

## CONTINENTAL

BREAKFAST

## COOKED BREAKFAST

Urange/Grapefruit Segments
Choice of Cereal $\downarrow$
Croissants
White, Wholemeal or Granary Toas Wheaten Bread $\downarrow$ Jams
Tea/Coffee
£4.75

Pure Orange/Grapefruit Segments
Choice of Cereal
Grilled Bacon $૫$, Sausage, Fried Egg, Tomato $\downarrow$, Soda Bread, Potato Bread Beans $\vee$ and Scrambled Egg $\downarrow$
Tea/Coffee and White, Wholemeal or Granary Toast
$£ 7.50$
\& CONFERENCE CENTRE
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 We provide a choice of bread including wholemea granary and white. We use low fat products such as semi-skimmed milk, , d dresspread and low fat salad of pastry and boiled rice or wholegrain rice can be provided on request. Lactose intolerant, gluten free diabetic diets catered for on request. Some of our menu items contain nuts, peanuts, seeds and oth Allergens. Please speak to a member of staff

## Finger Buffet

Assorted Sandwiches, Filled Wraps, Rolls, Pitta Bread or Bagels
Ovenbaked Breaded Chicken Drumsticks $\downarrow$ 1.65 Ovenbaked Chicken Fillet Goujons with Garlic Dip $\quad 1.75$ Vegetable Dim Sum Selection 1.55
Cocktail Sausages 1.55
1.10

Duck Spring Roll
Fish Gouions with 1.55

Breaded Butterfly Prawn with Lemon Dip
Mushroom or Chicken Vol au Vents
Petit Assorted Crolines (Salmon, Mushroom) 1.20

Rua
Quiche Fingers $v$
Sausage Rolls
Selection of Sweets
Soup \& Sandwich (Vegetarian Option Available) 4.25
Ovenbaked Southern Fried Chicken
Tea/Coffee/Biscuit
Tea/Coffee/Scone
ea/Coffee/Scone
Traybakes
Ovenbaked Vegetable Bites $\mathbf{v}$ v
Selection of Vegetable Sticks and Yoghurt Dip $\vee>1.00$ Breadsticks/Crackers with Low Fat Cheese
Fruit Platter $\vee v$
Low Fat \& Diet Yoghurt $\vee v$
$\downarrow$
$\stackrel{\rightharpoonup}{ }$ Heathy Vegetarian Option

## Hot Buffet

(Choice of 2 per party of 20 or more or Choice of 3 per party of 50 or more)

Beef/Chicken Curry with Basmati Rice Sweet 'n' Sour Pork with Boiled Rice Chicken \& French Fries with Side Salad Scampi \& French Fries with Side Salad Pasta Carbonara
Chicken \& Broccoli Bake with
wholemeal topping $\downarrow$
Mushroom Stroganoff with Boiled Rice $\mathbf{v}$ Beef Stroganoff ( $£ 2.00$ extra) Baked Potato with Choice of Fillings $\downarrow \mathbf{v}$ Tuna Pasta Bake
Chicken/Beef \& Black Bean Sauce with Rice
Homemade Lasagne
Chicken \& Ham Pie
Quiche Lorraine
Mediterranean Vegetable Pasta Bake Topped with Mozzarella Cheese $\downarrow$ Steak \& Mushroon or Savoury Baked Potato with Choice of Fillings $\mathbf{v}$ Beef \& Guinness Casserole

Served with (Choice of 2 )
Potato Wedges, Saute Potato, French Fried Potato, Baked Potato $\downarrow$, Tossed Salad $\downarrow$. Selection of Vegetables

- Heathy Option v Vegetarian Option

COLD BUFFET
(Choice of 3)

Roast Pork Loin $\downarrow$
Honey Baked Ham with Pineapple $\downarrow$ Roast Silverside of Beef $\boldsymbol{v}$
Roast Turkey Breast with Peaches Chicken Coronation
Whole Dressed Salmon (extra charge)
Stuffed Pepper with Co
Roasted Vegetable
Smoked Cheese \& Spinach Quiche
SELECTION OF SALADS
Egg Mayonnaise, Stuffed Tomato, Rice Salad, Beetroot $\downarrow$, Cucumber \& Orang Jellies $\downarrow$ Apple \& Celery Salad $\downarrow$ Pickles \& Sweetcorn $\downarrow$ Coleslaw
Potato Salad, Cous-cous
DESSERTS (Choice of 2)
Strawberry Cheesecak Fresh Fruit Pavlova
Apple Pie with Cream
Profiteroles with Hot Chocolate Sauce Black Forest Gateau
Strawberry Gatea
Fresh Fruit Salad
Tea/Coffee
After Eight Mints or Shortbread

