

# 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, leading us to explore flatbreads' history. 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 celebrate 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, it symbolises freshly prepared food, the vivid hues of ripe ingredients, and a lifestyle that cherishes sharing meals with loved ones in an atmosphere of laughter and delight.

# OUR NAME

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

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





# BREAKFAST

## START THE DAY RIGHT

### Mini Yoghurt Pot - 22

Serves 6

Served with honey, granola, pomegranate & peach (Vegan Option Available).

### Box of Doughnuts - 24

Serves 6

Greek Style, served with honey, crumbled pistachios, walnuts & dried fruits (v)

### Breakfast Sandwich - 14

Serves 1

Stone baked roll. Choice of filling:

**SALMON & AVOCADO**

**TURKEY BACON, FRIED EGG, TOMATO &  
MERGUEZ SAUSAGE**

**AVOCADO, EGG & FETA**





# WRAPS, PITAS & BOWLS

FEEL GOOD PAUSE IN YOUR DAY

## Wrap Boxes - 35

Serves 3-6

Stone-baked wrap filled with rice pilaf.

Choose either: **SHAWARMA CHICKEN** |  
**FALAFEL (VG)**

## Filled Pita Boxes - 45

Serves 3-6

Freshly homemade pita breads served  
with garlic aioli, tahini, zhough, pickled  
cabbage, za'atar, red onion & chilli.

Choice of: **SHAWARMA CHICKEN** |  
**FALAFEL (VG)**

## Grain Bowl - 14

Serves 1

Quinoa tabbouleh base with pumpkin  
seeds, cucumber, peppers, sumac red  
onion, lettuce & baby spinach with a  
citrus dressing. Choice of: **SHAWARMA  
CHICKEN (GF)** | **FALAFEL (VG)**





# MEZZE

## MEDITERANEAN STYLE SHARING

### Hummus & Bread - 30

Serves 3-6

Roasted garlic hummus with a freshly baked flatbread (vg)

### Falafel - 26

Serves 3-6

Served with garlic yoghurt tahini & pink pickled onions (v, ask for vg)

### Lamb Meatballs - 50

Serves 3-6

Cooked in a smoked paprika & tomato sauce

### Cheese Bread - 30

Serves 3-6

Garlic & za'atar butter, mozzarella & hard cheese (v)

### Truffled Patatas - 30

Serves 3-6

With truffle oil, rosemary, hard cheese & za'atar

### Patatas Bravas - 30

Serves 3-6

Served on paprika, tomato sauce & garlic aioli









# 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.

### Margherita - 13

Grated mozzarella, basil & oregano (v, ask for vegan)

### Mushroom - 14

Shawarma style oyster mushrooms, mozzarella, honey, za'atar, sumac & chilli (v, ask for vegan)

### Chicken - 14

Green peppers, sumac onions, harissa, mozzarella & chilli

### Lamb - 14

Harissa, guindilla peppers, red cabbage, tahini & mint

### Spicy Veg - 13

Mozzarella, roasted cherry tomatoes, onions, peppers & red chilli (v)

### Spicy Salami - 13

Spicy cured meat, red chillies & mozzarella

6X PIZZAS £95 | 8X PIZZAS £120 | 10X PIZZAS £145







# SIDES

## TO COMPLETE YOUR ORDER

### Large Fries - 13

Serves 3-6

Served with Aleppo chilli seasoning (v, ask for vegan)

### Large Grain Pilaf - 12

Serves 3-6

Fragrant long-grain rice with orzo & farro (vegan)

### Large Greek Salad - 20

Serves 3-6

The classic salad with feta, olives & a light dressing (v, gf, ask for vegan)

### Large Za'atar Bread - 16

Serves 3-6

Garlic & za'atar butter, freshly baked flatbread (v, ask for vegan)

### Large Tabbouleh - 20

Serves 3-6

Brown rice, quinoa, kale, chillies, tomato & dressing (vegan)

### Large Salad - 16

Serves 3-6

Fresh leaves with a Mediterranean dressing (vegan)





# A LITTLE MORE ABOUT US

We have a best in class rating on Google from over 1,000x reviews and 5 stars on TripAdvisor from over 200 reviews. This is replicated on all of our public metrics.

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!*



*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.*



*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*





# THANK YOU

We look forward to hearing from you, get in touch at  
[events@gallio.uk](mailto:events@gallio.uk)

