



BREAKFAST & BRUNCH MENU

Classic Breakfasts

Classic Breakfast 1

- £8.54 per person

Mini filled breakfast bagel,
Mini croissants /danish & Fruit skewer.
Minimum 4 people.
Contains E, F, G, M, S, SD, SS.

Classic Breakfast 4

- £10.08 per person

American style Breakfast mu n,
Mini Croissants/ Danish pastries,
Mini Granola & natural yogurt &
honey Breakfast Pot. Minimum 4 people.
Contains E, F, G, M, S, SD, SS.

Warm Breakfasts

Warm Breakfast Rolls

Bacon - £5.04
Sausage - £5.04
Egg- £4.70
Bacon & Egg - £6.02
Sausage & Egg - £6.02
Bacon, Egg & Cheddar Cheese - £6.30
Sausage, Egg & Cheddar Cheese - £6.30
Minimum 3 rolls. Contains E, G, M, S, SD.

Warm Breakfast Rolls

Gluten Free Rolls
Bacon - £5.72
Egg - £5.72
Egg & Bacon - £5.72
Mushroom - £6.30
Minimum 3 rolls.

Cold Breakfasts

Continental Breakfast Meats & Breads Platter For Sharing

(3-4 people) £31.50
(5-8 people) £50.40

Continental Sliced Cheese Breakfast Sharing Box With Crackers & Pickle

(3-4 people) £31.50
(5-8 people) £50.40

Filled Croissants (Mini) - £4.41

Gammon ham & tomato
Smoked salmon & cream cheese
Emmental & Fresh Tomato
Ham & Emmental
Minimum 3 items. Contains E, F, G, M.

Mini Breakfast Bagels

Ham & Cheddar - £4.09
Smoked Salmon & Cream Cheese - £4.41
Mature Cheddar & Tomato - £4.09
Hummus & Roasted Peppers - £4.09
Minimum 3 items. Contains E, F, G, M, P, S, SD, SS.

Fresh Fruit Salads - £4.73

Perfect for Breakfast or snack time! Minimum 3 pots.

Fresh Fruit Skewers - £3.46

Ideal to lift any Breakfast or Lunch. Minimum 4 items.

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SANDWICH LUNCHESES FOR SHARING

Sands Classic Menu A

£14.83 per person

A selection of sandwiches, mini rolls and wraps, a selection of Fresh Fruit Skewers and a selection of Home Made Cakes. Minimum 4 people. Contains C, CEL, E, F, G,M, MU, N, S, SD, SS.

Sands Classic Menu B

£11.66 per person

A selection of sandwiches, specialty breads and wraps and a bag of Premium crisps. Minimum 4 people. Contains C, CEL, E, F, G, M, MU, N, S, SD, SS.

Sands Classic Menu E

£16.38 per person

A selection of sandwiches, specialty breads and wraps, a selection of Home Made Cakes, a selection of Fresh Fruit Skewers, a bag of Premium Crisps per person. Minimum 4 people. Contains C, CEL, E, F, G,M, MU, N, S, SD, SS.

The Classic Business Lunch

£20.16 per person

A selection of sandwiches, rolls, wraps & specialty breads, a Choice of Three savory items of the day, a selection of Fresh Fruit Skewers and a selection of Home Made Cakes. Minimum 4 people. Contains C, CEL, E, F, G,M, MU, N, S, SD, SS.

The Classic Working Lunch

£18.32 per person

A selection of sandwiches, rolls, wraps & specialty breads, a selection of 3 Items of Savory Finger Food and a selection of Fresh Fruit Skewers. Minimum 4 people. Contains C, CEL, E, F, G, M, MU, N, S, SS.

Drinks

Juice 1L - £4.41 Apple, Orange, Pineapple or Cranberry

Individual Cans - £1.89 Coca Cola, Fanta, Sprite & Pepsi

Innocent Smoothies - £4.97 Perfect for Mini Fruit Smoothies (min. order 4)

C - Crustaceans CEL - Celery E - Eggs F - Fish M - Milk N - Nuts
G - Cereals containing Gluten MU - Mustard P - Peanuts S - Soya
SD - Sulphur Dioxide SS - Sesame Seeds VG - Vegan

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BUFFET & HOT SHARING MENU

Fork Buffets

Middle East

- £34.02 per person

Sesame Za'atar Roast Chicken, Tear & Share Spinach, Goat's Cheese, Pine nut & Rosemary Filo Pastry Spiral, Fattoush Salad, Basmati & Quinoa Tabbouleh with Fresh Mint & Pomegranate, Pita Flat Breads, Hummus with Smokey Roasted Chickpeas, Tahini Sesame Brownies and Fresh Fruit Skewers. Menu garnished with Lime & Chilli. Minimum 10 people. Contains E, G, M, N, S, SD, SS.

Far East

- £34.02 per person

Sticky Savoury Miso & Sweet Chilli Roasted Chicken, Hoi Sin Mushroom, Tofu & Water Chestnut Lettuce Wrap Bites, Ginger Egg Noodle & Greens Salad, Asian Vegetables with Toasted Peanuts & Cashews, Crispy Veggie Spring Rolls, Prawn Crackers, Banana & Cream Salted Caramel Muffin and Fresh Fruit Skewers. Menu garnished with Lime & Chilli. Minimum 10 people. Contains C, E, G, M, N, P, S, SD, SS.

East End

- £34.02 per person

Pea Potato & Cauliflower Pakora Patties, Baked Masala Aubergines, Coconut Yogurt & Mango Chutney, Fresh Lime & Coriander Leaves, Cooling Crunchy Raw Rainbow Vegetable Salad, Brilliant Biryani Rice, Vegetable Samosas, Toasted Naan Bread, Coconut & Chocolate Jammy Truffle Balls and Fresh Fruit Skewers. Menu garnished with Lime & Chilli. Minimum 10 people. Contains E, G, M, MU, N, S, SD.

Wild West

- £34.02 per person

Bu alo Bill Smoke House Chicken, Hickory Baked Salmon, Texan Bean Burritos - Plant Power Style, Blackened Corn Salsa, GUAC'amole! Roasted Sweet Potatoes, Nachos + Spicy + Cool, Cookie Dough Cake and Fresh Fruit Skewers. Menu garnished lemon & Chopped Parsley. Minimum 10 people. Contains E, F, G, M, S, SD.

West Indies

- £34.02 per person

Jerk Chicken, Lime & Maple Charred Salmon, Caribbean Sweet Potato & Bean Patties, Rice & 'Peas' Salad, Fresh Pineapple, Avocado Lime Salsa, 'Trini' Potatoes, Sesame Fried Plantain Bites Served with Green Goddess Dipping Mayo, Cinnamon Sugar Baked Donuts with Chocolate Dipping Sauce and Fresh Fruit Skewers. Menu garnished with Lime & Chilli. Minimum 10 people. Contains CEL, E, F, M, MU, S, SD.

'Up' West

- £34.02 per person

Fancy Smoked Salmon & Caviar Box, Grilled, Roasted & Crispy Chicken with Sauces & Salsas, Little Vegetable & Goat's Cheese Tarts, Caesar Leaf Bowl, Posh Slaw, Deli Style Lemony Potato Salad, Cheeses, Breads, Biscuits & Chutney and Fresh Fruit Skewers. Menu garnished with Lime & Chilli. Minimum 10 people. Contains E, F, G, M, MU, S, SD, SS.

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BUFFET & HOT SHARING MENU

Hot Food For Sharing

Menu 1 Meatballs & Mash

- £23.31 per person

British Meatballs in a rich Tomato, Mushroom & Red Wine Sauce, Creamy Mash, Delicious Meat-free Meatballs - Vegan/GF, Italian Rocket Salad with Cherry tomato, tomato & parmesan & Balsamic Dressing - Vegan/GF and Individual Tiramisu Pots.

Minimum order 10 people.

Contains E, G, M, SD, VG.

Menu 2 Thai Green Curry & Friends

- £23.31 per person

Thai Green Chicken Curry, Red Thai Vegetable Curry, Coconut Rice, Sharing Asian Salad with Chinese Cabbage, bean shoots, spinach & Peppers with Soy & Sesame Dressing and Jam & Almond Bakewell Tarts.

Minimum order 10 People.

Contains CEL, F, G, S, SD, SS.

Menu 3 Bbq Chicken & Dirty Rice

- £23.31 per person

BBQ Chicken served with Dirty Rice - GF, 5 Bean Chili topped with Dirty Rice (V & GF), Caribbean Dirty Rice with smoked paprika and Lime Juice, Southern slaw with grain mustard - Vegan/GF and Chocolate Brownie Slices.

Minimum order 10 People.

Contains CEL, E, G, M, MU, SD.

Minimum order 10 People.

Contains E, G, M, SD.

Menu 6 Italian Style

- £23.31 per person

Chicken Cacciatore - GF, Baked Ratatouille - Vegan & GF, Sautéed Potatoes, Mediterranean Vegetable Salad - Vegan & GF and Choux Buns (2 in a pot with chocolate sauce).

Minimum order 10 People.

Contains E, G, M, SD.

Menu 7 Its A Chilli Day!

- £23.31 per person

Chunky Beef Chilli - GF, Veggie Chilli - Vegan & GF, Caribbean Dirty Rice with smoked paprika and Lime Juice, House Slaw salad - Vegan & GF and Mini Lemon Tarts.

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