



& CONFERENCE CENTRE

Seminar Menus













Continental Breakfast

Pure Orange/Grapefruit Segments ♥

Choice of Cereal ♥
Croissants
White, Wholemeal or Granary Toast
Wheaten Bread ♥
Jams

Tea/Coffee

£4.75

COOKED BREAKFAST

Pure Orange/Grapefruit Segments

Choice of Cereal ♥

Grilled Bacon ♥, Sausage, Fried Egg, Tomato ♥, Soda Bread, Potato Bread, Beans ♥ and Scrambled Egg ♥

Tea/Coffee and White, Wholemeal or Granary Toast

£7.50





Seminar Menus













SCONFERENCE CENTRE

Commitment to providing healthy food choices: We provide a choice of bread including wholemeal, granary and white. We use low fat products such as semi-skimmed milk, low fat spread and low fat salad dressing. Pies topped with potato topping instead 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 other Allergens. Please speak to a member of staff.

FINGER BUFFET

Assorted Sandwiches, Filled Wraps, Rolls,	
Pitta Bread or Bagels	2.00
Ovenbaked Breaded Chicken Drumsticks ♥	1.65
Ovenbaked Chicken Fillet Goujons with Garlic Dip ♥	1.75
Vegetable Dim Sum Selection	1.55
Cocktail Sausages	1.10
Duck Spring Roll	1.55
Fish Goujons with Tartare Sauce	1.65
Breaded Butterfly Prawn with Lemon Dip	1.65
Mushroom or Chicken Vol au Vents	1.20
Petit Assorted Crolines (Salmon, Mushroom)	1.65
Pizza Fingers V	1.10
Quiche Fingers V	1.15
Sausage Rolls	1.15
Selection of Sweets	3.50
Soup & Sandwich (Vegetarian Option Available) ♥	4.25
Ovenbaked Southern Fried Chicken ♥	1.75
Tea/Coffee	1.10
Tea/Coffee/Biscuit	2.00
Tea/Coffee/Scone	2.30
Traybakes	1.15
Ovenbaked Vegetable Bites ♥ V	1.10
Selection of Vegetable Sticks and Yoghurt Dip ♥ V	1.00
Breadsticks/Crackers with Low Fat Cheese V	1.00
Fruit Platter ♥ V	1.00
Fruit Kebabs ♥ V	1.20
Low Fat & Diet Yoghurt ♥ V	0.80

Vegetarian Option

Wine List available
Diluted Orange £2.00 per jug

Healthy 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 ♥ Mushroom Stroganoff with Boiled Rice V Beef Stroganoff (£2.00 extra) Baked Potato with Choice of Fillings ♥ 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 ♥ Steak & Mushroom or Savoury Mince Pie Baked Potato with Choice of Fillings ♥ Beef & Guinness Casserole

Served with (Choice of 2)

Potato Wedges, Saute Potato, French Fried Potato, Baked Potato ♥, Tossed Salad ♥, Selection of Vegetables ♥

♥ Healthy Option
Vegetarian Option

Pavlova
Strawberry/Black Forest Gateau
Apple Pie and Fresh Cream
Fresh Fruit Salad ♥
Cheesecake
Mint Mousse

DESSERTS (Choice of 2)

TEA/COFFEE

£12.95

COLD BUFFET

(Choice of 3)

Roast Pork Loin ♥
Honey Baked Ham with Pineapple ♥
Roast Silverside of Beef ♥
Roast Turkey Breast with Peaches ♥
Chicken Coronation ♥
Whole Dressed Salmon (extra charge) ♥
Stuffed Pepper with Cous Cous &
Roasted Vegetable ♥
Smoked Cheese & Spinach Quiche

SELECTION OF SALADS

Egg Mayonnaise, Stuffed Tomato, Rice Salad, Beetroot ♥, Cucumber & Orange Jellies ♥, Apple & Celery Salad ♥, Pickles & Sweetcorn ♥, Coleslaw & Potato Salad, Cous-cous

DESSERTS (Choice of 2)

Strawberry Cheesecake
Fresh Fruit Pavlova
Apple Pie with Cream
Profiteroles with Hot Chocolate Sauce
Black Forest Gateau
Strawberry Gateau
Fresh Fruit Salad

Tea/Coffee

After Eight Mints or Shortbread

£15.50