



# CATERING & EVENTS

*Feel Good & Eat Happy*



# ABOUT US

*Fresh, Feel Good Food Inspired by the Mediterranean*

We are Gallio, Mediterranean-inspired catering from a team of passionate cooks and food lovers keen to bring the best of the Mediterranean way of life and the Mediterranean diet to busy Londoners who need a feel-good pause in their day. Food should both refuel and nourish but also be a social occasion.

Our menu uses the best seasonal, vibrant and colourful ingredients with the best natural flavours. Our food is prepared and made fresh daily for uncompromisingly good quality taste. From light mezze plates to more indulgent, filling wraps, we can cater for any occasion and all different levels of food requirements.

Our chicken and lamb are halal certified, and we have great options for vegan and vegetarian eaters. In addition, our menu has various gluten-free, nut-free and dairy-free options, so you can rest assured that most, if not all, dietary requirements will be catered for.



# Our Story

Gallio is a London-based restaurant embodying the spirit of the Mediterranean. Our journey began with a quest to craft a better tasting pizza which lead us to explore the history of flatbreads. We uncovered stories of Persian soldiers baking flatbreads on their shields and topping them with fresh local ingredients. Drawing inspiration from these stories, we've developed a unique, delectable, and nutrient-rich dough using ancient grains. Our menu includes homemade flatbreads, breadsticks, filled pittas, and pizzas. We celebrates the Mediterranean's culinary diversity while giving classic dishes an innovative twist.

The Mediterranean is more than a diverse collection of countries connected by water. To us, the Mediterranean symbolises freshly prepared food, the vivid hues of ripe ingredients, and the lifestyle that cherishes sharing meals with loved ones in an atmosphere of laughter and delight.

## WHY ARE WE CALLED GALLIO?

*"True Happiness Is To Enjoy The Present, Without Anxious Dependence Upon The Future, "*

Our name is inspired by the wisdom of Seneca's letter to his brother Gallio, emphasising the importance of living in the moment. Indeed, We embrace the Mediterranean lifestyle, which encourages us to enjoy fresh, flavourful meals in a social dining setting with loved ones. Hence, our philosophy revolves around simplicity, cherishing life's pleasures, and laughter. However at Gallio, we celebrate the essence of the Mediterranean spirit, inviting you to savour each moment and create lasting memories with those who matter most.



# BREAKFAST

*Start the day right*

## **6x Greek Yoghurt & Fruit Pots** £30

Served with honey, granola, pomegranate & peach

## **6x Vegan Tiramisu Overnight Oats** £35

Overnight oats, coconut yoghurt, coffee, maple syrup & dark chocolate

## **6x Shakshuka** £40

With harissa, poached egg, feta & a freshly baked flatbread

## **6x Turkish Eggs** £40

Garlic yoghurt, poached eggs, harissa oil & a freshly baked flatbread





# CROISSANTS

## 12x Honey Croissants £45

A classic croissant served with honey

## 12x Prosciutto & Mozzarella Croissants £65

Croissants filled with Buffalo mozzarella, prosciutto & rocket

## 12x Mozzarella & Tomato Croissants £65

Croissants filled with Buffalo mozzarella, sliced heritage tomato & rocket

## 12x Salmon & Avocado Croissants £75

Croissants filled with smoked salmon, avocado & rocket



# LIGHT LUNCH

*Feel good pause in your day*

## FILLED PITAS

All our freshly homemade pita breads are served with garlic aioli, zhough, pickled cabbage, za'atar, red onion & chilli. Select your filling:

**Chicken**

**Beef Short Rib**

**Lamb Kofte**

**Falafel**

*Serves 6x for £40*

# WRAPS

Our most popular catering option, our wraps are bursting with delicious flavours and simple to present. With a variety of fillings available, they cater to a range of dietary preferences.

## Harissa Chicken

Grilled Harissa Chicken, Harissa Yoghurt, Lettuce, Lebanese Slaw & Crispy Onions

## Lamb Kofte

Lamb Kofte with Lettuce, Lebanese Slaw, Turkish Ezme, Tzatziki & Crispy Onions

## Falafel

Homemade Falafel with Pomegranate Seeds, Crispy Onions, Lettuce, Lebanese Slaw, Cucumber & Zhoogh

## Wild Mushroom

Smokey Tomato, Lettuce, Lebanese Slaw, Garlic Yoghurt & Crispy Onions.

Can be made vegan

*Serves 6x for £32*







# PIZZA

## *Homemade Ancient Grain Pizza*

Our dough is made fresh daily using ancient grains giving our dough a unique flavour and a lighter crust. If you have a gluten intolerance, we have a gluten free option available.

### **Tomáta**

Roasted baby tomatoes, buffalo mozzarella, fresh basil & oregano

### **Lamb**

Harissa, guindilla peppers, red cabbage, tahini drizzle & mint

### **Wild Mushroom**

Olive oil, spinach, mozzarella, feta, pumpkin seeds & Aleppo pepper

### **Tartufo**

Prosciutto, buffalo mozzarella, rocket, trufflffe oil & grana padano

### **Chicken**

Padron peppers, sumac onions, harissa, mozzarella & chilli

### **Nduja**

Salami, chorizo, honey drizzle, mozzarella & grilled chilli peppers



# CANAPES

For more formal gatherings, our Mediterranean canapés offer the perfect bite-sized elegance for any occasion.

**Olives**

**Lamb Kofte**

**Scallop Bites**

**Beef Croquetas**

**Spiced Falafel**

**Smoked Sumac Salmon Crostini**

**Loaded Hummus Bites**

**Honey Truffled Patatas**





# A LITTLE MORE ABOUT US

We have a 4.5 star rating on Google from over 800x reviews and 5 stars on TripAdvisor from over 200 reviews



**4.7** Google

**5.0**  TripAdvisor



# TESTIMONIALS

Gallio always go the extra mile, they have a great selection of halal, gluten free, vegan and veggie options and the staff really enjoy the food!

**GENOMICS ENGLAND**

We love working with Gallio, they provide great quality, fresh pizzas to all our guests which is great for our business and a really easy way to provide food with our experiences.

**CAPITAL KARTS**

Great event catered by Gallio, food was super tasty and volume of food for audience was more than accurate. Also great variety and got lots of support from Charlotte and the team when tailoring the menu for us

**PHILIPS MORRIS**



Gallio

THANK YOU

For all catering & event enquiries, please  
contact [events@gallio.uk](mailto:events@gallio.uk)

