

SWALK IN THE CITY

SWALK - Salads With A Loving Kiss – have arrived in central London, offering a complete, fresh, natural and tasty ‘Gourmet lunch in a box’ alternative to traditional lunchtime sandwiches or take-outs.

Based in Bermondsey, SWALK are now delivering their freshly-prepared gourmet salads - free of charge – to offices in Central London. And with a menu that changes every month, customers can be assured of a unique lunchtime, client meeting, event or party dining experience.

The SWALK chefs, led by founding chef Drogo Montagu, bring with them a wealth of gastronomic talent and creativity. Drawing on Drogo’s experience gained in Michelin Star restaurants, hotels and private catering, this small yet dynamic and friendly team create ever-changing menus that can’t fail to impress even the most critical of palates. All food is prepared fresh on the day, using only the finest, natural, well-balanced ingredients, without any additives or preservatives, so nothing sits in fridges awaiting its sell-by date. Where possible, the best in seasonal produce is sourced locally from premium suppliers.

SWALK have an innovative ordering system in place to make it easy for diners to order their mouth-watering salads. Customers simply visit their website at www.swalkbar.com, register their details for free (once-only registration required), then use the website’s interactive menu section to place their orders.

Because all menu items are freshly prepared, orders can be placed up to 10.30am on the day (previous day for 25 or more salads), and they’ll be delivered free to your premises between 11am and 1.15pm. The only restriction placed by SWALK is that the minimum premises order is £40 – this ensures not only that your delivery is timely due to the freshness of the food, but it helps maintain the cost-effectiveness of this unique service for London.

Drogo Montago says: “I have total confidence in the quality and uniqueness of the SWALK menu. I think it is fair to say that few lunchtime diners would expect a dressed grilled sirloin of pork with rosemary and thyme roasted pommes nouvelles salad or roasted sweet potatoes with organic camargue red rice salad delivered directly to the door at the click of a mouse.”

To find out more about SWALK, log onto www.xxx.com or telephone 0207.

Press inquiries, please contact Edward Moss on 0113