



eastlondoncentre

# MENUS

## ELC WORKING LUNCHES

### ELC Working Lunch 01/08 £7.80

- Selection of rolls, ciabatta and focaccia
- Mini popadomms with mango chutney
- Spinach and Roquefort tart
- Thai spiced chicken skewer with coriander
- Fresh fruit platter

### ELC Working Lunch 02/08 £6.30

- Selection of sandwiches with daily changing filling
- Tortilla chips with guacamole and
- Tomato salsa
- Teriyaki salmon skewers with coriander
- Platter of honeydew melon

### ELC Working Lunch 03/08 £6.30

- Selection of sandwiches with daily changing filling
- Kettle crisp with sour cream and garlic dip
- Chicken and leek yakatori
- Butterfly prawns with chilli sauce
- Orange slices

### ELC Working Lunch 04/08 £6.30

- Selection of sandwiches with daily changing filling
- Falafel with mint dip
- Mini vegetable Indian platter mango chutney
- Chicken tandoori bites
- Pineapple and melon slices

## VEGETARIAN WORKING LUNCHES

### ELC Vegetarian Working Lunch 01/08 £7.80

- 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

### ELC Vegetarian Working Lunch 02/08 £7.80

- Selection of vegetarian sandwiches on rustic bloomers
- Daily changing fillings
- Mediterranean vegetables with rocket and parmesan



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- Spinach and goats cheese quesadilla with spicy salsa
- Falafel balls with minted yoghurt dip

## ELC FINGER BUFFETS

### ELC Indian finger buffet £7.80

- Pandora chicken, spring onion 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

## ELC HOT FOLK BUFFETS

### ELC Caribbean menu buffet £15.00

- Jerk chicken
- Goat curry
- Macaroni cheese
- Rice and peas
- Caribbean coleslaw
- Hard dough bread
- Flambé bananas and cream

### ELC Italian menu £10.75

- Tomato and mozzarella salad with pesto
- Wild rocket with parmesan and olive oil
- Spaghetti Bolognese
- Roasted vegetable Lasagna
- Garlic Bread