

CONFERENCE LUNCH SAMPLE MENUS

MENU ONE

Butternut squash and rosemary soup (Ve)
Gluten free croutons and toasted seeds
Tuna and rocket wrap
Egg mayonnaise and cress on a seeded roll (V)
Za'atar Chicken skewers
Vegetable quesadilla with guacamole (V)
Pearl barley, asparagus, golden and red beets (Ve)
Poached salmon Nicoise
Spiced grains, chicken and avocado
Sicilian lemon posset
Sliced fruits (Ve)

MENU THREE

Roasted tomato and red pepper soup (Ve)
Gluten free croutons and toasted seeds
Firecracker chicken wrap
Ploughmans on a wholemeal roll (V)
Fish and Chips
Sweet potato and coriander falafel (Ve)
Wholewheat cous cous, squash and chestnut (Ve)
Smoked trout, celeriac and puy lentil
Greek style quinoa (V)
Chocolate pot
Sliced fruits (Ve)

MENU FIVE

Mushroom and tarragon soup (Ve)
Gluten free croutons and toasted seeds
Thai chicken wrap
Cream cheese and herb wholemeal roll (V)
Steak and ale pies
Beetroot, honey and feta bonbons(V)
Roasted squash, lentil and courgette (Ve)
Smoked mackerel, watercress and tomato
Moroccan chicken, giant cous cous and rocket
Toffee popcorn panna cotta
Sliced fruits (Ve)

DELI BAG OPTION TO GO

Choice of sandwich or wrap
Piece of whole fruit (Ve)
Fruity Flapjack (Ve)
Water

MENU TWO

Celeriac and apple soup (Ve)
Gluten free croutons and toasted seeds
Prawn mayonnaise on a white roll
Falafel and houmous wrap (V)
Chilli beef nachos
Mac n cheese bites (V)
Turmeric quinoa, avocado and tomato (Ve)
Smoked mackerel, grapefruit and lentil
Chicken, edamame beans and spinach
Rhubarb and oat fool
Sliced fruits (Ve)

MENU FOUR

Lentil and coriander soup (Ve)
Gluten free croutons and toasted seeds
Goat's cheese and mango wrap (V)
Ham and mustard on a white roll
Turkey meatballs in tomato sauce
Bubble 'sushi' (Ve)
Chickpea, beetroot and pomegranate (Ve)
Hot smoked salmon, egg and green beans
Caesar chicken salad
Tropical fruit yoghurt
Sliced fruits (Ve)

MENU SIX

Vegetable and barley broth (Ve)
Gluten free croutons and toasted seeds
Wensleydale and carrot wrap (V)
Chicken Caesar on a wholemeal roll
Pulled pork tacos
Spinach and sweet potato pies (V)
Sprouting beans, spinach and orange (Ve)
Smoked trout, avocado and cucumber
Mixed grains and roasted vegetables (V)
Portuguese custard tart
Sliced fruits (Ve)

the
eastside
rooms.

V: Vegetarian

Ve: Vegan

FOOD ALLERGIES & INTOLERANCES: before you order your food and drinks please speak to our staff if you would like to know about our ingredients; we cannot guarantee that any food or beverage item sold is free from traces of allergens.