

grazing

**You're only moments away from great
food.....**

Grazing

**Office Breakfast & Lunch
Delivery Menu**

Winter 09/10



Breakfast Set Menus

minimum for 6 people - price per person

Breakfast Menu A

Selection of Mini Breakfast Pastries (2 pieces)

Individual Fruit Salad Pots

£4.95

Breakfast Menu B

Selection of Mini Breakfast Pastries

Seasonal Whole Fruit

Bacon Butty Served in a Soft White Roll with Ketchup & HP

NB please ask when ordering if you would like a mixture of bacon, sausage & egg rolls

£5.95

Breakfast Menu C

Selection of Mini Breakfast Pastries (2 pieces)

Individual Fruit Salad Pots

Mini Smoked Salmon & Cream Cheese Bagels

£6.45

Breakfast Menu D

Selection of Mini Breakfast Pastries (2 pieces)

Individual Yogurt, Fruit & Granola Pot

Mini Smoked Salmon & Cream Cheese Bagels

£6.95

Breakfast Menu E

Individual Fruit Salad Pots

Individual Yogurt, fruit & Granola Pots

Mini Cheese & Ham filled Croissants

£6.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Breakfast - pic 'n mix menu

Hot Stuff

The Grazing Signature Bacon Butty grilled back bacon in a soft white roll with ketchup & hp sauce	£ 2.95
Breakfast Sausage Butty grilled sausages in a soft white roll with ketchup & hp sauce	£ 3.25
Fried Egg Butty fried free range egg in a soft white roll with ketchup & hp sauce	£ 2.50
Fried Egg & Bacon Butty fried free range egg with grilled back bacon in a soft white roll	£ 3.50
Fried Egg & Sausage Butty fried free range egg with grilled sausages in a soft white roll	£ 3.75
Full English Breakfast Butty egg, bacon, sausage & mushroom in a giant white bap - seriously big!	£ 4.50
Egg & Ham Muffin toasted English muffin filled with scrambled egg & Dorset ham	£ 3.50
Morning Goods Assorted Mini Danish Pastries fruit pastries, pain au chocolates, croissants & pain au rains	£ 0.95
American Muffins blueberry or chocolate	£ 1.95
Croissants & Jam all butter croissant with a mini jam pot	£ 1.50
Brioche & Jam individual butter brioche with a mini jam pots	£ 1.50
Pain au Chocolat	£ 1.50
Pain aux Raisin	£ 1.50
Almond Croissant	£ 1.50
Fruit Pastry	£ 1.50
Chocolate Twist	£ 1.50

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Breakfast - pic 'n mix menu

Breakfast Sandwiches

Smoked Salmon & Cream Cheese Bagel £ 3.95
with a squeeze of lemon & a twist of black pepper

Free Range Egg Mayo & Smoked Salmon Baguette £ 2.95
with a squeeze of lemon & a twist of black pepper

Smoked Ham & Cheese Baguette £ 2.95
with vine tomato

Mature Cheddar & Vine Tomato Baguette £ 2.95

Fruit & Yogurt

Piece of Fruit £ 0.50
selection of apples, bananas & satsumas

Fruit Kebabs £ 2.50
with passion fruit yogurt dip

Fruit Salad Pots £ 2.95
individual pots of tropical and seasonal fruits

Fruit Platter £ 3.50
sliced tropical and seasonal fruits
(Minimum for 6 people)

Yogurt, Strawberry & Granola Pots £ 2.50

Yogurt, Banana, Honey & Granola Pots £ 2.50

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Sandwich Lunch Set Menus

minimum for 4 people - price per person

All of our sandwich selections include a variety of our favourite flavours, including meaty, fishy and veggie sandwiches. Alternatively, mark "V" next to your selection to receive an all vegetarian platter

Sandwich Menu A

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

£4.95

Sandwich Menu B

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

Grazing's mini cake & sweet bites

£5.95

Sandwich Menu C

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

Cut tropical and seasonal fruits platter

£6.95

Sandwich Menu D

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

Grazing's mini cake & sweet bites

Cut tropical and seasonal fruits platter

£7.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Sandwich Lunch Set Menus

minimum for 4 people - price per person

All of our sandwich selections include a variety of our favourite flavours, including meaty, fishy and veggie sandwiches. Alternatively, mark "V" next to your selection to receive an all vegetarian platter

Sandwich Menu E

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

Selection of European cheeses with crackers, grapes & chutney

Cut tropical and seasonal fruits platter

£9.95

Sandwich Menu F

1 round of sandwiches & mini rolls per person on a variety of breads

Hand fried sea salted potato crisps

Selection of European cheeses with crackers, grapes & chutney

Cut tropical and seasonal fruits platter

Grazing's mini cake & sweet bites

£11.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Sandwich Lunch - pic 'n mix menu

minimum for 2 people - price per person

All of our sandwich selections include a variety of our favourite flavours, including meaty, fishy and veggie sandwiches. Alternatively, mark "V" next to your selection to receive an all vegetarian platter

Sandwich Platter	£ 2.95
1 round of sandwiches per person on a variety of breads	
Rolls Platter	£ 4.95
3 assorted filled mini rolls per person	
Bagel Platter	£ 4.95
3 assorted filled mini bagels per person	
Wraps Platter	£ 4.95
3 assorted filled mini wraps per person	
Sandwich & Rolls Platter	£ 6.50
1 round of sandwiches per person on a variety of breads 2 assorted filled mini rolls per person	
Open Sandwich Platter	£ 6.50
4 assorted open sandwiches on a selection of artisan breads	

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Finger Food Set Menus

Minimum for 6 people - price per person

Finger Buffet Menu A

Vegetable spring rolls served with soya & chili dip (v)
Grazing's legendary homemade sausage rolls
Selection of mini filled rolls and sandwiches (3 pieces)
Cut tropical and seasonal fruits platter

£8.95

Finger Buffet Menu B

Honey mustard cocktail sausages with a selection of dips
Thai fishcakes with plum sauce
Spanish Tortilla with shaved manchego cheese (v)
Selection of open sandwiches & wraps (3 pieces)
Cut tropical and seasonal fruits platter

£9.95

Finger Buffet Menu C

Crudités, grilled pita bread, olives & houmous (v)
Smoked Haddock fishcake with tartar sauce
Grazing's legendary homemade sausage rolls
Selection of open sandwiches & wraps (3 pieces)
Grazing's mini cake & sweet bites
Cut tropical and seasonal fruits platter

£10.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Finger Food Set Menus

Minimum for 6 people - price per person

Finger Buffet Menu D

Grilled chicken & chorizo skewers with chorizo aioli
Vegetable samosas with mango chutney (v)
Grazing's legendary homemade sausage rolls
Selection of open sandwiches & wraps (3 pieces)
Grazing's mini cake & sweet bites
Cut tropical and seasonal fruits platter

£12.95

Finger Buffet Menu E

Crispy breaded chicken goujons with curried mayonnaise
Vegetable spring rolls served with sweet chili dip (v)
Grazing's legendary homemade sausage rolls
Selection of open sandwiches & wraps (3 pieces)
Honey mustard cocktail sausages with a selection of dips
Grazing's mini cake & sweet bites
Cut tropical and seasonal fruits platter

£12.95

Finger Buffet Menu F

Chicken satay sticks with piquant peanut sauce
Cajun beef & pepper kebabs with lemon aioli
Smoked Haddock fishcake with tartar sauce
Grazing's legendary homemade sausage rolls
Spanish Tortilla with shaved manchego cheese (v)
Selection of open sandwiches & wraps (3 pieces)
Grazing's mini cake & sweet bites
Cut tropical and seasonal fruits platter

£13.95

Veggie Finger Buffet Menu G

Spanish Tortilla with shaved manchego cheese (v)
Crudités, grilled pita bread, olives & houmous (v)
Vegetable spring rolls served with sweet chili dip (v)
Selection of open sandwiches & wraps (3 pieces) (v)
Grazing's mini cake & sweet bites (v)
Cut tropical and seasonal fruits platter (v)

£10.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Finger Food - pic 'n mix menu

Minimum order for 6 people - price per item

Meaty

Grazing's Legendary Homemade Sausage Rolls £ 1.50

Grilled Provençal Chicken Skewers £ 1.50
with red pesto mayonnaise

Grilled Chicken & Chorizo Skewers £ 1.50
with chorizo aioli

Chicken Satay Sticks £ 1.50
with piquant peanut sauce

Grilled Cajun Beef & Peppers Skewers £ 1.75
with lemon aioli

Breaded Chicken Goujons (2 pieces) £ 1.50
with curried mayonnaise

Honey Mustard Roasted Cocktail Sausages (3 pieces) £ 1.50
with a selection of dips

Fishy

Thai Fishcakes (2 pieces) £ 1.50
with plum sauce

Smoked Haddock Fishcake £ 1.50
with homemade tartar sauce

King Prawn Spring Rolls £ 1.50
with sweet chili dip

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT

Grazing

Finger Food - pic 'n mix menu

price per item - minimum order for 6 people

Veggie

Vegetable Spring Rolls (2 pieces) (v) £ 1.50

with soya & chili dip

Vegetable Samosas (2 pieces) (v) £ 1.50

with mango chutney

Tomato, Mozzarella & Olive Brochette (v) £ 1.50

with pesto dip

Spanish Tortilla (v) £ 1.50

with shaved manchego cheese

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Fork Buffet

Minimum for 6 people - price per person

Fork Buffet Menu A

Roast Salmon Fillet
Tomato, Mozzarella & Avocado Salad (v)
Selection of European cheeses with crackers, grapes & chutney
Cut tropical and seasonal fruits platter

£15.95

Fork Buffet Menu B

Roast Chicken
Pasta Salad (v)
Mixed Salad (v)
Mini Fruit Kebabs
Grazing's Mini Cake & Sweets Selection

£16.95

Fork Buffet Menu C

Grilled Chicken Caesar Salad
Mixed Bean Salad (v)
Rocket Salad (v)
Couscous Salad (v)
Mini Fruit Kebabs
Grazing's Mini Cake & Sweets Selection

£17.95

Fork Buffet Menu D

Teriyaki Beef
Grilled Vegetable Salad (v)
New Potato Salad (v)
Meaty Platter
Selection of European cheeses with crackers, grapes & chutney
Grazing's Mini Cake & Sweets Selection

£18.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Fork Buffet

Minimum for 6 people - price per person

Veggie Fork Buffet Menu G

Veggie Platter (v)

Spanish Tortilla (v)

Mixed Bean Salad (v)

Fruit Platter

Grazing's Mini Cake & Sweets Selection

£16.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Fork Food - pic 'n mix menu

Minimum order for 6 people - price per person

all salads can be served in large bowls to share or individual bowls for 50p extra per person

Salads

Mixed Salad (v)

£ 2.50

mixed green salad with cherry tomatoes, cucumber & our homemade vinaigrette

Rocket Salad (v)

£ 2.95

wild rocket with shaved parmesan, cherry tomatoes & balsamic dressing

Caesar Salad (v)

£ 2.95

cos lettuce, crouton & shaved parmesan in a creamy Caesar dressing

Grilled Chicken Caesar Salad

£ 4.95

cos lettuce, crouton & shaved parmesan & Caesar dressing topped with grilled chicken

Tomato, Mozzarella & Avocado Salad (v)

£ 3.50

drizzled with extra virgin olive oil and with a grind of black pepper - hard to beat!

Greek Salad (v)

£ 3.50

feta, vine ripened tomatoes, cucumber and black olives with an olive oil dressing

New Potato Salad (v)

£ 2.95

lightly boiled new potatoes with our secret recipe homemade dressing!

Grilled Vegetable Salad (v)

£ 2.95

seasonal and Mediterranean grilled vegetables with shaved parmesan & balsamic dressing

Coleslaw (v)

£ 2.50

grated cabbage and carrot with a little Grazing twist

Couscous Salad (v)

£ 2.95

bursting with Mediterranean and North African flavours

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Fork Food - pic 'n mix menu

Minimum order for 6 people - price per person

all salads can be served in large bowls to share or individual bowls for 50p extra per person

Rice Salad (v) fragrant rice with a medley of mixed spiced vegetables	£ 2.95
Mixed Bean Salad (v) a feast of beans in a tomato & shallot dressing	£ 3.50
Pasta Salad (v) pine nuts, olives, pesto, cherry tomatoes and extra virgin olive oil	£ 3.50
Cold Dishes	
Spanish Tortilla (v) traditional Spanish omelette with a Grazing twist	£ 3.50
Roasted Tomato Tarts (v) a light puff pastry topped with garlic & thyme roasted tomatoes	£ 3.50
Roast Salmon Fillet served with tarragon mayonnaise	£ 4.95
Prawn & Crayfish Cocktail our own twist on an 80s classic!	£ 4.95
Teriyaki Beef seared Teriyaki rump steak served on mixed a bed of oriental vegetables	£ 4.95
Roast Chicken roasted with lemon, thyme & pancetta and served with a lemon & basil mayonnaise	£ 4.95
Maryland Chicken breaded and baked chicken portions with mango salsa	£ 4.95

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Fork Food - pic 'n mix menu

Minimum order for 6 people - price per person

Platters

Selection of European cheeses with crackers, grapes & chutney £ 4.95

served with assorted crackers, pickle, grapes and celery

Meaty Platter £ 4.95

selection of sliced cured meats, traditional pork pie, pickles and artisan breads

Fishy Platter £ 4.95

Grazing's crayfish & prawn cocktail, smoked Scottish salmon with brown bread rolls

Veggie Platter (v) £ 4.95

grilled Mediterranean vegetables with balsamic dressing, houmous, tzataiki & grilled pita bread

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Hot Buffet Food - pic 'n mix menu

Minimum order for 10 people - price per person

Meaty

Roast Beef

£ 6.95

Roast topside of Scottish beef with roast potatoes, seasonal veg, Yorkshire pudding, gravy & horseradish

Roast Chicken

£ 5.95

Roast chicken with roast potatoes, seasonal veg, sage & onion stuffing, gravy & cranberry sauce

Roast Pork

£ 5.95

Roast shoulder of pork with crackling, roast potatoes, seasonal veg, gravy & homemade apple sauce

Cottage Pie

£ 4.95

Minced beef steak in a rich gravy, baked with crispy potato & cheese topping

Shepherds Pie

£ 5.95

Minced lamb in a rich gravy, baked with creamy mashed potato topping

Lasagna

£ 5.95

Layers of egg pasta with minced beef in our homemade ragu, topped with a creamy cheese sauce

Beef & Ale Stew

£ 5.95

Slow braised chuck steak with pearl onions, mushrooms and smokey bacon in an ale gravy and topped with herb dumplings

Grazing's Chili Con Carne

£ 4.95

Minced beef steak with kidney beans and just the right amount of spice - served with boiled rice

Coq au Vin

£ 5.95

Slow cooked chicken portions in red wine with pearl onions, mushrooms and bacon

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Hot Buffet Food - pic 'n mix menu

Minimum order for 10 people - price per person

Fishy

Fish Pie

£ 4.95

Smoked haddock, salmon, prawns and clams in a light white sauce and topped with mashed potato

Baked Salmon Fillets

£ 6.95

Baked salmon with lemon & tarragon mayonnaise and herb butter new potatoes

Veggie

Melanzane Parmigiana

£ 4.95

Layers of breaded and baked aubergine with mozzarella, tomato ragu & parmesan

Vegetable Lasagna

£ 4.95

Layers of egg pasta with peppers, aubergine & courgettes in our homemade ragu

Thai Red Vegetable Curry

£ 4.95

Bamboo shoots, water chestnuts & bean sprouts in a creamy red Thai curry sauce - with steamed rice

Extras

Assorted Rolls & Butter

£ 0.95

Basket of assorted freshly baked bread rolls with individual butter portions

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Snack, Nibbles, Fruit & Sweets - pic 'n mix menu

Minimum order for 6 people - price per person

Snack & Nibbles

Hand Fried Potato Crisps £ 0.90
assorted individual bags
(no minimum number)

Hand Fried Potato Crisps £ 1.50
with sour cream dip

Prawn Crackers £ 1.50
with sweet chili dip

Houmous & Tzatziki £ 2.50
with grilled pita bread

Tortilla Chips £ 2.50

Marinated Olives £ 2.50

Mixed Nuts £ 2.50

Root Vegetable Crisps £ 2.50

Fruit

Piece of Fruit £ 0.50
(no minimum number)

Mini Fruit Kebabs £ 2.50

Fruit Salad Pots £ 2.95
individual pots of tropical and seasonal fruits
(no minimum number)

Fruit Platter £ 3.50
sliced tropical and seasonal fruits

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Snack, Nibbles, Fruit & Sweets - pic 'n mix menu

Minimum for 6 people - price per person

Sweets

Grazing's Mini Cake & Sweets Selection £ 2.00
a selection of our favourite cakes and sweets

Brownies

soft double chocolate brownies £ 2.00

Blondies

soft white chocolate brownies £ 2.00

Banana Cake

with lemon icing £ 2.00

Spiced Carrot Cake

with butter icing £ 2.00

Cup Cakes

assorted homemade cupcakes £ 2.00

Flapjacks

homemade fruity flapjacks £ 2.00

Assorted Cookies

soft homemade cookies - chocolate, raisin & peanut butter £ 2.00

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Drinks - pic 'n mix menu

no minimum quantities

Fruit Drinks

Orange Juice	£ 1.50
Apple Juice	£ 1.50
Innocent Smoothies (assorted flavours)	£ 2.00
This Water (assorted fruit flavours)	£ 2.00

Sparkling Drinks

Coke Can	£ 0.80
Diet Coke Can	£ 0.80
Coke - Glass Bottle	£ 1.25
Diet Coke - Glass Bottle	£ 1.25
Fentiman's Ginger Beer	£ 2.00
Fentiman's Dandelion & Burdock	£ 2.00
San Pellegrino Sparkling Orange	£ 1.00
San Pellegrino Sparkling Lemon	£ 1.00

Mineral Water

Still Water	£ 0.50
Sparkling Water	£ 0.50
Hildon Still Water - Large Glass Bottle	£ 1.50
Hildon Sparkling Water - Large Glass Bottle	£ 1.50

Email orders to orders@grazingfood.com

Fax 0560 112 4302

or Call 0207 283 2412

Orders can be placed up until 2pm the day before

Please call for late orders and we'll do our best to accommodate

Minimum order value of £30 for all deliveries

All prices are inclusive of delivery and exclusive of VAT



Bespoke Menus Available on Request

Corporate & Private Parties & Event Menus

Canapé Menus

BBQ Menus

Picnic Menus

Afternoon Tea Menus

Conference & Seminar Menus

Office & Trading Floor Individually Packed Menus

**Please call us on 0207 283 2412 to discuss your requirements
or email orders@grazingfood.com**

A final note - don't be afraid to ask, no matter how weird or wonderful your request may be! Whether it's cooking bacon butties in a field, dispatching chilli con carne to the top of a mountain, feeding the whole office, feeding a film crew, making beetroot juice or egg white only omelettes, making it meat, gluten or lactose free, BBQing, hog roasting, themed party catering, private party catering, picnics in the park and much more....we've done it before and if not, we're always game for a new challenge! So, no matter what your event/food needs are, we'll come up with just what you want - all you have to do is ask!