



TOP TIPS

THE PERFECT HASSLE-FREE PICNIC

It may not be summer just yet, but with the go ahead to meet friends outside for the first time in what feels like an eternity, what could be a better way to enjoy an afternoon than with a delicious picnic.

Romantic date, family outing or simply catching up with friends? Not only is a picnic a great way to spend time with those you love, but it's also healthy (wink, wink) - good company, fresh air, sunlight & some wholesome, home cooked food does wonders.

A picnic, they say, is only as good as the food & the company. So, call your besties, dig out your blankets, wicker baskets & cool boxes & fill them with al fresco goodies, or even better still, let us fill them for you. A scrumptious picnic without any of the hassle - that won't break the bank. We can even supply some bubbly and glasses (or lemonade if you're driving). All you need to pack is the blanket and a good mood (oh, and don't forget the kids)!

So, here is our low down on everything you need for the perfect picnic, from our favourite spots to the very best picnic goodies. There's even a perfect picnic checklist!

THE PERFECT LOCATION

Decide where you want to go - and as others may have the same idea as you - be mindful of finding somewhere where there is enough space to stay away from the crowds. Here are some of our favourite Northamptonshire picnic haunts:

Delapre Abbey

is still possibly one of Northampton's best kept secrets. The grounds of the abbey are stunning & the ideal place for couples & families alike. The walks & the woods are magical & with plenty of trees for the children to climb. There are lots of lovely places to spread out your blanket - we particularly love the walled garden - which offers a fairy tale backdrop for your perfect picnic. The abbey itself is well worth a visit too.

Stanwick Lakes

has everything - nature in all its glory, walking and adventure trails & great play areas for the children (not to mention a fab bridge for pooh sticks). With 750 acres of countryside, you'll never be short of an open space for your picture-perfect picnic spot. The trust claims that "the adventure lasts all day!" - we would tend to agree.

Coton Manor Gardens

are simply gorgeous, especially in springtime when the bluebells are in their full glory. If it's a spot of romance you're after, or just lots of space where the children can run free, the grounds of the manor are idyllic & spacious. Picnic in some 10 acres of garden that surrounds the beautiful manor house. The roses & wildflower meadows really do make for an enchanting backdrop.

Everdon Stubbs

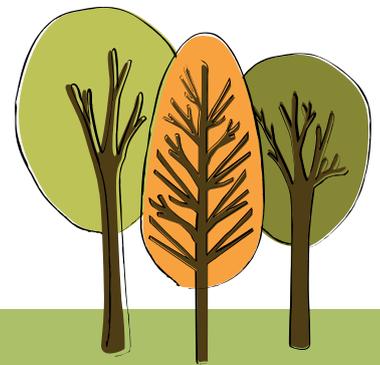
is breath taking in springtime - with its wild daffodils and bluebells. My children simply love exploring the ancient woodland here - the tree swings & fallen trees keep them occupied for hours. When you are ready to eat - you can find your perfect picnic spot in a beautiful clearing, the large trees also provide ideal seating & there are even dens to appropriate. Oh, and if you're interested in all things archaeological, there's lots to discover too.

Brixworth Country Park

has a glorious view over Pitsford Reservoir & boasts a play area with a zipline & climbing wall, brass rubbing & its own scavenger hunt. It's a perfect place to fly a kite & there's even bikes for hire - to ride off that 'slightly full' feeling. There's really something for everyone here, so make a day of it! The homemade ice cream is also fabulous - & the ultimate, after-picnic treat.

Your own back garden?

Maybe the very best way to enjoy a balmy spring afternoon picnic is to open your back door, spread a picnic blanket out on your lawn & have us deliver your picnic. Perfect al fresco dining without leaving the comfort of your own home. Pop the Prosecco or crack open a beer with your friends & loved ones, without having to drive anywhere at all.



THE PERFECT SPOT



So, you've chosen your perfect location, next up is to pick a perfect spot:

- **NOT TOO FAR FROM THE CAR**

- so you don't have to lug too much stuff (although if we have made your food for you the boxes will be easy to carry)

- **PREFERABLY SOMEWHERE FLAT**

- you wouldn't want to spill the Prosecco now, would you!

- **NOT ON AN ANT'S NEST**

- the last thing you want is ants in your pants just as you've unpacked your hamper.

- **WATCH OUT FOR ANIMAL DROPPINGS**

- **LOOK FOR TREES**

- for shade from the fierce English sunshine 😊 & for the kids to climb.

- **WITH A GOOD VIEW**

- **KEEP A SAFE DISTANCE FROM OTHERS**



THE PERFECT REFRESHMENTS



Everybody has their favourite picnic treats. Here are some of our must-haves:

Yummy Sarnies

Gone are the days of the cucumber sandwich! **Sarnies, rolls or wraps** - lavishly filled with your favourite ingredients, means there's always something for everyone.

Scrumptious Cheeses

Our tip is cheese, cheese & more cheese. We particularly love **Cheddar, Stilton & Brie** with crackers or a French stick.

Mouthwatering Salads

For my family salad is a staple. It doesn't always have to be a regular **mixed or green salad** - potato, pasta or cous cous salad or, my preference, **tomato mozzarella** are equally as delicious. Or how about a little bit of everything?

Refreshing Beverages

Anything goes here! You'll find us sipping on some of the following: **Pimm's, a G&T, Prosecco, beer, shandy, OJ, lemonade, ice tea** (see our recipe below) or even a lovely hot cuppa!

Traditional Fare

A picnic just isn't the same without some of these traditional English staples- **scotch eggs, sausage rolls, pork pies, chutney, pickled onions & coleslaw.**

Delicious Cold Meats

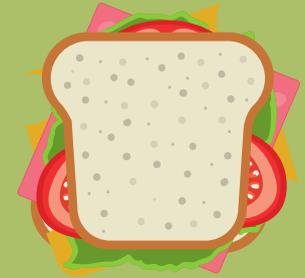
How about some delicious **gammon, salami or parma ham** (or simply grab your leftovers from Sunday roast).

Sweet Stuff

My boys just love anything sweet. Our picnic favourites are **strawberries & cream, chocolate brownies & grandma's home made apple pie.**

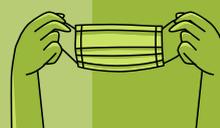
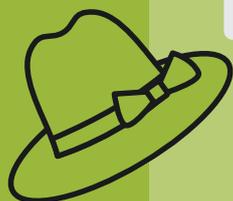
And if you don't want the hassle of shopping & packing everything yourself, have us do it for you. Check out our superb & affordable picnic boxes below or simply order from:

www.cibotogo.co.uk//todaysspecials
Loretta 07968 288975
info@cibotogo.co.uk



OUR PICNIC CHECKLIST

- BLANKET**
- SUN TAN LOTION**
- HAND GEL**
- SELFIE STICK**
- BIN BAG TO TAKE ALL YOUR RUBBISH HOME**
- THIRST QUENCHERS**
We love Pimm's, Prosecco & beer but soft drinks & lots of water are also essential.
- CORKSCREW**
- GOOD MOOD**
- KEEP THE PEACE**
- PICNIC BASKET**
- SUNGLASSES**
- SUN HAT**
- PLATES, KNIVES & FORKS**
- INSECT REPELLENT**
- FOOTBALL/FRISBEE**
- SPEAKER TO PLAY YOUR FAVOURITE TUNES OR A MATE WITH A GUITAR**
Keep music to a reasonable volume to respect others.
- STAY SAFE**



**cold,
refreshing
& tasty.**



PICNIC-PERFECT ICE TEA

INGREDIENTS

- 2-1/4 CUPS WATER
- 6 REGULAR-SIZE TEA BAGS
- 6 MORE CUPS COLD WATER

FOR GARNISH:

- GRANULATED SUGAR
- LEMON WEDGES
- MINT SPRIGS

PREPARATION

1) BRING THE WATER TO THE BOIL IN A SMALL SAUCEPAN.

2) ADD THE TEA BAGS, REMOVE THE SAUCEPAN FROM THE STOVE AND COVER.

3) STEEP FOR 15 MINUTES.

4) REMOVE THE TEA BAGS (BE SURE NOT TO SQUEEZE THEM AS THIS CAN MAKE THE ICE TEA BITTER).

5) POUR INTO A HEATPROOF CONTAINER.

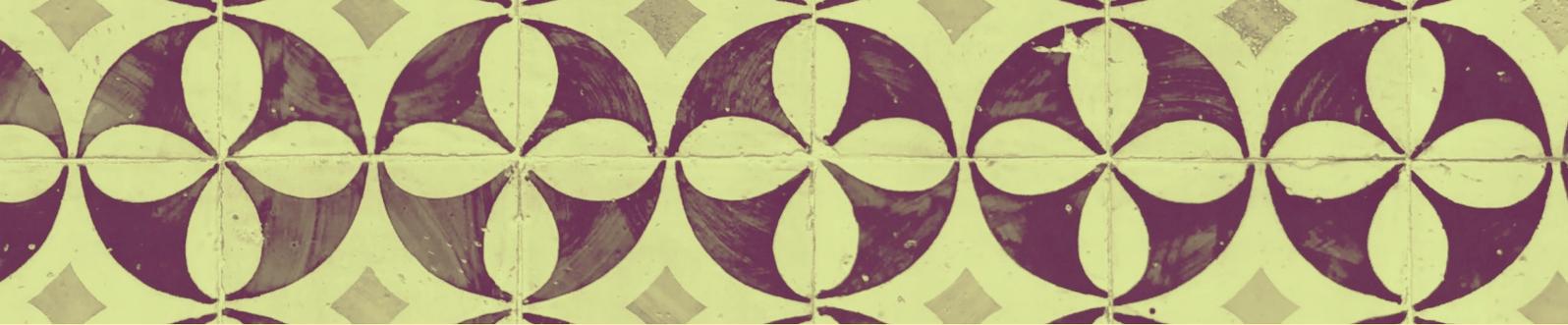
6) ADD THE COLD WATER & MIX.

7) LET THE TEA COOL AT ROOM TEMPERATURE.

8) REFRIGERATE UNTIL COLD.

9) TO SERVE POUR OVER ICE.

10) ADD THE LEMON WEDGES, MINT AND SUGAR TO GARNISH.



TRADITIONAL PICNIC LUNCH



**SANDWICHES, ROLLS OR WRAPS
OF YOUR CHOICE**

PORK PIES

LINCOLNSHIRE SAUSAGE ROLLS

HOME MADE SCOTCH EGGS

CHOCOLATE BROWNIES &

STRAWBERRIES



£17

FEEDS 2 PEOPLE



PLOUGHMAN'S LUNCH



MATURE CHEDDAR CHEESE
MELTON MOWBRAY PORK PIES
CREAMY FRENCH BRIE
SLICED GAMMON
BRIXWORTH PATE
HOMEMADE RED ONION CHUTNEY
PICKLED ONIONS
COLESLAW
FRENCH STICK AND BUTTER



£25

FEEDS 2 PEOPLE



CHEESE BOARD



CHEESES:

**DOUBLE CREAM BRIE, STILTON
& VINTAGE SOMERSET CHEDDAR**

SALAMI

SMOKEY OLIVES

SUNDRIED TOMATOES

WALNUTS & PISTACHIOS

FRESH & DRIED FRUIT

CRACKERS

HOMEMADE ONION CHUTNEY

BEAUTIFUL GARNISH



£25

FEEDS 2 PEOPLE



ITALIAN GRAZING PLATTER



ITALIAN SALAMI
PROSCIUTTO
COPPA
SWEET GORGONZOLA
PECORINO
NUTS, FRUIT & CHUTNEY
CRACKERS & PESTO
GIARDINIERA
(A CLASSIC ITALIAN RELISH)



£30

FEEDS 2 PEOPLE



PICNIC SALADS



MAKE YOUR PICNIC EXTRA TASTY BY
ADDING SOME DELICIOUS SALADS

BABY POTATO SALAD WITH
CREME FRAICHE & FINE
BEANS
£6.00

BOCCONCINI MOZZARELLA
WITH CHERRY TOMATOES
& A PESTO DRESSING
£6.00

MEDITERRANEAN COUS COUS
WITH ROASTED PEPPERS &
FETA CHEESE
£6.00

CAESER SALAD WITH
ROASTED CHICKEN BREAST
& BACON
£8.00

CHERRY TOMATO &
BURRATA SALAD
£6.00

CHUNKY HOMEMADE
COLESLAW £4.00



FEEDS 2 PEOPLE



PICNIC LOAF



A ROUND BREAD LOAF,
HOLLOWED OUT & FILLED WITH
MOZZARELLA CHEESE, PARMA
HAM, ROCKET, ROASTED
PEPPERS, ARTICHOKE,
BALSAMIC VINEGAR.
PRESSED, CHILLED
& READY TO SLICE



£20

FEEDS 6-8 PEOPLE

Hi from Cibo:

Sitting together & enjoying a meal with friends & family is something most of us used to take for granted. In the past year, I think we've really come to appreciate this so much more. A simple gathering, clinking glasses, sharing the same dishes, even brushing shoulders & greeting one another with hugs, these simple things are all so much more precious now. We may have to wait a little while longer before we can celebrate togetherness in the same way as we did before, but at least a picnic is a good opportunity to bring people together safely.

We really hope you've enjoyed our *Top Tips*. As you may have guessed, we are passionate about what we do & we can't wait to prepare some delicious food for you.



[chee-boh]

Wishing you a beautiful springtime and a gorgeous summer eating with those you love.

Loretta & all at Cibo

www.cibotogo.co.uk

Tel: 01604 759400 or 07968 288975

Email: info@cibotogo.co.uk

 [@cibocatererandsandwichshop](https://www.facebook.com/cibocatererandsandwichshop)

Exceptional
Events
Fabulous
Food

ALL OUR PACKAGING IS
COMPOSTABLE – SO TAKE
IT HOME & POP IT INTO
YOUR FOOD BIN, OR
RECYCLING.



ASK US TO PACK YOUR
PICNIC INTO INDIVIDUAL
BOXES, A SEPARATE ONE FOR
EVERYONE OR ONE PER
FAMILY GROUP. THIS WILL
HELP IN THE PREVENTION OF
CROSS CONTAMINATION



WE EVEN HAVE TAKE AWAY
CUPS THAT COME READY
PREPARED WITH TEA, COFFEE
& WHITENER, OR IF YOU
FANCY GOING A BIT
UPMARKET, WE CAN PACK
YOU A CAFETIERE & SOME
CHINA CUPS.



www.cibotogo.co.uk