

# 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 terriyaki 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 roast 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**

**Firefly - Kiwi, lime and mint | Lemon, lime and ginger**

**Sustainable 'Water in a box' - Strawberry | Lemon and lime**

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



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