

Connect

CATERING SERVICES /
EST 1989

your real food
catering partner

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A taste of Connect Catering

Established in 1989, Connect is a family-run, independent contract caterer with over 35 years of experience in catering and more than 300 employees across our portfolio, specialising in fresh food services, tailored to your needs.

We know every business is different, and have individual needs and pressures. We build our chef-led service to match your aspirations, your culture and your budget.

We're small and agile enough to offer a flexible approach whilst being large enough to support your contract and deliver long-term value.

Our systems, standards and processes are externally audited to ensure we consistently meet the highest expectations for service, safety, and satisfaction.

With Connect, you get more than a catering provider. You also get a trusted partner who understands the importance of supporting your business.



**“Fresh food is our
passion, people are our
strength.”**



Why Choose Connect, Our Unique Advantages

We understand the pressures businesses face: cost control, unpredictable restaurant footfall, sustainability commitments, workplace wellbeing and the ongoing need to attract and retain talent.

Connect Catering helps support your business objectives through innovative, tailored catering services which energise your employees, impress your clients, and work efficiently behind the scenes.

- Fresh, nutritious food that fuels focus, productivity and morale throughout the day
 - Clear, open book, efficient pricing with no hidden extras
- Environmental, Social, and Governance (ESG) leadership aligned with your business values
 - Dedicated relief teams so you're never left short-handed
- 100% compliance with food safety, allergens, and nutritional guidelines
 - Award winning staff development and training

We use monthly audits to measure Key Performance Indicators, because:

“What gets measured, gets done.”

Real Fresh Food

Our food is fresh, seasonal and packed with natural energy, designed to support your teams no matter their role, fuelling their brains and powering physical performance.

Our chefs are given the autonomy to express their creativity and flair with all meals being prepared onsite, using local ingredients.

“Everyone has been raving about the quality of the meals.”



Growing a partnership



We believe strong partnerships are built on shared values, care, reliability and mutual respect. At Connect, over 40% of our clients have been with us for over a decade, and we work collaboratively with each business to become an extension of your team.

We tailor every aspect of the service, from menu planning to allergen management, around the needs of you and your operational goals. Our excellent training and investment in your catering team means you'll feel the quality, warmth and professionalism from day one.

“Your catering team has been working so hard and we’re so happy to have them with us.”

Fuelling the day

From breakfast right through to an afternoon pick-me-up, our chefs create bespoke menus and have access to our in-house nutritionist, helping them craft dishes that sustain motivation and performance.



Breakfast Menu

Available Daily

Porridge with a Selection of Toppings
Freshly Baked Croissants & Danish Pastries
Toast & Spreads Station
Freshly Cut Fruit Pots with Low Fat Probiotic Yoghurt
Yoghurt & Berry Granola Pots
Selection of Cereals & Granola
Fruit & Vegetable Smoothies & Shakes

Eat On Its Own Wrap or Bun It Up

Bacon or Sausages
Vegan Bacon or Sausages
Eggs Your Way, either Poached, Fried or Scrambled
Tomatoes
Mushrooms
Hash Browns
Baked Beans

Healthy Breakfast Items

Mushroom Hash with Poached Eggs
Fruit & Seed Pots
Spinach Pancakes
Breakfast Burritos

Weekly Menu

Monday

Tuesday

Wednesday

Thursday

Friday

SOUP

Red Pepper & Lentil

Tomato & Basil

Carrot & Coriander

Sweet Potato
& Coconut

Thai Vegetable

Croutons, Toasted Seeds, Fresh Herbs & Freshly Baked Bread or Cheese Straws

**SOMETHING
VEGGIE**

TASTE OF MEXICO

 Black Bean
Enchiladas
served with Rice
& Chilli Dip

TASTE OF ITALY

Build Your Own
Pasta Bar

 Leek, Mushroom &
Thyme Gnocchi

 Falafel with Minted
Yoghurt & Lettuce in
a Warm Pitta Bread

 Cauliflower Steaks
with a Red Wine Jus

**SOMETHING
HOT**

Creamy Chicken
Enchiladas Served
with Green Leaf Salad

Penne, Linguine or
Tortellini Pasta served
with Bolognese,
Creamy Mascarpone
& Tomato or Basil
Pesto

Turkey & Cranberry
Burgers with all the
Trimmings

Butcher's Sausages
with Caramelised
Onion Gravy &
Mashed Potato

Beer Battered Fish with
Potato Wedges,
Lemon & Tartare
Sauce

LITE BITES

Flatbreads with Beef
Strips, Chipotle Sauce
& Green Leaves

Finish off with
Parmesan, Chilli
Flakes or Olives

Garlic & Mozzarella
Flat Bread

 Aubergine & Cos
Lettuce Wraps filled
with Herby Lemon Rice

Mini Mac & Cheese
Doughnuts

Korean Fish Cake
with a Spicy Salad

**SOMETHING
SWEET**

Humble Crumble
Station with Lots Of
Toppings

Warm Chocolate
Brownie with Ice
Cream

Clementine
Almond & Cake

Apple Loaf Cake
served with a Fruit
Compote

Sticky Toffee Pudding
served with Cream



Operational Support

Connect provides robust and responsive support that keeps your catering running smoothly and on budget.

Your dedicated Operations Manager provides direct, on-site support with visits at least twice a month to maintain high standards covering everything from hygiene, health & safety to marketing & menu development.

These visits allow for close communication with your team, proactive issue resolution, and continuity throughout the service.

Working closely with the Chef Manager, they deliver ongoing training, oversee compliance with health and safety and allergen legislation, and support continuous improvement.

Monitoring KPI's, such as meal uptake and waste reduction, your Operations Manager oversees your financial reporting. This ensures complete transparency and adherence to agreed budgets and, through our open book policy, you can view any invoice at any time.

“The team went above and beyond accommodating our needs. Hats off to the team downstairs. We are so lucky to have you with us.”





Nurturing our teams

Great food depends on great people. That's why we invest in every individual across our catering teams, from training and mentoring to career development and wellbeing.

We focus on developing motivated, skilled, and confident staff who feel part of your community and understand their role in supporting your staff.

When your catering team feels supported and valued, they deliver a high quality service that reflects well on your business and keeps shareholders reassured.

“Always served with a smile, it really makes a difference.”





Connect's 7 key ingredients

Real Food, Real Standards, Real Impact.

Traceable from Field to Fork: all our suppliers are fully audited, giving you complete confidence in our ingredients and the journey they've taken.

Meat You Can Trust: we only source meat that meets strict animal welfare standards - high quality, responsibly produced, and fully transparent.

Only Free-Range Eggs: we use British Lion marked or RSPCA Assured free-range eggs in every kitchen. Always fresh, always ethical.

British Milk, Always: all our fresh milk comes from British farms - supporting local producers and reducing food miles.

Sustainably Sourced Fish: our fish is sustainably caught, and wherever possible, certified by the Marine Stewardship Council - good for staff, great for the planet.

Seasonal Fruit & Vegetables: we serve what's in season - it tastes better, travels less, and makes the most of nature's rhythm.

From Waste to Fuel: our used cooking oil doesn't go to waste - we recycle it into clean-burning biofuel as part of our zero-to-landfill approach.







Awards & Accreditations

At Connect, we believe in backing up our promises with proof, through consistent third-party accreditation and industry recognition. These awards and certifications are more than badges; they're assurances that your catering partner is reliable, responsible, and focused on excellence.

INVESTORS IN PEOPLE®
We invest in people Gold

We invest in every member of our team to help them perform at their best, and that pays off in consistency, quality, and loyalty. We've held Investors in People accreditation since 2000, achieving Gold in 2011 and retaining it in every assessment since.

THE SUNDAY TIMES
Best Places To Work 2023

Rated Excellent, this shows our commitment to creating workplaces where teams feel valued, energised and motivated to give their best to your business.

THE SUNDAY TIMES
100 Best Companies To Work For

We ranked No. 1 nationally in 2019 and have been in the top 5 three times, a reflection of how well we engage and support our people.

ISO Certifications - What They Mean for Your Business

We hold ISO certifications across four key areas, each one carefully chosen to ensure safety, consistency, sustainability, and peace of mind for your business community.

ISO 9001 - Quality Management

Audits confirm that the service standards we promise are delivered across every business we work with, no matter the size or location.

ISO 14001 - Environmental Management

Sustainability is embedded into business decisions at every level, helping your business meet its environmental goals with confidence.

ISO 50001 - Energy Management

We actively support businesses in reducing energy usage, helping you lower your environmental impact and save costs at the same time.

ISO 45001 - Health & Safety Management

In any environment safety and safeguarding are non-negotiable. This standard is clear evidence of how seriously we take our responsibility to protect every staff member and visitor.



What our clients say

We believe the best measure of our service is the feedback we receive from the businesses we work with. Here's what some of our clients have to say about their experience with Connect

“Our strong relationship with Connect Catering began in January 2022, when we reopened our catering service following the Covid pandemic. Connect initially mobilised a small operation with just two staff members, offering a barista style coffee bar and deli counter to serve around 30 people. Since then, we have worked closely with Connect to expand the service as more employees returned to the office. The catering operation has grown from strength to strength and now provides up to 800 meals per day.”

“Connect Catering has been an invaluable partner for 15 years. The catering team are part of our family and treated as another employee. Their hard work, commitment, willingness to help and creativity is highly appreciated. The catering services here are in high demand, from serving 700 staff a day, to VIP meals and canape events, it is very challenging but the team do it all so well and always with a smile on their faces. We could not be happier with the services of our catering team and Connect Catering.”







Protecting our planet one plate at a time

At Connect Catering, sustainability is central to everything we do, not just a formality.

We prioritise responsible sourcing, waste reduction, and long-term climate goals.

Our fleet is 100% hybrid or electric
Our Head Office runs on solar power (42 panels and growing)
We've cut internal paper use by 50%
Our sites are running waste reduction campaigns
We're fully committed to achieving Net Zero

We hold ISO 14001 for Environmental Management and ISO 50001 for Energy Efficiency, formal recognition that our practices meet the highest environmental and energy standards.



Adding energy to everyday

Food is more than just a meal, it motivates, and energises workplaces.

Our seasonal campaigns, interactive counters, and on-site pop-ups bring life and variety to your workplace. Create experiences that connect colleagues, boost morale, and break up the workday. We give your teams a reason to come on site, and something to look forward to throughout the day.

Whether you're celebrating a milestone, supporting team culture, or simply brightening a Wednesday we deliver food experiences that energise your people and reflect your workplace culture.

“It's a pleasure to work with the Connect team, the food and service are fantastic.”

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New York

City Day

30th September

Build Your Own Noodles Day

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Health BOOST Month



21st October

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Connect's STREET FOOD Day



Hospitality that impresses

From boardroom lunches, to elegant canapes, fine dining and show stopping evening galas, our hospitality service is crafted to impress.

Every event is tailored with creativity, care and a commitment to quality that leaves a lasting impression on delegates, staff and stakeholders alike.

Whatever the occasion, we bring flair, innovation and attention to detail, ensuring your events are not only seamless but delicious and truly memorable.

“ Many thanks for the fantastic buffet you and your team supplied last week – quite possibly the best buffet I’ve had in 16 years here. ”



Breakfast Meeting

Choose two per person from the below options:

English

Bacon or Sausage Roll
Vegan Sausage Roll
Scrambled Egg & Tomato Roll
English Breakfast Muffins

Continental

Danish Pastry
Croissant with Preserve & Butter
Served with Tea, Coffee & Fresh Orange Juice

Healthy Option

Vegetable Breakfast Tacos
Freshly Made Fruit or Vegetable Smoothies
Individual Shakshouka Bowls
Fruit & Seed Bowls
Avocado on Toast Topped with Seeds

Something Sweet

Pancakes with Fresh Fruit Toppings
American Waffles with Maple Syrup & Bacon
Assorted Muffins

Drinks

All the above served with
Tea, Coffee & Fresh Fruit Juices

Working Lunch

Option One

A selection of Fresh Breads, Flatbreads, Pitta Pockets, Wraps generously filled with a selection of tasty fillings

Option Two

A selection of Fresh Breads Flatbreads, Pitta Pockets, Wraps & Rolls
generously filled with a selection of tasty fillings served with a Fresh Fruit Platter,
Vegetable Crisps & Fruit or Vegetable Juices

Extras

Add some extras to your working lunches, select from the list below:

Freshly Baked Bite Sized Quiches
Freshly Made Mozzarella Pesto Bites
Mini Spring Rolls
Beetroot & Goats Cheese Tartlet
Chicken Goujons
Mozzarella & Cherry Tomato Skewers
Chicken Satay Skewers (Peanut Free)
Black & Green Olives
Baby Peppers filled with Cream Cheese
Mini Vegan Sausage Rolls
Thai Style Vegetable Skewers with Chilli Sauce
Mixed Crisps

Executive Lunch

Starter

Freshly Made Seasonal Soup
Ham Hock Terrine, Mustard Piccalilli & Mixed Leaves
Smoked Salmon, Beetroot, Vodka & Dill Crème Fraîche
Cheddar & Onion Tartlet with Seasonal Leaves

Main Course

Coq au Vin served with Crushed New Potatoes & Fine Beans
Venison, Pancetta, & Red Wine Pie served with Horseradish Mash & Roasted Root Vegetables
Braised Duck Leg with Dauphinoise Potatoes & Chantenay Carrots
Tomato & Red Pepper Tarte Tatin served with New Potatoes & Mixed Leaves
Butternut Squash, Bean & Lentil Cottage Pie served with Tender Stem Broccoli

Desserts

Lemon Cheesecake served with Raspberries
Pecan Pie served with Whipped Cream
Profiteroles served with Chocolate Sauce & Strawberries
Lemon & Lavender Posset
Fresh Fruit Salad served with Raspberry Sorbet

Refreshments

Freshly Brewed Coffee or Tea
A selection of Herbal Teas

Please select a maximum of two options from each course for your guests. Waitress service is included

Platters

Perfect for a Working Lunch

Cheese Platter

A selection of French, English & Dutch Cheese served with Sour Dough, Oatcakes, Mixed Pickles, Celery, Carrots & Grapes

A Very British Platter

Mini Yorkshire Puddings with Roast Beef & Horseradish Sauce
Cod Goujons with Garlic Mayo
Honey & Mustard Cocktail Sausages
Coronation Chicken Wraps

Vegetable Platter

Peppers Stuffed with Cream Cheese & Chives
Tomato & Goats Cheese Quiche
Black & Green Olives
Served with Houmous, Sour Cream & Mild Tomato Salsa

Fish Platter

Salmon, Dill & Lemon Blinis
Tiger Prawns with Sweet Chilli & Sesame Dipping Sauce
Cod Goujons with Garlic Mayo

European Mezze

Lamb Kofta with Tahini
Breaded Halloumi
Spanish Tortilla
Sun Dried Tomatoes
Marinated Artichokes
Focaccia Bread and Olive Oil

Fresh food, happy staff & the results to prove it.

Whether you're looking to refresh your current offer or completely rethink your catering model, we'd love to hear from you.

At Connect, we don't just deliver great business meals, we create exceptional food experiences that elevate every moment of work life.

Contact our sales team to find out how we can help you.

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People

Training & support
for all staff

Value

Freshly made food,
locally sourced

Quality

Excellent
customer service

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