

# MENUS

## BUSINESS LUNCHES

### **Business Lunch 1/08**      **£9.55**

- Selection of rustic and thick sliced sandwiches on flavoured breads (daily changing fillings)
- Tortilla chips with guacamole and tomato salsa
- Wings of Fire
- Teriyaki salmon skewers with coriander
- Falafel with mint dip

### **Business lunch 2/08**      **£9.55**

- Selection of rustic and thick sliced sandwiches on flavoured breads (daily changing fillings)
- Kettle crisps with sour cream and garlic dip
- Chicken and leek yakatori
- Butterfly prawns with chilli sauce
- Mini pizzas

### **Business lunch 3/08**      **£10.20**

- Selection of rustic and thick sliced bloomers on flavoured breads (daily changing fillings)
- Mini Roquefort and walnut tart
- Thai and coconut spiced chicken with coriander
- Selection of dim sum with soy and chilli
- Mini breaded brie and Cranberry

### **Business lunch 4/08**      **£11.10**

- Selection of rustic ciabatta, focaccio and French bread (daily changing fillings)
- Mini Cumberland sausages and spring onion mash
- Mini vegetable Indian platter mango chutney
- Caribbean crab cake with ginger and chilli
- Chicken tandoori bites

### **Business lunch 5/08**      **£11.70**

- Selection of rustic ciabatta, focaccio French bread (daily changing fillings)
- Chicken Caesar wrap
- Lemon and lime prawn skewer with dill
- Roasted red pepper and goats cheese tarts
- Moroccan lamb skewer with mint yoghurt
- Exotic fruit platter

### **Business lunch 6/08**      **£17.95**

- Selection of Mexican and Italian wraps
- Bagels of smoked salmon and cream cheese, roasted peppers and brie
- Parma ham and asparagus with parmesan



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- Beef satay with peanut sauce
- Baby pepper with tabular cherry tomato and spring onion
- Seared monkfish with sweet potato and chorizo
- Fresh fruit platter

## Indian menu £10.75

- Tandoori chicken, spring onion and Bombay potato wraps
- Lamb and vegetable samosas with a yoghurt and mint dip
- Mixed vegetable pakora and bhajis
- Mini papads with mango chutney chopped onion and tomato relish
- Salmon tikka skewer

## Italian menu £10.75

- Tomato and mozzarella salad with pesto
- Wild rocket with parmesan and olive oil
- Platter of Parma ham
- Cannelloni of spinach and ricotta
- Mini pizza with pepperoni
- Garlic bread
- Coffee Cake

## VEGETARIAN MENUS

### Menu 1/08 £9.55

- Selection of vegetarian sandwiches on rustic bloomers (daily changing filling)
- Tortilla crisps with sour cream and chunky tomato dip
- Spinach and blue cheese tarts
- Cherry tomato and mozzarella skewers with basil

### Menu 2/08 £9.55

- Selection of vegetarian sandwiches on rustic bloomers (daily changing filling)
- Mediterranean vegetables with rocket and parmesan
- Spinach and goats cheese quesadilla with spicy salsa
- Falafel balls with minted yoghurt dip

### Menu 3/08 £10.75

- Selection of vegetarian sandwiches on rustic ciabatta and focaccio (daily changing filling)
- Baby spinach and Roquefort salad with walnut dressing
- Mini veggie burgers with tomato and chilli
- Vegetable dim sum with soy sauce
- Marinated vegetable skewer with basil



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## FOLK BUFFETS

### Indian (hot) £21.60 per head

- Samosas
- Lamb Bhuna Gosht
- Chicken Curry
- Sukha Sabji – Mixed
- Vegetables
- Indian Style
- Tarka Daal
- Pulao Rice
- Naan
- Salad
- Gajar Ka Jalwa

### Caribbean (hot) £19.20 per head

- Jerk Chicken
- Goat Curry
- Macaroni Cheese
- Rice & Peas
- Caribbean Coleslaw
- Hard Dough Bread
- Flambé Bananas & Cream

### Pasta menu £15.00 per head

- Spaghetti Bolognaise
- Roasted vegetable Lasagne
- Choice of 2 salads
- Garlic Bread

## DESSERTS

- Cheeses £3.90
- Fruit kebabs £3.30
- Fruit platter £3.00
- Mixed individual desserts £3.55
- Platter of fruit cakes £3.30