

Peeld

Lunch Catering Menu

Just Monty 10.95 per head

3 different Poke Bowls with
Salmon, Chicken Shawarma, or
Tofu

2 sauces

Crispy onions as optional
toppings

Half Monty 13.95 Per Head

3 different Poke Bowls with
Salmon, Tuna, Chicken
Shawarma, BBQ Brisket, Tofu or
Vegan Chick'n

3 sauces

Crispy onions ,Toasted Peanuts
and Nori as optional toppings

Selection of snacks (Wasabi
Peanuts, Chilli Broad Beans,
Teriyaki Edamame Beans)

OR

Home made Banana Breads
(Plain, Biscoff)

Full Monty 17.95 Per Head

3 different Poke Bowls with
Salmon, Tuna, Chicken
Shawarma, BBQ Brisket, Tofu or
Vegan Chick'n

4 sauces

Crispy onions, toasted peanuts
and Nori as optional toppings

Selection of snacks (Wasabi
Peanuts, Chilli Broad Beans,
Teriyaki Edamame Beans)

Home made Banana Breads

3 different fresh, cold pressed
juices



Peel

Base Selection

Sticky Sushi Rice
Brown Rice
Rainbow Slaw

Protein Selection

Tofu (VG)
Vegan Chick'n (VG)
Salmon
Tuna

Sauce Selection

Ginger Peanut (VG)
Chipotle Aioli
Sriracha Mayo (VG)
Coconut Sriracha (VG)
Honey Sriracha (VG)
Chilli Jam (VG)
Teriyaki (VG)

Poke Selection



Classic (VG)

Protein, Edamame, Wakame Seaweed, Radish, Pineapple, Spring Onion,



Spicy (VG)

Protein, Edamame, Carrot, Mango Salsa, Candied Jalapenos, Sushi Ginger, Crispy Shallots, Sesame



Oahu (VG)

Protein, Wakame Seaweed, Guacamole, Carrot, Pineapple, Crispy Shallots, Fresh Chilli, Sesame



Korean (VG)

Protein, Wakame Seaweed, Cucumber, Kimchi, Radish, Sushi Ginger, Nori, Sesame



Shawarma

Pulled Chicken Shawarma, Carrot, Tomato, Cucumber, Guacamole, Pomegranate, Coriander, Sumac



BBQ Brisket

BBQ Pulled Brisket, Carrot, Edamame, Mango Salsa, Candied Jalapenos, Sushi Ginger, Crispy Shallots

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Juice Selection



Ginger Ninja

Carrot, Orange, Red Pepper,
Ginger & Turmeric



Club Tropicana

Apple, Pineapple,
Lemon & Ginger



Lean Green

Apple, Pineapple, Cucumber,
Kale, Lemon & Ginger



Healthy McHealthface

Cucumber, Apple, Spinach, Kale,
Lemon, Parsley & Spirulina



Defender Lemonade

Lemon, Ginger, Turmeric, Honey,
Filtered Water



Mojito Lemonade

Lemon, Fresh Mint, Honey, Filtered
Water

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Example Menus

Option 1 10.95 per head

Sticky sushi rice, Salmon, Classic
Poke Bowl

Chicken Shawarma Bowl

Rainbow slaw, Tofu, Korean Poke
Bowl

Srirarcha Mayo and Ginger
Peanut sauces

Crispy onions as optional topping

Option 2 13.95 Per Head

Sticky sushi rice, Tuna, Spicy Poke
Bowl

Brown Rice, BBQ Brisket, Korean
Bowl

Rainbow Slaw, Vegan Chicken,
Oahu Bowl

Srirarcha Mayo, Ginger Peanut
and Chilli Jam sauces

Crispy Onions and Toasted
Peanuts as optional toppings

*Wasabi Peanuts, Chilli Broad
Beans, Teriyaki Edamame*

OR

Biscoff Banana Breads

Option 3 17.95 Per Head

Sticky sushi rice, Tuna, Spicy Poke
Bowl

Brown Rice, BBQ Brisket, Korean
Bowl

Rainbow Slaw, Vegan Chicken,
Oahu Bowl

Srirarcha Mayo, Ginger Peanut,
Chilli Jam, Teriyaki Sauces

Crispy Onions, Toasted Peanuts
and Nori as optional toppings

Ginger Ninja, Lean Green, Club
Tropicana Juices

Wasabi Peanuts, Chilli Broad
Beans, Teriyaki Edamame

Biscoff and Plain Banana Breads

About Us



Peeld is a small family ran Poke Bowl business, with locations in Walthamstow Village and Warren Street. We focus on providing the freshest, healthiest, and tastiest food money can buy.

Since our opening 2 years ago, we've become the highest rated Poke Bowl in London on TripAdvisor and Deliveroo, and have catered for clients such as John Lewis and Lululemon.

We cater to all dietary requirements and can alter our menus to client specifications, as well as create bespoke products.

"The best food we've ever had at a photo shoot" - Davina McCall

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