

My most delicious things



MAKE
YOUR
OWN
MENU



WHY MAKE A HOME MENU?

Get ideas for your evening meals. It's really helpful when inspiration is lacking or you only have one or two ingredients available. It is SO useful for triggering ideas in your mind (and belly).

Help with choosing menus for social gatherings. When guests are staying, I offer my menu so we can all decide together what we're going to eat over their stay. This can also work when visiting other people's homes (if they're game) 😊

Record and remember all your lovely eating experiences over the years. All those people, celebrations, holidays, restaurants and bakeries. Your uniquely special life in food.



HOW TO USE THIS GUIDE

- **Start with making a list of all your favourite drinks and meals** – you'll find lots of worksheets on the following pages with prompts under each category to help you trigger memories.

Spend some time thinking about meals from the past – it can be a slow process to remember meals from so long ago. My menu took weeks and weeks of work, so don't worry if you don't get all the items first time around.

Once you start, your brain will keep ticking away at the task and you'll find tasty treats popping into your head when you least expect it.

Keep adding items to your menu as you eat them or remember them.

- When you have a good number of items, **think about how you would organise and classify your menu.**

You can start with drinks/starters/mains/desserts or you can think a bit harder about how you and your household actually eat and classify accordingly.

My final menu had seven main categories, 32 subcategories and 28 more sub-subcategories! At the end of this guide you can find a page with all my final categories – they are based around my eating habits, so yours will probably look a little different.

- There is also a section for **recording your menu influences** – where you learned about all these lovely dishes. It's a nice way to record the rhythms and history of your food life and gives a little shout out to the people who have helped you eat so well over the years.
- The final section is for **food you want to try**, but haven't got round to cooking yet. Some of these dishes will make it onto your final menu, other will not, but it'll be a fun experiment along the way.
- Towards the end of the guide are instructions on the **best way to print your menu**, as well as ideas for keeping and **displaying your menu**.

DRINKS

non-alcoholic drinks

[illegible]

water - fresh juices - aguas frescas - smoothies - sodas - water kefir - kombucha - slushies
- hot/iced tea - hot/iced coffee drinks - matcha - bubble tea - hot chocolate - milk - lassi

alcoholic drinks

[illegible]

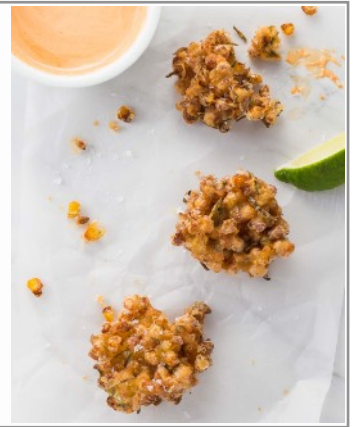
cocktails - spirits and mixers - shots - red/white/rose/sparkling wine - lager, ale and beer - apple/pear cider - hard seltzers - liqueurs - aperitifs/digestifs - sake - port - hot toddies

MENU CATEGORY IDEAS

[illegible]

SNACKS

nibbles + starters

[illegible]

crisps/chips – olives – nuts – chips/fries – fritters/tempura/spring rolls/pakora/bhaji – dumplings – dips – tapas – small plates

bread

[illegible]

bread and butter - garlic bread/dough balls - sandwiches - hot toasties/grilled sandwiches - wraps - food on toast - bruschetta

MENU CATEGORY IDEAS

[illegible]

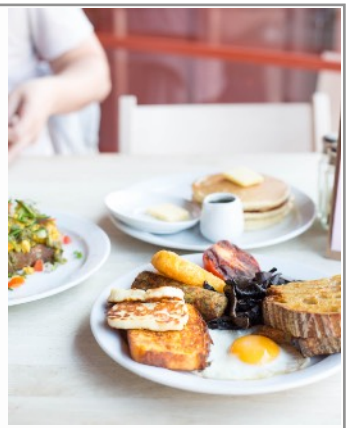
BRUNCH

breakfast

[illegible]

cereal/granola/muesli - porridge/oatmeal/overnight oats - yoghurt/smoothie bowls - smoothies - fruit - bread/toast - crumpets - breakfast sandwiches/burritos - eggs

brunch/lunch dishes

[illegible]

savoury brunch – sweet brunch – packed lunch – pancakes/waffles/crêpes – French toast –
muffins – omelette/frittata – shakshuka – eggs/tofu/potatoes/veggies/bread/cheese –
soups – salads – pies – tarts – sausage rolls – pastries – picnics

MENU CATEGORY IDEAS

[illegible]

DINNER

evening meals

[illegible]

pizzas – handmade/dried pasta – polenta/risotto – gratins – roast dinner – burgers –
fondue/raclette – noodle bowls/stir-fries/katsu – curries/biryani – tacos/tamales

side dishes

[illegible]

potatoes – rice – pulses – veg sides: artichokes / aubergine / avocado / cauliflower / corn / courgette / cucumber / fennel / greens / leeks / mushrooms / onions / shallots / tomatoes

MENU CATEGORY IDEAS

[illegible]

AFTERS

dessert

[illegible]

cake – brownies/blondies/slices – scones – madeleines – cheesecake – mousse/crème/
pudding – crème brûlée – éclairs – ice cream/granita – biscuits/cookies – chocolates – fruit

cheese course

[illegible]

blue cheeses - goat cheeses - hard cheeses - soft cheeses - biscuits and crackers - bread - jam/preserves - honey - fruit - nuts

MENU CATEGORY IDEAS

[illegible]

where/who inspired you?

The image shows the exterior of the Horse Town Brewery. The building has a rustic, weathered wooden facade. A large sign above the entrance reads "HORSE TOWN BREWERY" in red, block letters. The entrance consists of a set of double glass doors. To the left of the doors is a wooden barrel and a small sign that says "OPEN". To the right of the doors is a wooden barrel and a small sign that says "CLOSED". The building is surrounded by greenery and a paved area.

food you want to try

New Client Onboarding

The New Client Onboarding Checklist is a critical tool for ensuring a smooth and efficient client experience from the moment they reach your door.

Checklist:

- Greet the client warmly and introduce yourself.
- Verify the client's identity and contact information.
- Review the client's file and previous interactions.
- Discuss the client's needs and goals.
- Present the service options and pricing.
- Answer the client's questions and address concerns.
- Complete the necessary paperwork and forms.
- Provide the client with a clear understanding of the next steps.
- Offer the client a tour of the facility.
- Schedule the client's first appointment.
- Follow up with the client after their first appointment.

Additional Notes:

Ensure all staff members are trained on the new client onboarding process.

Keep the client's file updated with all relevant information.

Provide excellent customer service throughout the entire process.

Follow up with the client regularly to ensure satisfaction.

NOTES

[illegible]

MY MENU CATEGORIES

Soft drinks

Water
Coffee shop
Slushies
Fresh juices
Kefir
Smoothies

Hard drinks

Cocktails
Wine
Tequila
Beer + cider

Snacks

Nibbles
Fried snacks
Bread + butter
- Bread
- Butter
- Dips

Brunch

Sandwiches
On toast
Toasties

Pastry
- Pies
- Tarts
- Sausage rolls
- Pastries

Salads
Soups

Brunch dishes
Sweet brunch
Assemble your
own brunch

- Veg
- Potato
- Eggs
- Tofu
- Cheese
- Bread
- Sauces
- Seasonings

Packed lunch

Dinner

Roast dinner
Best ever pizza
Housemade pasta

Mains
- north
- central
- east
- south-east
- south

Sides

Potato sides
Rice sides
Veg sides

Afterers

Dessert
- cake
- cheesecake
- mousse/crème
- ice cream
- biscuits/chocs
- fruit

Cheese
- biscuits + crackers
- the important bit



PRINTING YOUR MENU

Your menu can live happily in digital form, but it's nice to have a printed copy to share with visitors or to thumb through yourself.

You can print it off as a simple list, but I think you get a better result by printing a multi-page booklet, folded in the middle and secured along the spine.

- Choose your software. I use Pages for Mac, but Word or any other word processing software is fine. You could use a graphics service like Canva, but I prefer to use software on my computer that I can access easily at any time.
- Decide what size you want to print your menu and set up your document size:
 - A5/US half letter pages, printed both sides on A4/US letter size
 - A4/US letter pages, printed both sides on A3/US tabloid size
- If your software has the option, you can use 'facing pages' to get an idea of the final booklet layout. In Pages, this is a tickbox option in the 'Document' sidebar towards the bottom.
- Lay out your menu as a categorised list. You can add coloured titles or graphics if you fancy.
- Export the document as a PDF (in Pages this is found via File/Export To/PDF).
- [Download Adobe Acrobat Reader](#) (Adobe's free PDF software).
- Open your PDF in the software and open the print dialog via File/Print.
- Under 'Paper Sizing & Handling' select the Booklet option.
- Other Booklet settings:
 - Booklet subset: Both sides
 - Sheets from: *don't change this setting*
 - Binding: Left
 - Orientation: Portrait (unless you're planning a landscape menu)
 - Do not tick 'Auto-rotate pages within each sheet'
- Hit Print!

DISPLAYING YOUR MENU

There are quite a few options for storing and displaying your menu, depending on your taste and budget.

Choose a personalised leather menu cover made with your own engraved logo on the front or use some kind of document/notebook holder for a cheaper option.

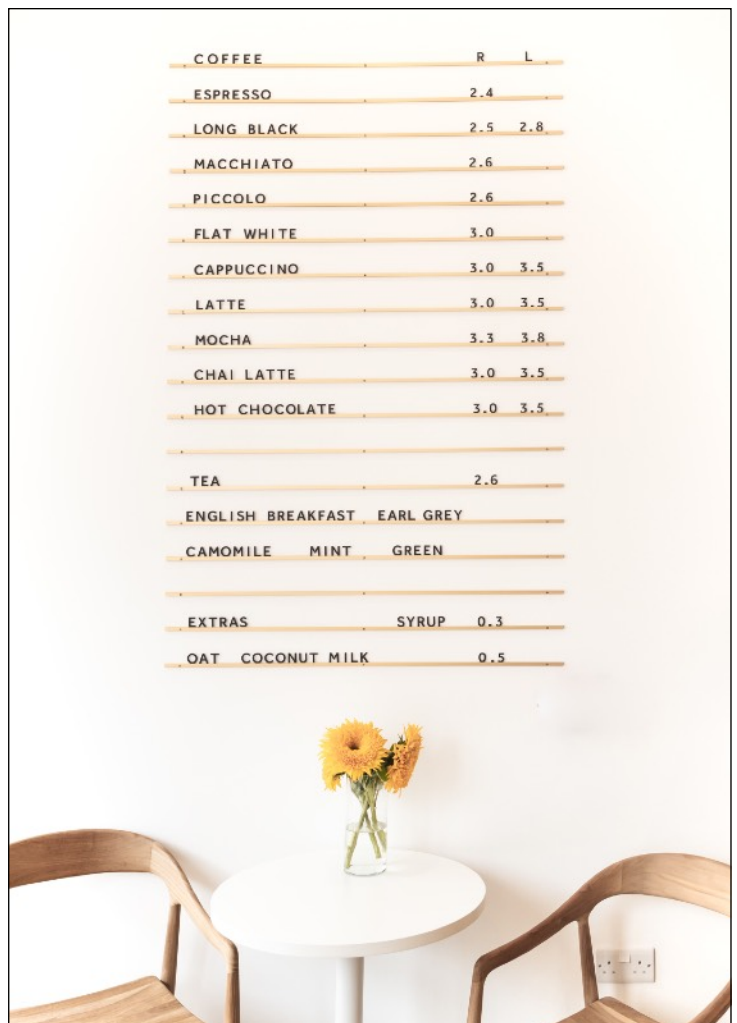
If you print your menu as a booklet, your menu will need central binding (like elastic) to secure the booklet down the centre.

I made my own menu cover with some double-sided vinyl I had around the house, punching out two holes to thread colourful elastic to secure the centre of the booklet. I was thrilled with the result!

Whatever you do, make it your own.

A personalised menu with this level of detail is a remarkable object to pass down.

Family and historians alike will be amazed to read about your uniquely special life in food.





Eat



ALL DAY

Toast 4.00 DF V

Brown sourdough with almond butter & strawberry jam

Avocado Toast 7.00 DF V

Lemon juice, fresh coriander & a sprinkle of pomegranate
+ a poached egg 2.00

Fruit Bowl 5.50 DF GF V

Seasonal fruit, sprinkled with our omega mix*

House Granola 7.00 GF

A nutty blend of oats, elderflower & orange zest
served with natural yoghurt & berries
+ coconut yoghurt instead 2.50

Açaí Bowl 8.00 DF GF V

Organic frozen Amazonian Açaí berries topped with
coconut shavings, chia seeds & goji berries
+ almond butter 1.50 + granola 3.00

Porridge 6.50 DF GF V

Millet flakes, chia seeds & a pinch of Himalayan
salt, sprinkled with our omega mix & amber maple syrup
+ avocado 2.00 + almond butter 1.50

Berry Pancakes 9.50 GF

Benoit's homemade buckwheat mix, with amber
maple syrup fresh berries & coconut shavings
+ coconut yoghurt 2.50

Eggs (any style) 6.50 DF

Scrambled, poached or fried with toasted white sourdough

3-Egg Omelette 6.50 DF

Cooked in coconut oil with toasted white sourdough

ONLY FROM 11AM

Garden Soup 5.00

Daily ingredients served with toasted brown sourdough

Winter Kale Salad 8.50 DF GF V

Quinoa, fresh fig, pistachio & a chilli bergamot dressing
+ avocado 2.00, + grilled chicken 3.00

Farm Salad 10.00 DF GF

Green leaf mixed with chicken breast, avocado, sliced apple
cherry tomatoes, walnuts & a pesto vinegar dressing

Coconut BLT Sandwich half 5.50 full 9.50 DF V

Coconut bacon*, sliced beef tomatoes
guacamole & homemade cashew cream

Vegetable & Herb Sandwich half 5.50 full 9.50

Daily roasted vegetables, buffalo mozzarella
tomatoes & olive oil

Chicken Sandwich half 6.50 full 10.50 DF

Grilled chicken breast, sliced beef tomatoes
homemade pesto & guacamole

Farm Boy's Beef Sandwich half 6.50 full 10.50 DF

Marinated rump, sliced red pepper, rocket
& a harissa dressing

White Devon Crab Cakes 13.00 DF GF

Ginger, tamari & white crab meat, rolled in millet flakes
served with a spicy lime yoghurt dressing & green leaves
+ guacamole 2.50

Pistachio & Cauliflower Bowl 12.50 GF

Diced pecorino, coriander, cauliflower rice & a rocket salad
+ grilled chicken 3.00

Extras

Maple Syrup 1.00, Natural Yoghurt 1.00, Coconut Yoghurt 2.50

Coconut Bacon 3.50, Cashew Cream 2.50, Guacamole 2.50, Granola 3.00

Fresh Berries 3.50, Diced tomato 75p, Avocado 2.00, Steamed Spinach 2.00, Cooked Mushrooms 2.50

Mozzarella 1.00, Poached Egg 2.00, Fried Egg 2.00

Grilled Chicken 3.00, Smoked Salmon 4.50, Marinated Beef 4.00

Gluten Free Bread (contains egg) 2.00

Bee Pollen 70p, Cacao Nibs 50p, Chia Seeds 70p, Flaxseeds 70p, Goji Berries 50p

Hemp Protein 90p, Maca Powder 1.20, Spirulina 90p, Turmeric Powder 50p