

CONFERENCE LUNCH

HOW IT WORKS

Please select one **hot sandwich option**, one **vegan/vegetarian sandwich option**, one **salad**, one **hot lunch option**, one **vegan/vegetarian hot lunch option** and one **dessert** for your group to enjoy.

HOT SANDWICH OPTIONS

Please choose one of the below

Fish finger with little gem and tartare sauce 530 kcal

Served with ketchup

Pastrami and pickle on wholemeal 235 kcal

Served with Frenchie's mustard

Hot roast beef and onion roll 540 kcal

Served with gravy

Roast pulled pork and stuffing roll with apple sauce 280 kcal

Served with gravy

Hot roast chicken and stuffing 645 kcal

Served with gravy

Chicken tikka pitta, mango chutney and crispy 'bhaji' onions 390 kcal

Served with cucumber and mint raita

Warm vegetable shawarma pitta with tomato, lettuce and red onion V 390 kcal

Served with garlic sauce

VEGAN AND VEGETARIAN SANDWICH OPTIONS

Please choose one of the below

Rainbow wraps with smashed avocado and olives V GF VE 125 kcal

Middle Eastern vegetable wrap with baba ghanoush V GF VE 320 kcal

Spinach, tomato and vegan feta with crushed avocado V GF VE 340 kcal

Vegan 'cheddar', spinach, shredded apple and rocket mayo V GF VE 280 kcal

CRISPS

Vegetable crisps V GF VE 420 kcal

Shoestring fries V GF VE 220 kcal

SALADS

Please choose one of the below

Greek salad with vegan feta and olive oil V GF VE 135 kcal

Gluten free vegan pasta with olives, pesto, cherry tomatoes, balsamic and toasted pumpkin seeds V GF VE 275 kcal

Roast sweet potato and red onion, baby spinach, avocado, crispy spiced chickpeas and sultanas with a grain mustard and cider vinegar dressing V GF VE 290 kcal

New potato salad with torn little gem and a caper and lemon vegan mayonnaise V GF VE 130 kcal

Quinoa, roasted courgettes, cherry tomatoes, vegan feta, fresh basil and a lemon miso dressing V GF VE 140 kcal



(V) No meat or fish | (VE) Vegan available | (GF) Gluten free available

Please note that some of our meat/fish dishes may contain bones. | Adults need around 2000 kcal a day.

IMPORTANT ALLERGEN INFORMATION

Use the QR code to access important allergy information and to select suitable dishes for your specific food allergy or intolerance. It is your responsibility to ensure that dishes are suitable based on the information provided on the portal. Menu descriptions may not include all ingredients.

HOT LUNCH OPTIONS

Please choose one of the below

Baked Italian style chicken with tomatoes, capers, olives and fresh basil 420 kcal

Served with orzo vegetable pasta

Slow cooked 'flaked' lamb shoulder with garlic, lemon, tomato and oregano GF 410 kcal

Served with garlic and rosemary roast new potato slices

Grilled teriyaki beef with mange tout and bamboo shoots 590 kcal

Served with stir-fried noodles

Persian chicken with chickpeas and warm pitta, creamy cucumber and an onion and dill yoghurt salad 520 kcal

Slow-cooked Moroccan pork shoulder with honey and lemon roasted root vegetables GF 420 kcal

VEGAN AND VEGETARIAN HOT LUNCH OPTIONS

Please choose one of the below

Vegan penne pasta with tomatoes, capers, olives and fresh basil V GF VE 450 kcal

Slow cooked Aubergine with garlic, lemon, tomato and oregano and an olive oil and parsley crumb

Served with garlic and rosemary roast new potato slices V GF VE 490 kcal

Grilled cauliflower with chimichurri and seasoned shoestring fries V GF VE 600 kcal

Persian chickpea ragu with warm pitta V VE 155 kcal

DESSERTS

Please choose one of the below

Plant based cherry layered opera V GF VE 258 kcal

Plant based orange entremet layered dessert V GF VE 280 kcal

Tiramisu pot V 480 kcal

Oreo pot V 545 kcal

Biscoff pot V 480 kcal

Eton mess pot V 300 kcal

ADDITIONAL EXTRA

Selection of wellness drinks

£3.25 per person

Kombuchas - Ginger | Raspberry | Passionfruit

Dash Lime Sparkling Water

Jamu Wild Water Sparkling Raspberry

Ask for lunch options made gluten free GF or vegan VE - see symbols above for options available.



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