



marigold catering
delicious and nutritious

FOOD LOVINGLY MADE BY A NATUROPATHIC NUTRITIONIST





An accomplished Naturopathic Nutritionist based in Norfolk, Meg Powell is dedicated to supporting clients in their journey towards optimal health and well-being.

Beyond her individual consultations, Meg extends her expertise by organising nutrition and wellness-inspired workshops and events across East Anglia and beyond.

Her catering company, Marigold Catering, showcases her unwavering commitment to nutrition as the focal point of her culinary offerings.

With a passion for fermenting, sprouting, and home-grown food, Meg ensures that her creations encompass these elements, adding a unique touch to her menus.

Meg can provide a range of services for your event, including:

-Workshops and Educational Talks: Meg offers enlightening workshops and educational talks on innovative topics such as nutrition, gut health, digestion, hormone health, blood sugar balance, stress and anxiety management, and more. These engaging sessions empower participants to make informed choices about their well-being.

-Delicious and Nutritious Bespoke Dishes: Meg's passion shines through in her bespoke dishes, food to share, retreat menus, snacks, and desserts. Each creation is thoughtfully prepared to combine exciting flavours with a focus on nourishment, ensuring a memorable and healthful dining experience.

-Inspiring Food Demonstrations: Meg's captivating food demonstrations showcase various aspects of healthy eating, including fermenting, sprouting, and the creation of nutritious meals and snacks. These demonstrations serve as a source of inspiration and education, empowering attendees to incorporate wholesome practices into their own culinary endeavours.



CATERING OPTIONS

BUFFET STYLE FOOD

FOOD TO SHARE

HOT FOOD TO SHARE

SWEET & SAVOURY NIBBLES

RETREAT MENUS

FOOD DEMONSTRATIONS

EDUCATIONAL TALKS & WORKSHOPS



Delicious & Nutritious buffet style food for your event or gathering.

The Purple & Gold packages include a digestion kick starter shot- choose 1 per package.

Choose 2x mains, 2x salads (plus green goodness salad), 2x sides, 1x dressing & 1x dessert.

Purple- All items with (P)- £15pp (min 10 people)

Gold- All items with (G) & (P)- £20pp (min 10 people)

Go Organic- Add £3pp

Travel, set-up & pack-down fee TBC

(P) Purple

(G) Gold

(V) Vegetarian

(Vg) Vegan

(VgO) Vegan option

(GF) Gluten free (NB- all food is prepared in a kitchen where gluten is stored, handled and used in cooking)

(GFO) Gluten free option

(NF) Nut free (NB- all food is prepared in a kitchen where nuts are stored, handled and used in cooking)

(RSF) Refined sugar free

Contact us for a full list of ingredients.

Please let us know of any specific food allergies or intolerances you or your guests may have.

Digestive shots- Choose 1 per package

Ideally take 15mins before eating

Straight-up- Swedish Bitters (Vg,GF,NF)

Sunshine- Ginger, turmeric & lemon (Vg, GF, NF)

Bee happy- Acv & raw honey (GF, NF)

Digestif- Bitters & AJ (Vg, GF, NF)

Liver loving- Beet juice, artichoke & lemon (Vg, GF, NF)



Mains- choose 2 per package

(P, G)- Miso infused short-grain brown rice sushi rolls with hummus, avocado & alfalfa sprouts (Vg, GF, NF)

(P, G)- Roasted squash & red onion, Puy lentil salad (Vg, GF, NF)

(P, G)- Roasted chickpeas, with spinach, Harissa and Short-Grain Brown Rice (Vg, GF, NF)

(P, G)- Briam- roasted Greek veg with feta & olives (V, VgO, GF, NF)

(G)- Wild salmon & saffron brown rice salad with herby yogurt dressing (GF, NF)

(G)- Roasted beets with feta, green lentils & spinach (VgO, GF, NF)

(G)- Stuffed aubergines with Puy lentils, pine nuts and feta (VgO, GF, NF)

(G)- Herby courgette fritters with halloumi (V, GFO, NF)

Salads- choose 2 per package

Green goodness salad- included in all packages

Mixed lettuce with spring onion, sliced radish, sprouted lentils & alfalfa- In summer includes edible petals/ flowers. (Vg, GF, NF)

(P, G)- Grated root veg and hemp heart salad (Vg, GF, NF)

(P, G)- Mediterranean potato salad with herbs & olives (Vg, GF, NF)

(P, G)- Mixed tomato salad with garlic & basil (Vg, GF, NF)

(G)- 'Grain-free' hemp heart tabbouleh (Vg, GF, NF)

(G)- Roasted cauliflower, hazelnut and pomegranate salad (Vg, GF)

(G)- Chaat masala potato salad with Greek yogurt (V, GF, NF)

(G)- Tomato, mozzarella, basil & garlic salad with toasted pumpkin seeds (VgO, GF, NF)

Sides- choose 2 per package

(P, G)- Superfood sauerkraut (Vg, GF, NF)

(P, G)- Spicy Korean Kimchi (GF, NF) (Contains shrimp paste)

(P, G)- Courgette, fennel & turmeric kraut (Vg, GF, NF)

(P, G)- Hummus with black olive tapenade (Vg, GF, NF)

(P, G)- Sprouted assortment (lentils, alfalfa, beans, veg/herbs)

(P, G)- Mixed olives & artichoke

(G)- Fermented cucumber dill pickles

(G)- Roasted carrot & bean hummus with rose harissa (Vg, GF, NF)

(G)- Roasted beet & roasted garlic hummus with toasted pine nuts (Vg, GF, NF)

(G)- Three-seed, extra virgin pesto (VgO, GF, NF)

(G)- Chermoula- Moroccan 'pesto' with herbs and preserved lemon (Vg, GF, NF)

(G)- Roasted red pepper & tomato dip with almonds, feta & spices (V, GF)

Dressing- choose 1 per package

(P, G)- Raw honey & cider vinegar with Dijon mustard & extra virgin olive oil (VgO, GF, NF)

(P, G)- Mediterranean style, simply Greek extra virgin olive oil & red wine vinegar (Vg, GF, NF)

(P, G)- Fresh garden herb, extra virgin olive oil & lemon (VgO, GF, NF)

(G)- Golden dressing with turmeric and tahini (Vg, GF, NF)

(G)- Caesar style with yogurt, garlic, anchovies & parmesan (GF, NF)

(G)- British summer dressing- Home-made fruit vinegar (Blackberry/ blackcurrant), with raw honey & extra virgin olive oil (VgO, FG, NF)

(G)- Pomegranate molasses, virgin oil & garlic (Vg, GF, NF)



Dessert- choose 1 per package

(P, G)- Cacao chia pudding with Matcha coconut cream (Vg, GF, NF, RSF)

(P, G)- Cacao chia pudding with purple kefir & blueberries (V, GF, NF, RSF)

(P, G)- Greek yogurt topped with raw honey, crushed pistachios and chopped walnuts (V, GF, RSF)

(G)- Berry chia jam, oat yogurt and granola topping layer pots (Vg, GF, RSF)

(G)- Orange and pistachio polenta cake with Greek yogurt and raw honey (V, GF)

(G)- Lemon drizzle cake with raspberries & yogurt (VgO, GFO, NF)



SAMPLE

Bespoke Gold catering package (Organic)- £23pp

Sunshine shots

Stuffed aubergines with Puy lentils, pine nuts and feta

Roasted chickpeas, with spinach, Harissa and short-grain brown rice

Green goodness salad with alfalfa and sprouted lentils

Hemp heart tabbouleh

Mediterranean potato salad with herbs & olives

Roasted beetroot and roasted garlic hummus with toasted pine nuts

Chermoula

Raw honey and cider vinegar dressing

Orange and pistachio polenta cake with Greek yogurt and raw honey

FOOD TO SHARE
- £12.50PP (MIN 10 PEOPLE)



Mediterranean style-

Marinated olives

Hummus with pine nuts (Vg, GF, NF)

Briam- Greek roasted veg, with olive oil and oregano
(Vg, GF, NF)

Tzatziki (V, GF, NF)

Halloumi/ hard cheese

Pitta

Greek salad-

Lettuce, red onion, tomato, cucumber, feta, olives
and fresh oregano (VgO, GF, NF)

Dressing-

Greek olive oil and red wine vinegar

Dessert-

Greek yogurt topped with raw honey, crushed
pistachios and chopped walnuts (V, GF)

Rustic style-

Cheeses & cured meats

Seasonal fruit & veg

Sourdough & rustic crackers

Extra virgin three seed pesto (VgO, GF, NF)

Nuts & dried fruit

Homemade chutney (Vg, GF, NF)

Green goodness salad-

Assorted leaves, spring onion, radish, sprouted lentils & alfalfa. Edible flowers (in season). (Vg, GF, NF)

Dressing-

Raw honey & cider vinegar with Dijon mustard & extra virgin olive oil (VgO, GF, NF)

Or

Golden dressing with turmeric and tahini (Vg, GF, NF)

Dessert-

Berry chia jam, oat yogurt and granola topping layer pots (Vg, GF, NF)

Mexican style-

Refried beans

Sour cream

Guacamole

Pico de gallo

Salsa with jalapenos

Tortilla chips & soft tortillas

Mexican inspired salad-

Lettuce, corn, tomato & onion (Vg, GF, NF)

Dressing-

Oil, lime & fresh coriander (Vg, GF, NF)

Dessert-

Galletas de maiz (corn biscuits) with raw honey & sour cream (V, GF, NF)

Middle Eastern style-

Falafel (Vg, GF, NF)

Hummus with rose Harissa (Vg, GF, NF)

Whipped feta with za'atar (V, GF, NF)

Roasted oregano aubergines (Vg, GF, NF)

Chermoula (Vg, GF, NF)

Flatbreads

Lebanese Fattoush salad-

Lettuce, cucumber, radish, onions & peppers (Vg, GF, NF)

Dressing-

Pomegranate molasses, oil & garlic (Vg, GF, NF)

Dessert-

Spiced apple cake with yogurt and cinnamon (V, NF)

**HOT
FOOD TO SHARE
-£12.50PP (MIN 10 PEOPLE)**



Indian style-

Chickpea & spinach korma (Vg, GF)

An aromatic curry with a delicious blend of coconut & spices- mild

Onion bhaji (Vg, GF, NF)

Delicious, home-made & naturally sweet. Served with a coriander chutney and a tamarind chutney

Garlic naan bread

The perfect accompaniment to a delicious curry

Dessert-

Coconut & cinnamon chia pudding with mango
(V, GF, RSF, NF)

Mexican style-

Smoked tofu & black bean chilli (Vg, GF)

Not a traditional recipe, but the smoked tofu goes really well with this Mexican classic

Guacamole (Vg, GF, NF)

Creamy & delicious traditional Mexican accompaniment

Pico de gallo (Vg, GF, NF)

Our favourite Mexican salsa fresca!

Soft tortillas

Load them up with Mexican flavours

Dessert-

Galletas de maize with soured cream & raw honey

(V, GF, NF)

Moroccan style-

Chickpea Tagine (Vg, GF, NF)

Made using our home-made Ras el Hanout & green olives

Jewelled cous cous (Vg)

Herby cous cous with apricots & toasted almonds

Chermoula (Vg, GF, NF)

A delicious Moroccan salsa verde, made with herbs, garlic & preserved lemons

Dessert-

Tahini cake with a raw honey & tahini drizzle (NF)

Mediterranean style-

Spanish butterbean stew (Vg, GF, NF)

Made with a rich tomato sauce and black olives

Garlic roast potatoes (Vg, GF, NF)

Hummus with pesto (V, GF, NF) (VgO)

A delicious smooth hummus topped with a 3 seed pesto

Dessert-

Greek yogurt topped with a raw honey drizzle,
crushed pistachios & chopped walnuts

**SAVOURY & SWEET SNACKS AND
NIBBLES-
£8.50PP MIN 20 PEOPLE**

**CHOOSE 3X SAVOURY OPTIONS AND
2X SWEET OPTIONS**



Savoury- Choose 3

Sushi rolls with hummus, avo & alfalfa (Vg, GF, NF)

Goats cheese & pomegranate bruschetta (V, NF)

Avocado and superfood kraut on rye (Vg, NF)

Roasted beet hummus with veggie crisps & toasted pitta (Vg, GFO, NF)

Caprese salad kebabs (V, GF, NF)

Miso mixed seeds (Vg, GF, NF)

Mixed olives (Vg, GF, NF)

Sweet & spiced nuts (Vg, GF)

Ultimate cheeseboard EXTRA £5pp

Cheese assortment with fruit, dried fruit, olives, artichokes, nuts, sourdough, crackers & homemade chutney (V)

Sweet- Choose 2

Nutty cacao bliss bites (Vg, GF, RSF)

Chia pudding pots (Vg, GF, NF, RSF)

Banana & pumpkin seed flapjack bites (Vg, GF, RSF)

Tropical smoothie shot (Vg, GF, NF, RSF)

Berry banana bread squares (V, RSF)

Tahini cookies (V, RSF)



**RETREAT FOOD
SAMPLE DAY MENU**

BREAKFAST-LUNCH-DINNER

TEAS-SNACKS

**PRICES STARTING FROM
-£40PP PER DAY (MIN 10 PEOPLE)**

*Get in touch to create the perfect Retreat Menu
for your event*



Breakfast options-

Fresh fruit with Greek yogurt, raw honey & chopped nuts (VgO, GF, RSF)

Home-made granola (grain-free option available) (GF, Vg, RSF)

Avocado & home-made hummus on sourdough toast (GFO, Vg, NF)

Shakshuka- spiced tomatoes and peppers in a rich sauce, with eggs. Served with sourdough (V, GFO, NF)

Protein oat pancakes with maple syrup (GF, RSF, NF)

Porridge with various toppings (Vg, GFO, NFO)

Hemp cacao, protein smoothie (Vg, GF, NF)

Various teas, organic dairy milk, oat & nut m!lks

Adaptogenic coffee OR

Organic, mycotoxin free, lab tested healthy coffee

London Nootropic/ Exhale Coffee---EXTRA price per person

Lunch sample Menu-

Delicious Food to Share

Green goodness salad with alfalfa and sprouted lentils (Vg, GF, NF)

Home-made Falafel (Vg, GF, NF)

Quinoa Tabbouleh (Vg, GF, NF)

Hummus with pine nuts (Vg, GF, NF)

Superfood sauerkraut (Vg, GF, NF)

Teas selection

Fresh fruit

Snacks-

Bliss bites or banana flapjack (Vg, GF, RSF)

Dinner sample Menu-

Delicious Hot Food to Share

Chickpea & spinach korma (Vg, GF,)

Roasted & spiced squash and cauliflower (Vg, GF, NF)

Home-made onion bhaji with a coriander chutney and a tamarind chutney (Vg, GF, NF)

Garlic naan

Spiced tomato, red onion & coconut salad (Vg, GF, NF)

Dessert-

Coconut & cinnamon chia pudding pots with mango (Vg, GF, NF, RSF)

Teas selection

FOOD DEMONSTRATIONS

**EDUCATIONAL TALKS &
WORKSHOPS**

Please contact me directly to get a quote
tailored to your requirements.

