste buds and elevate your office dining experience. With a focus on quality and variety, every dish is crafted to bring joy to your workplace.

## Get to Know the Team Behind Your Menu Choices



**Barry Dennis**



**Amy Blake**



**Anderson**

## Important Information

### Please note:

All dishes are prepared in a kitchen that handles nuts and shellfish. The Food Safety Authority of Ireland (FSAI) advises customers with peanut allergies or suspected allergies to avoid products containing mustard as an allergen.

If you have any **specific dietary concerns or questions, please contact us at [info@thefruitpeople.ie](mailto:info@thefruitpeople.ie)** or speak to a member of our team.

### Cancellation Policy:

Cancellations within 24 hours of the scheduled event will be charged in full.

## Order with us



**Reach out to us at**

[\(01\) 534 5821](tel:(01)5345821)



**Discuss your catering needs**

[info@thefruitpeople.ie](mailto:info@thefruitpeople.ie)

## Pricing and delivery

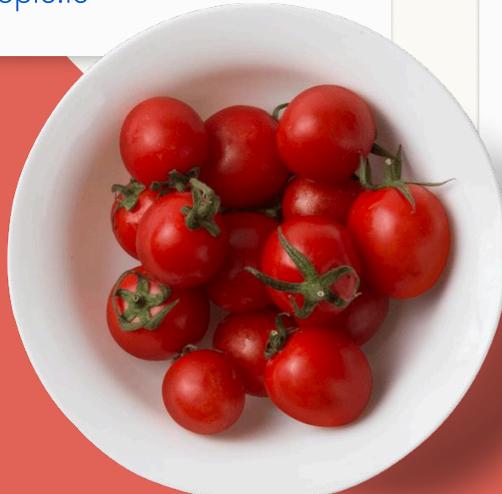
All pricing given is ex VAT, and does not include delivery or service fee. Delivery fee is €27, and service fee will depend on event size; please ask for more details.

**Serving groups of 25+ in central dublin and 50+ in surrounding areas.**

**Minimum people per dish –**

20 for meat & 10 for vegetarian

**Cut off time for final changes, final numbers –** 48h prior to the event



# Breakfast Options

## Hot Breakfast Items

### Brioche Breakfast Bun

Fried Egg, Bacon, Black Pudding

**Contains:** wheat, egg, milk, sulphites, soy, sesame, soya bean, mustard, gluten, may contain all nuts, peanuts

### Vegan Sausage, Avocado, Roast Pepper, Tomato, Bacon & Vegan White, Pudding w/ Vegan Bap

**Contains:** wheat, gluten, sulphites, halal, soya, may contain all nuts (peanuts), sesame

€10.80 each

## Pastries

### Croissant

### Pain au Chocolat

### Raisin Danish

**Allergens:** wheat, egg, milk, nut (hazelnut)

### Oreo Overnight Oat Pots

**Contains:** oats, milk, wheat, nuts (hazelnuts and almond), sesame, gluten

### Raspberry Overnight Oat Pots

**Contains:** oats, soy, wheat, nuts (hazelnuts and almond), sesame, gluten

### Lemon & Blueberry Breakfast Slice

**Contains:** wheat, gluten, nuts (almond)

### Chocolate Chip Banana Bread

**Contains:** wheat, milk, eggs, gluten

Three for €15.20

## Fruits, Yogurts & Oat Pots

### Fruit Pots

Pineapple, Melon, Watermelon, Blueberry, Strawberry

### Yogurt Pot

Greek Yogurt, Blueberry Compote, Margadh Granola

**Contains:** milk, nuts (hazelnut and almond)

Three for €15.20



# Add on to base breakfast



## Pork Shoulder Sausage Roll

**Contains:** wheat, egg, sulphur dioxide

## Fresh Fruit Skewers

Pineapple, Melon, Kiwi, Mixed Berries

## Smashed avocado, chilli, onion & pepper, gluten free toast

**Contains:** halal, sulphites

## Green Tea Matcha And Cacao Protein ball

Pistachio, Matcha Tea, Walnut, Almond, Maple, Coconut, Date, Cacao

**Contains:** tree nuts, nuts (walnut, almond, pitachio)

All the protein ball, have been produced in a environment containing, wheat, gluten, tree nuts, dairy, eggs, soya, sesame and sulphites

**€4.75 each**

## Tortilla de Patata

Eggs, onions and potatoes slowly cooked in olive oil

**Contains:** eggs, sulphites

## Breakfast Quiche

Sausage, black pudding, bacon lardon, egg, cheese

**Contains:** sulphur dioxide, milk, wheat, sesame

**€7 each**

## Smoked Salmon Bagel

Smoked Salmon, Dill and Lemon Cream Cheese

**Contains:** wheat, milk, fish (salmon), sesame, gluten, may contain all nuts, peanuts, egg, soya

## Bacon and Cream Cheese Bagel

Streaky Bacon, Chive Cream Cheese

**Contains:** wheat, milk, fish (salmon), sesame, gluten, may contain all nuts, peanuts, egg, soya

**€8.25 each**

## Fresh Smoothies

### Strawberry

**Contains:** milk

### Raspberry and Banana coconut

**Contains:** soy

## Fresh Juices

### Pressed Apple Juice, Squeezed Orange Juice

**€4.75 each**



# Lunch Options

## Sandwiches

Gluten Free Bread Options Avail

Sample Sandwich Offerings

### Buttermilk Poached Chicken, Garlic Aioli, Beef Tomato, Parmesan, Baby Gem

**Contains:** wheat, milk, egg, mustard, sulphur dioxide, gluten

### Glazed Ham, Mustard Mayo, Smoked Cheddar, Dressed Slaw

**Contains:** wheat, sulphur dioxide, mustard, egg, milk, gluten

### Turkey Club Sambo, Beef Tomato, Bacon, Truffle Mayo, Baby Gem

**Contains:** wheat, egg, mustard, sulphur dioxide, gluten

### Mozzarella, Beef Tomato, Basil Pesto, Rocket

**Contains:** wheat, milk, nut (pine nut), gluten

**€9.50** per sandwich or wrap

## Wraps

Changes Monthly

### Falafel Wrap, Hummus, Red Pepper Tabbouleh, Pickled Red Cabbage, Harissa, Riata

**Contains:** wheat, sesame, sulphites, gluten

### Tuna & Sweetcorn Wrap, Three Cheese Mix, Baby Gem

**Contains:** egg, mustard, sulphites, wheat, fish (tuna), gluten

### Chicken Caesar Wrap, Bacon, Parmesan, Baby Gem

**Contains:** egg, mustard, sulphites, wheat, gluten, milk



## Plain Fillings

### Egg Mayo

**Contains:** egg, mustard, sulphur dioxide, wheat

### Chicken & Stuffing

**Contains:** egg, mustard, sulphur dioxide, wheat

### Ham & Cheddar

**Contains:** wheat, dairy, butter

# Salads

## Charred Sweet Corn Tabbouleh



Cracked Wheat, Charred Corn, Red Onion, Roast Red Pepper, Black Bean, Jalapeno, Smoky Chipotle Dressing

**Contains:** wheat, gluten

## Greek Salad, Tomato, Red Onion, Cucumber, Kalamata Olive, Feta



**Contains:** egg, milk, sulphites, sheep cheese (feta)

## Spicy Peanut Dressing w/ Asian Rice Noodle Salad



Edamame Beans, Peppers, Chilli and Pickled Ginger

**Contains:** soy, sulphites, nuts (peanut), halal

## Harissa Chickpea Salad, Chipotle Roast Sweet Potato, Feta Harissa Glazed Chickpea, Chipotle Roast Sweet Potato, Roast Red Peppers, Scallions, Herbs



**Contains:** sulphites, milk (goats, sheeps)

## Cesar salad, Cherry Tomato, Baby Gem, Cesar Dressing



**Contains:** dairy, mustard, sulphite, eggs

Large share salad **€38**  
serves 8-12 pax



# Soups

## Moroccan Harira



## Tomato, Chilli and Coconut



## Leek and Potato



**Contains:** milk

**€5.70** per serving

Need to be grouped in batches cannot mix

# Hot dishes



## Chicken Dishes

### Thai Green Chicken Curry

**Contains:** soy, fish, shellfish

### Chicken, Leek and Ham Hock Pie

**Contains:** dairy, egg, milk, wheat, mustard

### Chicken, Wild Mushroom, Madeira Sauce

**Contains:** dairy, sulphites

### Chicken, Tarragon, White Wine Cream Sauce

**Contains:** milk, sulphites, mustard

### Slow Roast Chicken Leg, Cacciatore Sauce

**Contains:** sulphites

### Chicken Marbella, White Wine, Olive, Caper, Date

**Contains:** sulphites

### Chicken Tagine, Almond, Prune, Apricot, Chick Pea

**Contains:** nuts (almond), sulphites

**€17.75** per head

## Beef Dishes

### Boeuf Bourguignon, Smoked Bacon, Mushroom

**Contains:** sulphites

### Beef Massaman Curry

**Contains:** soy, fish, shellfish, nuts (peanut)

### Beef Chilli Con Carne

**Contains:** lupin, sulphites

### Irish Beef Cottage Pie, Hegarty's Cheddar Mash

**Contains:** celery, sulphites, milk

### Slow Cooked Beef Shin Ragu

**Contains:** sulphites

### Beef and Chorizo in Red Wine

**Contains:** sulphites, wheat

### Beef Stroganoff with Mushroom

**Contains:** milk, mustard, sulphites

### Beef Shin Lasagna

**Contains:** egg, milk, wheat, sulphites, celery

**€17.75** per head

# Hot Vegetarian Dishes

## Lentil Cottage Pie with Sweet Potato Mash



Contains: celery

## Grilled Vegetable Paella



## Wild Mushroom Ragout and Butternut Squash Lasagna



Contains: wheat, milk, egg, sulphites

## Veggie Lasagna



Contains: wheat, milk, egg, sulphites

## Thai Vegetable Curry



Contains: soy, fish, shellfish

## Butternut Squash Tagine



Contains: sulphites

## Aubergine Moussaka



Contains: milk, sulphites, wheat



€17.75 per head

# Sides

choose an option

## Basmati Rice



## Roast Baby Potatoes, Rosemary, Garlic, Olive Oil



## Mash Potato



Contains: milk

## Herb Couscous



Contains: wheat

## Cajun Potato Wedges



Contains: gluten



# Evening Grazing

## Cheese Board

Compte, Goats Cheese, Pont l'eVeque, Cashel Blue, Crackers and Chutney

**Contains:** wheat, milk, egg, sulphur dioxide

## Charcuterie Board

Bresaola, Chorizo, Serrano Ham, Pistacchio Mortadella, Pesto, Tapanade, Figs, Pickles, Garlic Croutons

**Contains:** wheat, sulphur dioxide, nut

## Vegan Antipasti Board (V)

Grilled Provencal Vegetables, Baby Artichokes, Slow Roast Tomato, Pickled Mushrooms, Croutons, Hummus, Tapenade, Olives

**Contains:** wheat, sulphur dioxide

**€114** per board  
serves 12-15 pax

# Canapes



## Grilled Provencal Vegetables, Baby Artichokes, Slow Roast Tomato, Pickled Mushrooms Croutons, Hummus, Tapenade, Olives

**Contains:** wheat, egg, milk, sulphites

## Mini Chicken and Wild Mushroom Pie

**Contains:** wheat, gluten, milk, egg, sulphites

## Bailey & Kish Smoked Salmon, Dill Cream Cheese, Soda Bread

**Contains:** milk, wheat, fish (salmon), gluten

## Crispy Southern Fried Pork Belly, Spiced Crumb, Harissa Mayo

**Contains:** egg, wheat, mustard, sulphites

## Poached Pear, Cashel Blue, Endive, GF Tartlet

**Contains:** milk, sulphites

## Cacio Pepe Arancini w/ Guanciale & Lemon Aioli

**Contains:** wheat, milk, eggs, mustard, gluten

## Spanish Goats Cheese Crisp Rice Ball Saffron & Red Peppers w/ Ailoi

**Contains:** milk, egg, wheat, gluten, sulphites

## Korean Pulled Beef Slider, Lime Aioli, Kimchi

**Contains:** wheat, gluten, egg, milk, soya, sesame, mustard, sulphites, may contain all nuts (peanuts)

## Chicken Katsu Sliders, Cabbage Slaw, TonKatsu Sauce

**Contains:** wheat, gluten, egg, milk, soya, sesame, mustard, sulphites, may contain all nuts (peanuts)

## Chipotle Roast Sweet Potato, Spiced Soy Mayo, Corn Tostada

**Contains:** sulphites, halal, soy

## Wild Mushroom Nori

Wild Mushroom, Sushi Rice, Pickled Ginger, Wasabi

**Contains:** sulphur dioxide, soy

3 for **€15.85**

4 for **€20.25**

5 for **€25.35**

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

# Sweets

## Superfood Flapjack

Flapjack made with Gluten Free Oats, Goji Berries, Dark Chocolate, Dried Fruit and Pumpkin Seeds

**Contains:** soybeans, nuts (pecan), sulphites, halal

## Lemon Curd Tartlet, Ganache Montee

**Contains:** wheat, milk, egg



## Biscoff Millionaire Squares

**Contains:** wheat, milk, egg, gluten

## Biscoff Millionaire Squares

**Contains:** milk, wheat, egg, soy, gluten

## Dark Chocolate Brownie

**Contains:** milk, egg

**€5.10** each

## Special Occasion Sweets

**€6.30** each

Cake Pops avail to theme seasonal events (Min Orders)



# Monthly workplace celebration ideas

For every 2026 event  
on the calendar



JANUARY

# Veganuary

## Sandwiches on Granary / Sourdough

### Roast Sweet Potato, Roast Red Pepper, Avocado, Baby Gem

**Contains:** gluten

### BBQ Pulled Jackfruit Slider

Spiced Jackfruit, BBQ Sauce, Avocado, Vegan Slider

**Contains:** wheat, gluten, sulphites

## Fin

### Vegan Raspberry and Cashew Brownie

**Contains:** nut (cashew, almond,), soy

**€9.50** per sandwich

**€38.00** per salad

**€5.10** per treat

## Wraps

### Falafel Wrap, Hummus, Red Pepper Tabbouleh, Pickled Red Cabbage, Harissa, Riata

**Contains:** wheat, sesame, sulphites

### Avocado, Sweet Potato, Roast Red Pepper Wrap

**Contains:** wheat, sulphites, gluten

## Salads

### Basmati Rice, Wild Rice, Red Quinoa, Pickled Red Onion, Vadouvan Roasted Cauliflower Green Chilli Chutney

**Contains:** sulphites, mustard

### Potato, Caper, Red Onion, Red Pepper w/ Smoked Paprika Dressing

**Contains:** sulphites

### Charred Sweet Corn Tabbouleh

Cracked Wheat, Charred Corn, Red Onion, Roast Red Pepper, Black Bean, Jalapeno, Smoky Chipotle Dressing

**Contains:** wheat, gluten



JANUARY

# Lunar | Chinese New Year

## Pork Shoulder Gyoza

**Contains:** soy, sulphur dioxide, wheat, sesame, gluten

## Mushroom, Spring Cabbage Gyoza

**Contains:** soy, sulphur dioxide, wheat, sesame, gluten

## Vegetable Chow Mein, Broccoli, Peppers, Pak Choi

**Contains:** milk, soy, sulphur dioxide, wheat, egg, gluten

## Kung Pao Chicken

**Contains:** nut (peanut), sulphur dioxide, soy, wheat, gluten

## Cantonese Fried Rice, Pork Shoulder, Soy, Edamame

**Contains:** soy, wheat, egg, gluten

**€19.70** per person

FEBRUARY

# Valentines Treats

## Heart Shaped Cookies, Vanilla Icing and Raspberry Sprinkles

**Contains:** wheat, milk, gluten

## Red Velvet Cupcake, Cream Cheese and Red Chocolate Frosting

**Contains:** wheat, milk, egg, gluten

## Raspberry and Cashew Brownie

**Contains:** nut (cashew), soy, halal

## Pink Cake Pop w/ Valentines Theme & Sprinkles, Red Velvet Flavour, Chocolate Topper

**Contains:** wheat, gluten, egg, milk, soya, soybeans

**€5.10 - €6.10** depending on extras



FEBRUARY

# Pancake Tuesday

## Pancakes

**Contains:** wheat, milk, egg, gluten

## Gluten Free Pancakes

**Contains:** milk, egg

## Sauces

### Lemon Juice

### Icing Sugar

### Maple Syrup

### Warm Chocolate Sauce

**Contains:** milk

## Toppings

### Strawberries

### Blueberries

### Banana



## Vegan Bircher Pots, Breakfast Dukkah

**Contains:** nuts (almond, hazelnut), sesame, gluten, wheat

**€9.50 - €15.85** depending on extras

MARCH

# Paddy's Day Treats

## Dark Chocolate Brownie, Irish Whiskey Ganache

**Contains:** milk, egg, sulphites

## Baileys Cheesecake

**Contains:** wheat, milk, egg, sulphites, gluten

## Shamrock Oreo Iced Cupcakes

**Contains:** wheat, milk, egg, gluten, soy

## Irish Superfood Flapjack

Flapjack made with Gluten Free Oats, Goji Berries, Dark Chocolate, Dried Fruit and Pumpkin Seeds

**Contains:** soybeans, nuts (pecan), sulphites, halal

**€5.70 - €8.25** depending on extras

MARCH

# Women's Day Healthy Lunch

## Salads

### Farfalle Pasta Salad

Basil Pesto, Olives, Sun-Dried Tomato

**Contains:** egg, wheat, gluten, milk, sulphites, nuts (pine nuts)

### Charred Sweet Corn Tabbouleh

Cracked Wheat, Charred Corn, Red Onion, Roast Red Pepper, Black Bean, Jalapeno, Smoky Chipotle Dressing

**Contains:** wheat, gluten

### Greek Salad, Tomato, Red Onion, Cucumber, Kalamata Olive, Feta

**Contains:** egg, milk, sulphites

## Protein

### Herby Roast Chicken

**Contains:** mustard, sesame, sulphites

### Roasted Butternut Squash, Pomegranate, Seeds

**Contains:** sulphites

### Marinated Feta, Fine Herbs, Chilli, Citrus

**Contains:** milk (sheep, goat)

### w/ Corn Tortilla Chips

## Dip

### Basil Hummus

**Contains:** nuts (cashew, peanut), sulphites, sesame

### Red Pepper Hummus

**Contains:** nuts (cashew, peanut), sesame

### Guacamole, Onion, Chilli, Coriander, Peppers

**Contains:** sulphites



€20.25 per person

MARCH

# Employee Appreciation Day

## Mexican Build Your Own Nachos

### Corn Tortilla Chips

### Guacamole, Chilli, Onion, Peppers, Coriander

Contains: sulphites

### Lime and Scallion Sour Cream

Contains: milk

### Pico de Gallo Salsa

Tomato, Red Onion, Chilli, Lime and Coriander

Contains: sulphites

### Beef Chilli Con Carne

Contains: milk

### Vegan Black Bean Chilli

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

Contains: sulphites

### Toppings

#### Coriander

#### Sriracha Hot Sauce

#### Cheddar

Contains: milk

#### Pickled Red onion

Contains: sulphites

**€18.35 per person**



### Pricing and delivery

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.

Please note that the menu may vary depending on availability.

**Cut off time for final changes, final numbers – 48h prior to the event**

**Minimum people per dish:  
20 for meat & 10 for vegetarian**





🌐 [www.thefruitpeople.ie](http://www.thefruitpeople.ie)     📱 [@thefruitpeople](https://www.instagram.com/thefruitpeople)

**Thank you for considering  
The Fruit People for your  
office needs.**