





## TASTE IS OUR IDENTITY

It's not just the ingredients, it's the recipe. We believe food should taste good and feel good. Our Head Chef Michal Kobus and leading nutritionist Amanda Ursell aim to revitalise the body and stimulate the

Exquisite  
culinary  
experiences  
by day and  
by night

AMANDA URSELL  
NUTRITIONIST  
AND COLUMNIST

senses with beautiful nutritionally balanced recipes and menus that are visually stunning, rev up energy levels and pack in maximum taste and flavour.

Select your menu from the choices overleaf. The package

price includes the Classic Fork Buffet Menu or the Breadless Sandwich and Salad Menu; three refreshment breaks (on arrival, mid-morning and afternoon).

Should you require further menu options, a bespoke menu or more information regarding special dietary requirements, please speak to your Venue Consultant, we would be delighted to discuss this with you.



MICHAL KOBUS



PLEASE NOTE ALL MENU ITEMS EXCLUDE VAT



## FOOD IS FUEL

### On arrival

Morning bakery and fresh seasonal cut fruit, croissants, pain au chocolate, pain au raisins

### Mid-morning refreshments

Apricot and stem ginger flapjacks

### Lunch is served

Select from our Classic Fork Buffet Menu or our Breadless Sandwich and Salad Menu

### Afternoon refreshments

Gluten free chocolate rocky road

## CLASSIC FORK BUFFET MENU

Includes one main, one salad, one side, one dessert and coffee

### MAINS

Braised Beef  
Root Vegetables, Creamed Potato  
Lamb Shoulder Tagine  
Fruity Cous Cous, Crispy Chick Peas  
Butter Chicken  
Pilau Rice, Mango Chutney, Naan Bread  
Smoked Haddock Fishcakes  
Buttered Spinach, Dill Cream  
Sustainable Fish Pie  
Cheese & Chive Mash  
Potato Gnocchi (V)  
Wild Mushroom Cream, Leeks  
Cauliflower and Kale Macaroni Cheese (V)

### SIDES

Steamed and Buttered Seasonal Greens  
Roast Root Vegetables (autumn & winter)  
Peas, Broad Beans, Baby Gem and Mint (spring & summer)  
Seasonal Leaves, Soft Herbs, House Vinaigrette

### DESSERTS

Sticky Toffee Pudding  
Clotted Cream  
Spiced Orchard Crumble  
Vanilla Custard  
Passion Fruit Crème Brûlée  
Fruits of the Forest Eton Mess

## BREADLESS SANDWICH & SALAD MENU

Please select three sandwich fillings and three salads from the options below

### THE BREADLESS SANDWICH

A gluten free choice

Hot Smoked Salmon, Pickled Cucumber, Horseradish on Crisp Gem Lettuce

Potted Ham, Piccalilli, Rocket on Pea Blini

Spiced Tandoori Chicken, Mint and Poppy Seed Riata on Fennel Cracker

Goats Cheese, Baby Spinach, Sun Dried Tomatoes on Field Mushroom (V)

### NOT JUST LEAVES

Light, refreshingly healthy and fulfilling

Thai Marinated Pulled Chicken, Tofu, Oriental Slaw, Miso and Black Sesame Seed Dressing

Tea Cured Duck, Puy Lentils, Charred Fennel, Pomegranate, Toasted Hazelnut Pesto

Confit Salmon, Edamame Beans, Peas, and Broad Beans Salad, Watercress, Lemon, Sumac Mayo

Candied Mixed Beetroots, Ricotta, Sprouting Broccoli, Toasted Pine Nuts, Crisp Baby Gem, Smoked Chipotle Dressing

Basil Hummus, Caramelised Red Onions, Heritage Tomatoes, Rocket, Chickpea Salad



## PIMP YOUR MENU

Food can enhance a conference or meeting, energise delegates and create memorability. The options below are upgrades that could give your event the edge. Head Chef Michal thrives when creatively challenged, if there is something you would like that does not appear below, please talk to us.

Our Signature Granola - fi3.50 per head  
Oats, Cherries, Chai Seeds,  
Earl Grey Low Fat Yoghurt and Honey  
*Served on arrival*

Flowerpot Muffins or Skinny Muffins - fi1.50 per head  
Ecuadorian Triple Dark Chocolate Muffin  
Skinny Blueberry Muffin with Oats and Bran  
*Served on arrival or any break*

Breakfast Sandwiches - fi6.50 per item  
'BLT' Smoked Bacon, Rocket, Slow Roasted  
Tomato, Ciabatta Rolls

Cumberland Sausage, Mustard Mayo, Seeded Bap

Scrambled Egg, Slow Roasted Tomato, Mushroom,  
Spinach Wholemeal Wrap

With Tomato Ketchup and Brown Sauce  
*Served on arrival*

Smoothies - fi2.95 per head  
Strawberry and Banana  
Mango and Passion Fruit

Kale, Cucumber, Apple and Avocado  
*Served at any break*

'Pick Me Up'

Selection of Mixed Seeds and Nuts - fi1 per head

Skinny Blueberry Muffin with Oats and Bran - fi1.50 per head  
*Served as a mid-morning or afternoon refreshment*

Bento Boxes - fi8 per head

Fine dining in a box whilst you work, please request menu  
*Served at lunchtime*

Afternoon Tea - fi6 per head

A delicious mix and match selection, please request menu  
*Served mid-afternoon*

Post Event Canapé Menu

Three Canapés Chef's Choice (30 minutes) - fi7

Three Canapés (30 minutes) - fi10.25

Eight Canapés (1 hour) - fi27.50

Ten Canapés (2 hours) - fi35

We would be delighted to match wines to your  
chosen Canapé Menu, please request menu  
*Served at a time to suit your event*

