

The background is a solid light blue color. It is decorated with several stylized, white-outlined eyes of varying sizes. These eyes are composed of concentric circles and a central pupil, with some having additional curved lines around them, giving them a dynamic, swirling appearance. They are scattered across the entire background, with some larger eyes in the center and corners, and smaller ones in between.

CHARLI'S CREW

service traiteur



Honest, Feel-Good Food

Charli's Crew was created by a mother-daughter duo, myself- Charli- and my mum- Andy (aka the Sugar Doctor®). As a nutritionist, my mum has instilled in me the importance of a healthy way of life. For us, a diet full of whole, natural food is the starting point. We like to know where our food has come from and what benefits and nutrients we get from our food.

Here at Charli's Crew, we design all kinds of customized events with competitive prices, excellent logistics and delicious, fashionable food with a menu to suit your event, whatever it may be.

What we offer:

Finger Food

Lunch box / Brunch box

Charli's Crew Classics

Brunch, lunch or dinner

Drinks Corner



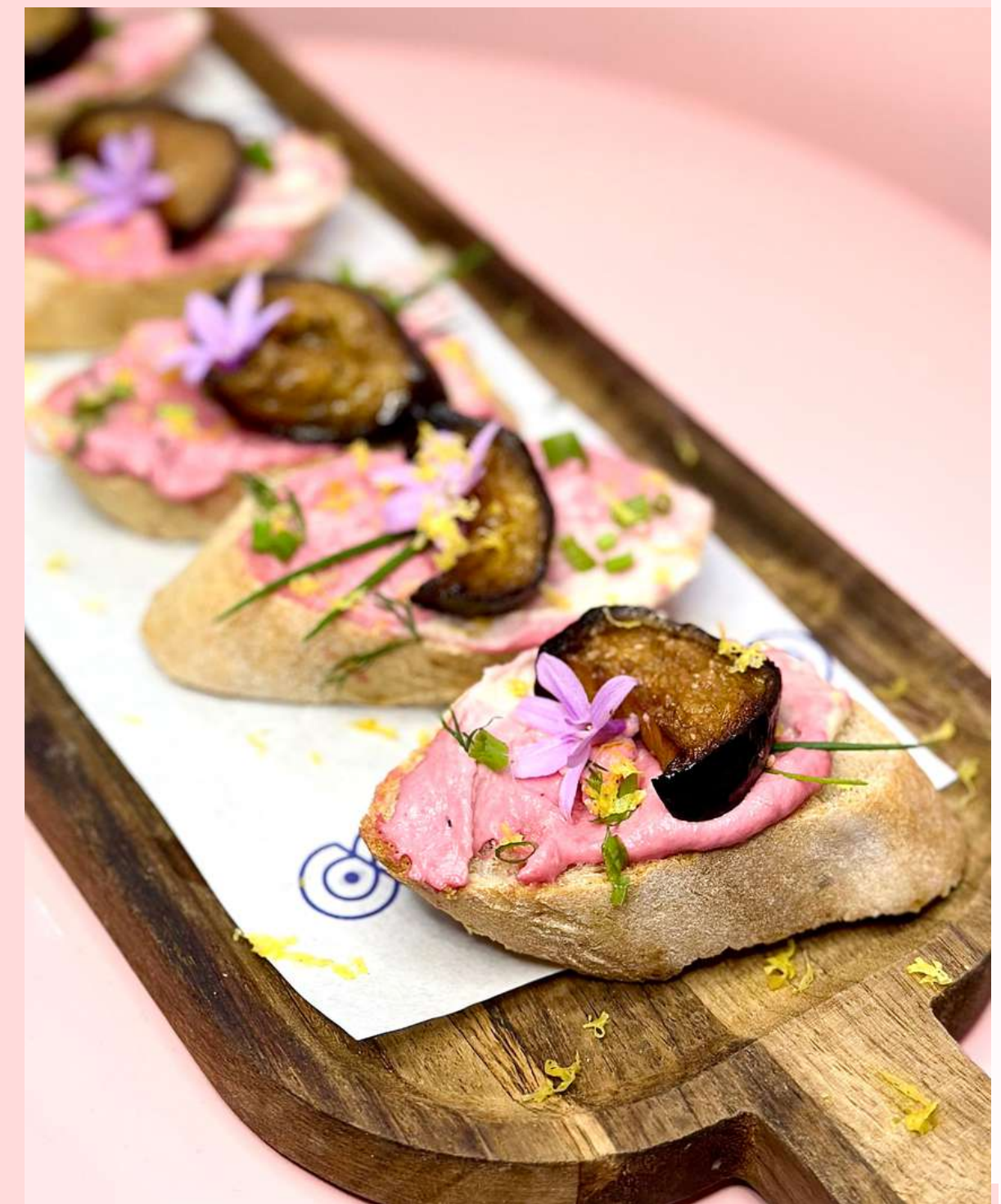
Finger food: The perfect bite



We have a Pink Pear, Pistachio and Halloumi Bite; A cube of halloumi marinated in maple syrup and topped with a pistachio crumb sitting on a piece of crunchy radish with a slice of pink pear placed on top.



A beetroot hummus & seeded crackers garnished with chioggia beetroot, cornichons & flowers



A roasted purple garlic cream served on baguette with grilled eggplant, edible lavender & lemon zest

Finger food: Sushi Bites



Rainbow sushi topped with a
turmeric, chipotle
vegannaise filled with roast
peppers, carrots, avocado
and cucumber.



Finger Food: In a Bun



Our Mini Bob's Dirty Bio Burger.
Bio steak haché in a brioche bun with crispy iceberg lettuce, pickled onions, tomato and our Charli's Sauce.



A homemade pink keto bun with aubergine confit, roast red peppers, hemp seed pesto, vegan sour cream, pickled onions and crispy lettuce.



Our Mini Crunchy Chickpea Burger. Chickpea and brown rice patty coated in crunchy cornflakes with crispy iceberg lettuce, pickled onions and Charli's Sauce served on a keto bun.

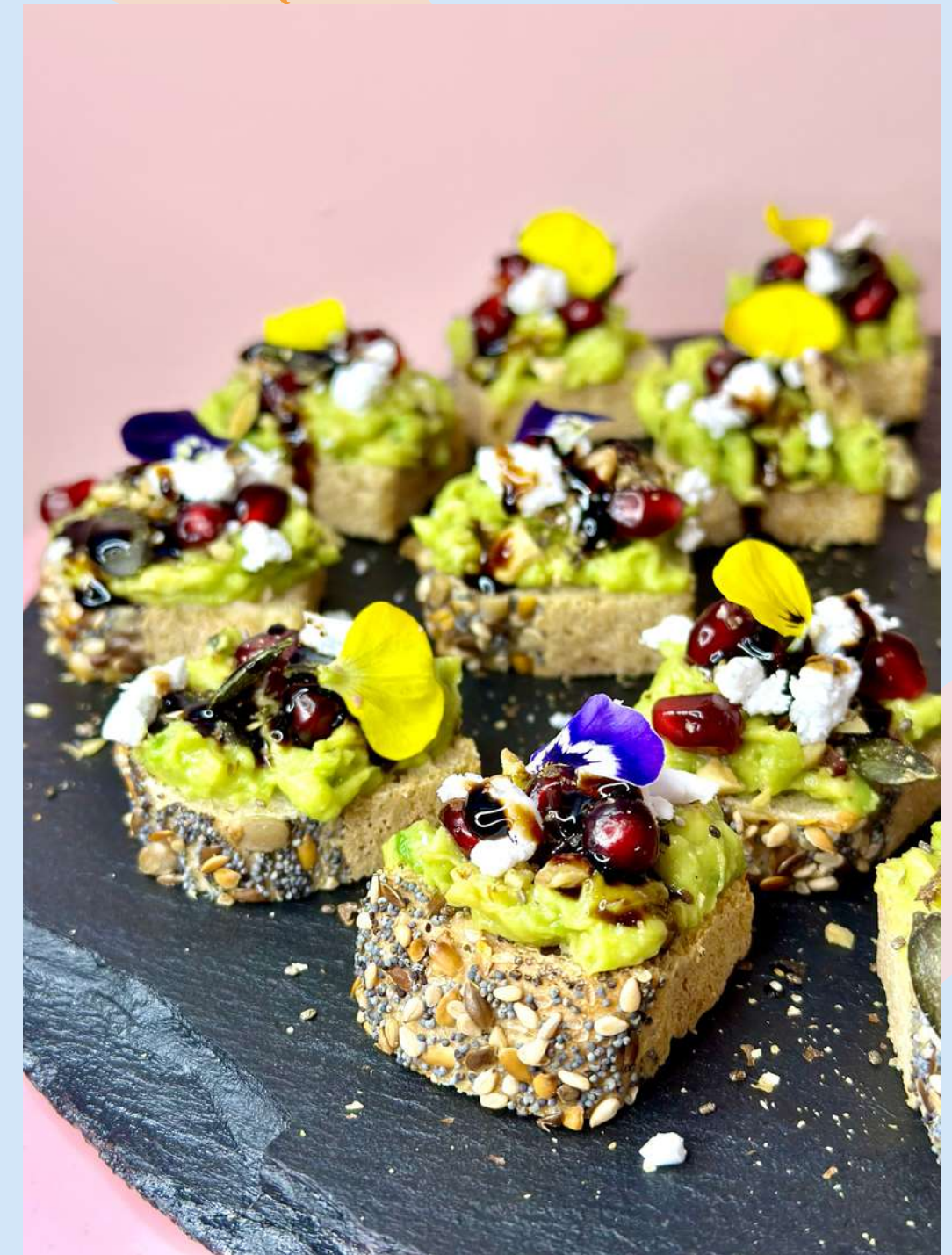
Finger Food: A Charli's Classic



Here at Charli's Crew, we have made some of our best-selling classic dishes into bite-sized minis perfect for brunch, an afternoon snack or an apero!

On the left we have our mini Mac No Cheese. Gluten free macaroni in our homemade vegan cheese sauce made from carrots, potatoes, cashew nuts, onion, nutritional yeast and spices. Topped with crunchy gluten free breadcrumbs.

On the right we have our mini Smashed Avo Toast. Our signature avocado cream smashed onto wholegrain bread topped with vegan feta, pomegranates, our famous nut blend and a drizzle of balsamic glaze.



Our finger foods are inspired by our best selling dishes on our Charli's Crew menu.

We have a Pink Pear, Pistachio and Halloumi Bite; A cube of halloumi marinated in maple syrup and topped with a pistachio crumb sitting on a piece of crunchy radish with a slice of pink pear placed on top.

A beetroot hummus & seeded crackers garnished with chiogga beetroot, cornichons & flowers

A tangy cashew cheese with dried flowers, pistachio & blackberry jam served in an endive

A roasted purple garlic cream served on baguette with grilled eggplant, edible lavender & lemon zest

Sweet potato discs topped with whipped feta & greek yoghurt, blackberry jam & Black Forest fruits

Bite size chickpea burgers with our famous Charli's sauce placed on a bed of radicchio and topped with avocado cream and pickled onions.



Sweet Treats



Sesame and orange zest double chocolate cookies

Snickers bites

Banana bread bites drizzled with homemade notella
and topped with crushed walnuts

Chocolate orange mousse

Bite size pistachio, cardamon
and orange blossom cake

Mini Cupcakes

Mini Pistachio and raspberry jam cookies



Charli's Cakes to Order

We're delighted to offer you our most popular cakes and desserts to order. Perfect for a party, un goûter, or anything else.

Pistachio, Cardamom and Orange Blossom Cake

Chocolate Chip Banana Bread

Coconut Matcha Bars

Keto Lemon & Blueberry Layer Cake

Keto Raspberry & Lemon Layer Cake

Keto Tiramisu

Keto Carrot Cake



vegan, gluten free & refined sugar free



keto, sugar free & gluten free



Pistachio & Cranberry Brownie

vegan, gluten free & refined sugar free



Peanut Butter Brownie Cake

vegan, gluten free & refined sugar free



Salted Superfood Chocolate Cookie

vegan, gluten free & refined sugar free

Lunch Boxes/Brunch boxes

Chickpea "tuna" made from smashed chickpeas, capers, onions, vegan mayo served on gluten free focaccia with vegan pesto, avocado, tomato & salad

Smoked salmon and cream cheese sandwich on pain au levain with chives

Focaccia with basil hemp pesto, aubergine confit, grilled tomatoes, rocket & vegan feta

Scrambled tofu & avocado sandwich with a side of crunchy kale chips

Vegan tarama toast topped with avocado and pomegranate



Charli's Crew Classics

We're delighted to offer you some of our signature dishes as part of our catering menu. These are perfect for lunch boxes and are frequently ordered with a juice and dessert.

Green Breakfast Bowl

Buddha Bowl

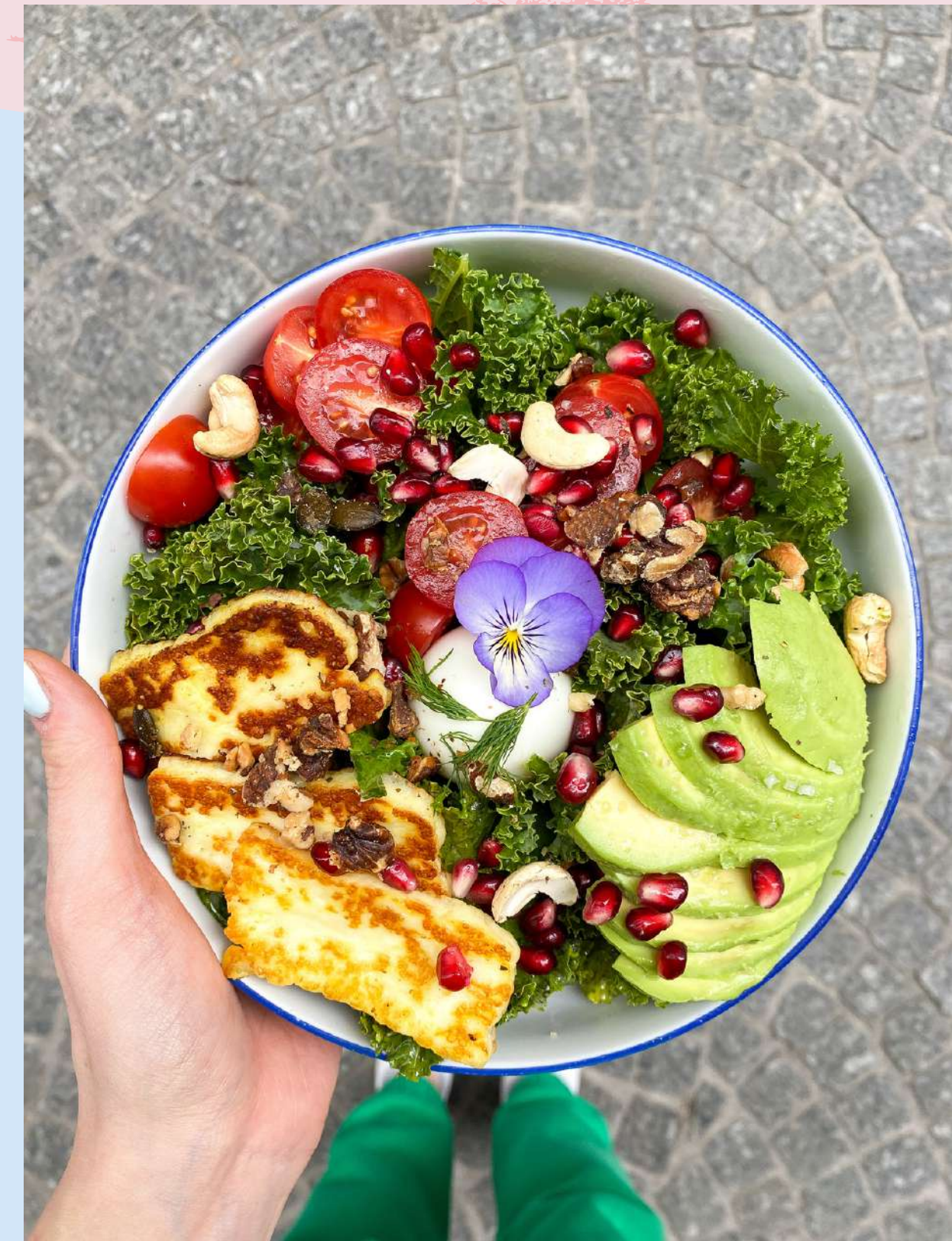
Tofu Salad Bowl

Smashed Avo Toast

Bob's Dirty Bio Burger

Mac no Cheese

Charli's House Granola



Brunch, Lunch or Dinner

Looking for something a little more sophisticated? We've got you covered.



Roasted wild carrots with miso sauce and garnished with fresh dill, radish and pomegranate seeds

White hummus bowl with crunchy garden veg & parsley infused olive oil

Vegan cheese board served with crunchy veg and crispy crackers

Tender asparagus with vegan hollandaise & shiitake bacon

Roasted red cabbage on a bed of truffle pomme purée garnished with vegan feta & fresh herbs

Roasted cauliflower on a bed of pink hummus with rocket, pistachio & pomegranate

Drinks Corner



Jasmine & Raspberry
Kombucha Gin Spritz



Lime & Pomelo
Prosecco Spritz



Lavender & Blueberry
Gin Sour

Or why not try a...

Black Lemonade

(charcoal, lemon, filtered water, maple syrup)

Pink Lemonade

(dragonfruit, lemon, filtered water, maple syrup)

Detox Water

(chlorophyll, mint, filtered water)

Jasmine Gin Spritz

(gin, jasmine syrup, lime juice, raspberry kombucha)

Espresso Martini

(Espresso, vegan condensed milk, vodka)

Matcha Martini

(matcha, vegan condensed milk, vodka)

Chai Martini

(Chai latte syrup, vegan condensed milk, vodka)

Dreaming of Mykonos

(gin, mint, stevia syrup, lime juice)



Mocktail: Grapefruit,
pomegranate, raspberry
kombucha fizz



Juice Boost

Each juice is individually formulated to rejuvenate and re-energise your body, setting you up for a healthier, more positive day.

Already worked with:

Christian
Louboutin

A.P.C.

Rouje

BALENCIAGA

Vestiaire Collective

The Team

Charli's Crew was created by a mother-daughter duo Charlotte (aka Charli) and her mum Andy. Andy is a BANT registered nutritional therapist based in London. Andy calls herself The Sugar Doctor as she believes most health issues arise in the gut where refined sugars cause havoc.

Andy has developed the recipes and the menu at Charli's to make sure that all the dishes we serve not only taste good, but make you feel good too. That's why all our recipes are refined sugar free, whilst nearly everything is gluten free and vegan.

After studying at economics at UCL, Charli went to IFM in Paris to study luxury management. It was during her time at IFM she realised there was a gap in the market for a restaurant that caters to different diets and allergies, with a welcoming and friendly vibe. So she decided to create Charli's Crew.

You'll find her at the restaurant everyday managing the day to day tasks as well as making sure everything is always up to scratch.

At Charli's we like to think of ourselves as a little family. Briony is our Chef de Salle who deals with many of the events. Giorgio is in the kitchen as head chef and makes all the delicious food served at Charli's. Azaria is Chef Barista and Gaurav is Sous Chef.



The background is a solid light blue color with a repeating pattern of stylized eyes. Each eye is composed of concentric circles and a central pupil, rendered in a slightly darker shade of blue. The eyes are arranged in a grid-like fashion, with some overlapping.

**for quotes & more info
please email Charli
charli@charliscREW.com**