



Simply Honest Cafe

# MENU



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# OUR SERVICES

JM Food Services, have the ideal catering solution for you. Whether you require a private party, special event, corporate or large special event. All our food is freshly prepared by our experienced team of chefs, from first principles and the highest quality locally sourced ingredients.

## COLLECTION

All our food is pre-cooked and supplied in oven ready trays for heating. It could not be simpler, just preheat your oven in accordance with the label instruction, pierce the film on the tray and heat through.

## DELIVERY

We deliver to you, fresh delicious food, hot and ready to go. In addition we will supply the necessary equipment to keep it hot, along with delph and cutlery.

\*Terms & Conditions Apply.

## FOOD HALL

Our Simply Honest Food Hall is based at JM Food Services head office, located in Mullaghboy Industrial Estate and is OPEN TO EVERYONE! So if you are looking for a breakfast or a quick and tasty lunch or you have a party coming up ..pop in and our friendly staff will assist with your catering enquiries. Our instore fridges are stocked with take home ready meals catering for 1 – 2 people. Beef Lasagne, Turkey & Ham dinner with potato & veg, Roast Beef dinner with potato& veg, pies, curries and many more.

## SIMPLY HONEST CAFE – LOCATED ON KENNEDY ROAD

At our café we bring fabulous home cooked flavoursome food together with brilliant service and homely on trend atmosphere. We produce healthy nutritious affordable quality food, from local ingredients and suppliers. Our breakfast menu includes options such as – full Irish, poached eggs, waffles, pancakes and healthy options like granola pots or avocado on sourdough. Lunch specials change daily, but to whet your appetite ... they could be ...Grilled chicken & asparagus pesto pasta, Creamy Cajun chicken & rice, Individual cottage pie with red wine gravy and roasted vegetables, Beef fajitas .. to name a few. And wash it all down with one of our delightful barista coffees!

## CHRISTMAS DINNER

Why spend all of Christmas dinner slaving in the kitchen when you can pre-order your full cooked Christmas dinner from us. All you have to do is 'Heat & Serve'. Our Christmas menu is available from early October, with everything from starters to desserts

## THE WING BAR

Its not just for wings, our mobile catering unit, can make your event the one to talk about. Available to hire for events over 100 people.

## TRAILBLAZER BBQ

Impress your guests with our stylish mobile BBQ. We come,we BBQ, we serve. Enquire today based on a minimum of 50 guests.

# ALLERGENS

Allergen codes as follows

- 1 – Cereals containing gluten
- 2 – Crustaceans
- 3 – Egg
- 4 – Fish
- 5 – Peanuts
- 6 – Soyabean
- 7 – Milk
- 8 – Nuts
- 9 – Celery
- 10 – Mustard
- 11 – Sesame
- 12 – Sulphites
- 13 – Lupin
- 14 – Molluscs
- + additional allergens subject to fillings.

## DIETARY REQUIREMENTS

If you have any special dietary requirements please let us know, however please be aware that while we try to accommodate any dietary requirements, we do not guarantee that any produce on our menu is totally free from nuts, nut derivatives, gluten or other ingredients to which guests may have a serious allergic reaction, as we do not operate in a nut or gluten free environment. Therefore we advise that if you or any of your guests have a severe allergy that you speak with us directly and we endeavour to facilitate as best as possible





# COLLECTION MENU

# COLLECTION MENU

As our food is all freshly prepared, all orders should be placed before 11am a minimum of 24 hours prior to collection.

The following products are already cooked and supplied cold, in oven ready trays for heating. Heating instructions as per product label.

## FRESHLY MADE SOUP'S

All our soup is freshly prepared and made with real ingredients, just like home.

1ltr (5 portions) @ €9.00

2.5ltr (10 portions) @ €18.00

5ltr (20 portions) @ €30.00

Vegetable <sup>(9)</sup>

Chicken & Vegetable <sup>(9)</sup>

Cream of Mushroom <sup>(7,9)</sup>

Tomato & Basil <sup>(9)</sup>

Carrot & Coriander <sup>(9)</sup>

Leek & Potato <sup>(9)</sup>

## STARTERS & LIGHT BITES

	PORTION	PRICE
Tartlets – Goats Cheese with Basil Pesto <sup>(1,3,7)</sup>	6	€25.00
Tartlets – Brie with Cranberry Chutney <sup>(1,3,7)</sup>	6	€25.00
Vol au Vents – Chicken & Mushroom <sup>(1,3,7)</sup> (1 Litre plus 6 cases)	6	€20.00

## SALAD SELECTION (AVAILABLE IN THE FOLLOWING SIZES)

Small (4-5 Portions)	€6.00
Medium (8 - 10 Portions)	€14.00
Large (18 - 20 Portions)	€26.00

- Coleslaw <sup>(3,10)</sup>
- Cranberry Coleslaw, with a hint of chilli <sup>(3,10)</sup>
- Siracha Coleslaw <sup>(3,10)</sup>
- Spanish Salad white cabbage, peppers, spring onion and french dressing <sup>(1-Barley,12)</sup>
- Potato Salad <sup>(3,10)</sup>
- Ranch Potato Salad baby potatoes with bacon and mustard dressing <sup>(3,6,10)</sup>
- Garlic Potato Salad <sup>(1-Barley,10,12)</sup>
- Pasta Salad Mix <sup>(1-Wheat, Barley,10,12)</sup>
- Pesto Pasta Salad <sup>(1-Wheat,3,6,7,8,Pine Kernels, Cashews)</sup>
- Sweet Chilli Noodle Salad <sup>(1-Wheat)</sup>
- Sweet Chilli Pasta Salad <sup>(1-Wheat)</sup>
- Cous Cous - Raisins and Peppers <sup>(1-Wheat)</sup>
- Mixed Bean <sup>(10)</sup>
- Beetroot and Yoghurt <sup>(7)</sup>
- Curried Rice <sup>(1-Wheat,7,9,10)</sup>
- Waldorf Salad <sup>(3,8-Walnuts,9,10)</sup>
- Egg Mayonnaise <sup>(3,10)</sup>

CONTINUED>>>>>

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### SALAD SELECTION (CONT.)

- Broccoli, Feta & Tomato <sup>(7)</sup>
- Platter Eggs halved and dressed (20 halves)<sup>(3)</sup>
- Mixed Leaf Bowl with Tomato, Red Onion, Peppers and Grated Carrot
- Fresh Fruit Salad
- Stuffing (1-Wheat,6,7)

PORTION	PRICE
8	€16.00
Platter	€20.00
12	€18.00
8-10	€18.00
10-12	€10.00



### COLD MEAT / PLATTER

- Sliced Turkey Breast (approx 15 slices)
- Sliced Boiled / Baked Ham (approx 15 slices)
- Sliced Roast Beef (approx 15 slices)
- Dressed Side of Salmon

PORTION	PRICE
1kg	€28.00
1kg	€28.00
1kg	€30.00
10-12	POA

### LARGE QUICHES

- Ham Quiche (1-Wheat,3,7)
- Salmon & Roasted Vegetable Quiche (1-Wheat,3,4,7)
- Roasted Vegetable & Garlic Quiche (1-Wheat,3,7)
- Feta, Spinach & Mushroom Quiche (1-Wheat,3,7)

PRICE
€22.00
€22.00
€22.00
€22.00

### QUICHES 6 INDIVIDUAL

- Choose mixed or any of the above flavours

PRICE
€30.00

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# MAIN DISHES

All main dishes, pies, bakes and sides are available in small tray sizes with 1 - 2 portions per tray. Ready meal deals available. See in store for further information. Dishes are supplied already cooked, but cold in oven ready trays for heating as per the product label.

**SIMPLY  
HEAT &  
SERVE**

	PORTION	PRICE
Cottage Pie (1-Wheat)	8-10	€35.00
Beef Lasagne (1-Wheat,3,7)	9-12	€35.00
Beef Curry (1-Wheat,7,9,10)	8	€35.00
Thai Red or Green Beef Curry (2,7)	8	€35.00
Beef in Pepper Sauce (7)	8	€35.00
Beef Stroganoff (7)	8	€35.00
Beef Bourguignon (7)	8	€35.00
Beef & Black Bean Sauce (1-Wheat,6,7,11,12)	8	€35.00
Beef Stew (7,9)	8	€35.00
Chicken Curry (1-Wheat,7,9,10)	8	€35.00
Thai Red or Green Chicken Curry (2,7)	8	€35.00
Chicken ala Crème / Ala King (7)	8	€35.00
Sweet & Sour Chicken (1-Wheat/Barley,6)	8	€35.00
Chicken Korma (7)	8	€35.00
Creamy Cajun Chicken (7)	8	€35.00
Chicken Fajitas Mix	8	€35.00
Creamy Peppered Chicken (7)	8	€35.00
Chicken Black Bean Sauce (7)	8	€35.00
Chicken & Broccoli Pasta Bake (1-Wheat,6,7)	8-10	€35.00
Chicken & Broccoli Gratin Potato Bake (1-Wheat,7)	8-10	€35.00
Turkey & Ham Portions w/ Gravy & Stuffing (1-Wheat,6,7)	6	€30.00

## VEGETARIAN/VEGAN (ALL VEGEATARIAN/VEGAN DISHES SHOULD BE ORDERED 3 DAYS PRIOR TO COLLECTION)

Vegetarian Lasagne (1-Wheat,3,7,9)  
Vegetarian Curry (1-Wheat,7,9,10)

Small (2 Portions) €7  
Large (6-8 Portions) €35

Vegan Lentil Dahl (1-Wheat,9,10)  
Vegan Spinach & Butterbean Curry (6)  
Morroccan Style Vegan Stew  
Vegan Spiced Savoury Rice & Falafels

Small (2 Portions) €12  
Large (6-8 Portions) €40



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## SIDES & ACCOMPANIMENTS

	PORTION	PRICE
Gratin Potato (1-Wheat,7)	10	€30.00
Lyonnaise Potato (Sauté Potato & Onion)	10	€25.00
Roast Potato	10	€20.00
Mash Potato (7)	10	€20.00
Baby Boiled Potato	10	€20.00
Fried Sweet Chilli Potato	10	€22.50
Parmesan & Bacon Potato Wedges	10	€22.50
Honey Roast Vegetables	10	€25.00
Mixed Vegetables	10	€20.00
Boiled Rice	15	€17.50
Savoury Rice with Peppers & Onions, Garlic & Spices	15	€20.00

## SIMPLY HEAT & SERVE

### FINGER FOOD

	PORTION	PRICE
Plain Chicken Goujons (1-Wheat)	8-10	€25.00
Southern Fried Chicken Goujons (1-Wheat,9)	8-10	€25.00
Cocktail Sausages (1-Wheat,12)	12-15	€25.00
Mini Vegetarian Spring Rolls (1-Wheat,3,7)	8-10	€25.00
Mini Duck Spring Rolls (1-Wheat,3,7)	8-10	€30.00
Garlicky Breaded Mushrooms (1-Wheat,3,7,9)	8-10	€18.00
Mini Margerita Pizzas x 12 (1-Wheat,7)	6	€18.00
Twisted Handheld Ham & Cheese Pizza x 6 (1-Wheat,7)	6	€21.00
Cajun Seasoned Chicken Skewers x 15 (10)	15	€30.00
Chicken Wings (Sweet Chilli / BBQ / Buffalo) (9,10)	8-10	€25.00
BBQ Ribs	8-10	€30.00
Potato Skins (Vegetarian or Ham) (7)	8-10	€20.00
Parmesan & Bacon Wedges	10	€22.50
Mix Tray – Goujons & Sausages (Half & Half)	8-10	€25.00
Mix Tray – Goujons, Sausages & Spring Rolls	8-10	€27.50

### PLATTERS

	PORTION	PRICE
Mixed Sandwiches (1+)	7	€25.00
Mixed Sandwiches & Wraps (1+)	7	€25.00
Gourmet Sandwiches (1+)	7	€32.50

### BREAKFAST PLATTERS

	PORTION	PRICE
Granola Breakfast Bowl (1-Oats,5,7,8-Almonds,Walnuts)	1	€5.00
Overnight Oats (1-Oats,7,8-Walnuts)	1	€3.50
Mini Danish and Scone Platter (1+)	10	€35.00
Fresh Fruit Platter	10	€25.00
Cooked Breakfast Platter with Rolls & Brown Bread (Choose 5 from the following 2 x Bacon, 2 Sausage, B&W Pudding, Scrambled Egg, Tomato, Mushroom, Beans or Hash Browns. (1+)	1	€9.50

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## SWEET TOOTH - DESSERTS & CAKES

PORTION

PRICE

### PIES

Apple Pie (1-Wheat,3,7)	12	€25.00
Crumble - Apple or Rhubarb (1-Wheat,3,6,7)	12	€25.00
Lemon Meringue Pie (1,3,6)	12	€25.00
Banoffee Pie (1-Wheat,3,7)	12	€35.00

### CHOCOLATE

Chocolate Fudge Cake (1-Wheat,3,6,7)	12	€25.00
Belgian Chocolate Ganache (1-Wheat,3,7)	12	€45.00
Belgian Chocolate Biscuit Round Cake (1-Wheat,3,7)	12	€45.00

### CHEESCAKES

Standard Lemon or Strawberry Cheesecake (1-Wheat,3,6,7)	12	€27.50
Special Cheesecake- (Baileys, Toblerone, Salted Caramel, Malteser, Own Choice (1-Wheat,3,6,7))	12	€35.00

### FRESH CREAM

Fresh Cream Meringue Roulade-	12-14	€35.00
Strawberry or Raspberry (3,7)		
Fresh Cream Strawberry Gateaux - Round (1-Wheat,3,6,7)	14	€35.00
Fresh Cream Strawberry Gateaux - Rect 12"x10" (1-Wheat,3,6,7)	30	€70.00
Black Forest Gateaux - Round (1-Wheat,3,6,7)	14	€35.00
Black Forest Gateaux - Rectangle 12" x 10" (1-Wheat,3,6,7)	30	€70.00
Fresh Fruit Pavlova (3)	8-10	€30.00
Profiterole Bowl with Rich Chocolate Sauce (1-Wheat,7)	10	€20.00

### TRAY BAKES

Tray Bake - Chocolate Biscuit or Rocky Road (1-Wheat,7)	20	€35.00
Double Brownie Chocolate Tray Bake (1-Wheat,3,6,7)	20	€40.00
Lemon Drizzle Tray Bake (1-Wheat,3,7)	20	€30.00
Carrot Cake Tray Bake (1-Wheat,3,7,8-Walnuts)	20	€30.00

### Dessert Platter

selection of bite size cakes and treats dressed with fresh fruit (1+)

Cupcakes available to order from €2.50

10-12 €35.00

**DESSERT  
ORDERS SHOULD  
BE PLACED 3  
DAYS PRIOR**

**PERSONALISE YOUR CAKE WITH A CHOCOLATE CELEBRATION  
DISK WITH INSCRIPTION OF YOUR CHOICE - €10.00**

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## AFTERNOON TEA - €65

### CATERS FOR 4 PEOPLE

Please order a minimum  
of 3 days prior  
(ALLERGENS 1+)



## COLLECTION PACKAGES

**SIMPLY  
HEAT &  
SERVE**

We understand that having a 'few' people round can be daunting ..... so here is a helping hand. We have pre-packaged a couple of ideas for you. All you need to do is – ORDER – COLLECT – HEAT and 'ssssssshhhhhh' we won't tell anyone..... just SERVE.

### CATERS FOR 25-30 PEOPLE

- 2 Main Dishes
- 1 Side Dish
- 2kg Cold Meats
- 2 Medium Salads
- 1 x Finger Food Tray
- 25 Small Rolls

€200

### CATERS FOR 32-35 PEOPLE

- 4 Main Dishes
- 2 Side Dishes
- 2xLarge or 4xMedium Salads
- 1 x Finger Food Tray
- 35 Small Rolls

€260

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# DELIVERY MENU

## HOW DOES IT WORK?

### BOOKING DEPOSIT

We require a 25% non-refundable deposit to secure your booking a minimum of two weeks prior to the event.

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### FINAL NUMBERS

Invoices are based on final numbers and order details must be confirmed no less than 48 hours prior to the delivery date.

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### EQUIPMENT

All our deliveries include at no extra cost hot hold equipment, delph and cutlery, however you are responsible for any loss or damages. In order to avoid a cleaning fee, we request that equipment, delph and cutlery are clean after the event on return to us.

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### DELIVERY TIME

We will do our best to deliver your order at your preferred time, however please allow a little flexibility to account for delays out of our control or ahead of schedule delivery.

### ALLERGIES

Please be aware that while we try to accommodate any dietary requirements, we cannot guarantee that any produce on our menu is totally free from nuts, nut derivatives, gluten or other ingredients to which guests may have a serious allergic reaction, as we cannot operate in a nut or gluten free environment. Therefore we advise that if you or any of your guests have a severe allergy that you speak with us directly and we endeavour to facilitate as best as possible.

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### GDPR

We are fully compliant with the General Data Protection Regulations and our privacy policy falls in line with Regulations.

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### SERVICE

If you require a server please enquire directly, as additional costs may apply.

Our catering deliveries are subject to availability.  
Please contact our office in regard to your enquiry  
**CALL 046 905 1800 OR EMAIL [INFO@JMFOODSERVICES.COM](mailto:info@jmfoodservices.com)**





## IMPORTANT INFORMATION - FOLLOWING YOUR DELIVERY

Temperature control is essential to ensure that food is safe for human consumption. JM Food Services ensure that our food products are transported and delivered at the correct temperature, but we accept no liability once it has left our control. Hot and cold ready-prepared meals are perishable and can cause illness when mishandled. Proper handling is essential to ensure that food is safe to eat. Lukewarm food can be dangerous as bacteria grow best in warm temperatures. Foods left at room temperature for more than two hours should be discarded.

- Foods delivered cold should be kept refrigerated to less than 5°C until ready to eat. If food is left out at room temperature it should be eaten within two hours. Discard all left-overs.
- Food delivered hot should be kept hot above 63°C (for example in a bain-marie).
- Food should be reheated to piping hot, greater than or equal to 70°C at the core of the food. Make sure it is steaming hot all the way through. Bring sauces, soups and gravy to a boil when reheating. Only reheat food once. Discard all left-overs.

CALL 046 905 1800 OR EMAIL [INFO@JMFOODSERVICES.COM](mailto:info@jmfoodsolutions.com)





## WHAT'S ON THE MENU

This menu gives our standard sample delivery menu and pricing, however here at JM Food Services, we believe that your event should be personalised to your particular preferences and we aim to do that. We have the flexibility to work with your ideas.

**DISCOUNTS  
AVAILABLE FOR  
NUMBERS OVER 50**

### SOUP & SANDWICHES

Hot freshly prepared soup and a selection of sandwiches.

### COLD BUFFET

Platters filled with our sumptuous cold meats, perhaps add a beautifully dressed and prepared Side of Salmon, all accompanied by a choice of four tasty salads and freshly baked rolls and brown bread.

#### **SAMPLE MENU:**

Cold meat platter of Turkey and Baked Ham  
Served with coleslaw, potato salad, Spanish salad, pasta salad, mixed leaf with tomato & onion,  
Rolls & Brown Bread



## HOT BUFFET

We have a large variety of hot dishes and their appropriate side to provide you and your guests with a mouth-watering meal. For example, our Beef Lasagne, Chicken Curry, Beef Stroganoff, Creamy Cajun Chicken, to name a few, we have plenty more to choose from.

### SAMPLE MENU:

Chicken Curry & Rice  
Bowl of coleslaw,  
Bowl of mixed leaf  
with tomato & onion,  
Rolls & Brown Bread

## FINGER FOOD

This is ideal for an informal get together or large events. This package offers 4 hot finger foods of your choice in addition to a selection of sandwiches. Delivery is based on a minimum of 40 adults within Navan. Increased minimum numbers apply outside of Navan.

## BUFFET WITH CHOICE

The perfect crowd pleaser, offering your guests a choice between two main dishes. You decide if you would like two hot dishes or a combination of our hot buffet and our cold buffet.

### SAMPLE MENU:

Beef Lasagne  
Salads (Coleslaw, potato salad,  
mixed leaf with tomato &  
onion)  
Creamy Cajun Chicken & Rice  
Rolls & Brown Bread



## WING BAR

Our fully equipped mobile catering unit - as seen at many of the large festivals over the summer months. Yes it is available to hire for your event too!

Expecting 100 or more guests? Wow them with the Wing Bar .... Its not just for wings!

*\*subject to terms and conditions*



## TRAILBLAZER BBQ



Impress your guests with our stylish mobile BBQ. We come, we BBQ, we serve. Enquire today based on a minimum of 50 guests.

*\*subject to terms and conditions*



**CONTACT US TODAY ON 046 905 1800**

with your requirements, we are only too happy to help make your occasion a stress free event.





## JM FOOD SERVICES

Unit 18 Mullaghboy Industrial Estate  
Navan, Co. Meath  
Tel: 046 905 1800  
Email: [info@jmfoodservices.com](mailto:info@jmfoodservices.com)  
Web: [www.jmfoodservices.com](http://www.jmfoodservices.com)

Office Hours: Mon-Fri 10am - 4.30pm  
Food Hall: Mon - Fri 8am - 5pm  
Saturday 8am - 3pm

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## SIMPLY HONEST CAFE

2 & 3 Kennedy Road,  
Navan, Co Meath  
Tel: 046 907 5176

Your premier food establishment is open  
Monday – Saturday  
with only quality food available!