

Breakfast Options

A Selection Of Mini Croissants (chocolate, almond and plain)
(2 per person) £3.50 per person

Exotic Fruit Platter £3.50 per person

Continental Breakfast £9 per person

A selection of home made American style muffins (blueberry, chocolate, cherry and bran (1 per person)

A selection of Danish pastries (1 per person)

Delicious Greek yogurt with granola, blueberries and honey (1 per person)

Filled Croissants £5 per person

A selection of filled savoury croissants; fillings include:

Gammon ham and tomato

Smoked salmon and cream cheese

Ham and emmental cheese

Hot Bap Breakfast £7.50 per person

A selection of soft floured rolls filled with either: grilled bacon, sausage and fried egg

Served with a mini fruit salad pot (1)

Traditional Full English Breakfast £13.50 per person

Minimum order 8 people

Bacon, fried egg, sausage, mushroom, baked beans, hash brown and roasted tomato, with bread and butter

All prices exclude VAT. To be ordered by 4pm the day before your research project

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Lunch Options

Speciality Sandwich Platter

£7.50 per person

Artisan ciabattas (2 pieces per person)

Or

Wrap selection (2 pieces per person)

A selection of freshly baked ciabattas or wraps with a range of tasty fillings, including vegetarian options:

- Chicken, bacon and spinach
- Coronation chicken
- Smoked salmon and cream cheese
- Avocado and tomato V
- Egg mayo and cress V
- Chicken, bacon and avocado
- Prawn mayonnaise
- Cheese, mushroom and spinach V
- Mozzarella, sundried tomato and basil V
- Tuna mayonnaise and sweetcorn

The Protein Boost Lunch

£15.50 per person

Minimum order 3 people

A selection of individually wrapped & filled tortilla wraps, classic and wholemeal grain ciabatta (2 pieces per person)

Mini individual protein salad pot (1 pot per person)

- Peas, edamame beans, fresh mint, hummus and a free range boiled egg
- Roasted Salmon, fresh avocado, spinach leaves and peas
- Chargrilled chicken, quinoa, chickpea and hummus

Freshly cut fruit skewers (1 per person)

Home made cakes, treats and patisserie (1 per person)

Cheeseboard

£16

Minimum order 6 people

A selection of cheeses and biscuits

Crudités

£3.50 per person

Selection of cut vegetables perfect for dipping, with hummus

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Salads

£7.50

Options:

Individual bowl

Chargrilled Chicken Salad

£22.00

With mixed seasonal leaves, chunky cucumber, cherry tomatoes, and grated carrots, served with a Caesar style dressing

4-6 people sharing bowl

Chef's Salad

£32.50

Mixed seasonal leaves, cherry tomatoes, chunky cucumber, sweetcorn, grated carrots and boiled eggs. Served with a classic vinaigrette

8-10 people sharing bowl

Couscous Salad

Couscous mixed with chickpeas, fresh parsley, mint and coriander, red onion tomato and cucumber. Served with a tangy yoghurt dressing

Greek Salad

Ripe tomatoes, chunky cucumber, sweet red onions, black olives and crumbled feta cheese, all served with pitta bread and hummus

Grilled Mediterranean Vegetable Salad

A delicious salad of freshly chargrilled vegetables served with creamy mozzarella, rocket leaves and pesto dressing

Italian Pasta Salad

Penne pasta, cherry tomatoes, olives, fresh pesto and rocket leaves

Roasted Salmon Nicoise

With mixed seasonal leaves, boiled eggs, new potatoes, French beans, cherry tomatoes, chunky cucumber and marinated olives. Served with a classic French dressing

Spanish Chicken & Chorizo Salad

Chargrilled marinated chicken breast with spicy chorizo served with roasted peppers, new potatoes, mixed leaves, cherry tomatoes and chunky cucumber. Served with a cooling sour cream dressing

Tricolore Salad

Everyone's favourite tomato, mozzarella, marinated artichoke hearts and fresh basil served with olive oil dressing

Sweet potato & Chickpea Salad

Roasted sweet potatoes with toasted chickpeas, tahini and toasted sesame seeds

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Sweet Treats

Minimum order 4 people

Afternoon Tea

£15 per person

Selection of traditional finger sandwiches (3 per person)

Baked scones served with clotted cream and strawberry jam (1 per person)

Selection of our delicious afternoon home made cakes and patisseries
(2 per person)

Served with a pot of English breakfast tea or Earl Grey

Mini Afternoon Tea

£6 per person

Baked scones served with clotted cream and strawberry jam (1 per person)

Served with a pot of English breakfast tea

A Selection of Cakes

£5 per person

Selection of homemade cakes and desserts (3 per person)

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Finger Buffet Menu

Minimum order 4 people

Fusion Finger Buffet

£16.50 per person

A selection of filled Italian ciabattas, malted bloomers and granary sandwiches (0.50 rounds per person)
Sesame chicken goujons with sweet chilli mayo dip pot
Homemade veggie samosas with cucumber and mint raita
King prawn, fresh mango and mint skewers
Salmon and dill shortcrust pastry quiches
Fresh mini fruit skewers
Mini chocolate fudge cakes

Oriental Finger Buffet

£16.50 per person

French white and grain baguettes with granary and wholemeal sandwiches (0.50 rounds per person)
Chicken tikka skewers served with cucumber and mint raita
Crispy butterfly prawns with a chilli dipping sauce
Individual shortcrust spinach and cheese quiches
Oriental mini pancake with duck, cucumber, spring onion and plum sauce
Fresh mini fruit skewers
Homemade chocolate brownies and oat and honey flapjacks

Mediterranean Finger Buffet

£16.50 per person

Multi seed dinner rolls, sandwiches and filled wraps (0.50 rounds per person)
Lemon and herb marinated grilled chicken skewers
Falafels with garnish and a pot of chickpea humus
Scottish smoked salmon, cream cheese and dill blinis
Ham and cheese shortcrust pastry quiche Lorraine
Fresh mini fruit skewers
Portuguese custard tarts

Vegetarian Finger Buffet

£16.50 per person

A selection of Artisan breads filled with only vegetarian fillings
Pea and mint falafels with hummus & crudities
Grilled vegetable and mozzarella kebabs **GF**
Vegetable samosas with curried mayo
Thai vegetable spring roll with spicy chilli sauce

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Cold Fork Buffet

Minimum order 4 people

Italian Cold Fork Buffet

£20 per person

Roasted stuffed chicken breasts, sliced and served with mixed leaves
Homemade Italian style spinach and parmesan frittata
Italian fine green bean salad ✓
Italian tomato and fresh mozzarella salad with fresh oregano and grilled bread ✓
New potato salad, dressed with a lemon and olive oil vinaigrette ✓
Crusty baguettes served with butter
Homemade Tiramisu

English Cold Fork Buffet

£20 per person

Prime Scottish roast beef with horseradish
Grilled salmon fillets topped with a creamy pesto crust
Roasted Mediterranean vegetables served with classic tomato and creamy mozzarella
Mixed cherry tomatoes, sweetcorn and raw peppers ✓
New potato salad and spring onion salad with a light mayo dressing ✓
Rustic breads and butter
Homemade profiteroles served with a rich chocolate sauce (1 portion per person)

French Cold Fork Buffet

£20 per person

Poached salmon with prawns in a sour cream and cucumber dressing
Delicately hand carved ham smothered in a wholegrain mustard
Couscous salad with seasonal herbs
Classic seasonal mixed leaf salad with cherry tomatoes and cucumber
Mixed crusty bread platter
Selection of mixed pudding pots: chocolate mousse, berry mousse and creamy giotto
(1 per person)

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Deluxe Cold Menu

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Artisan Cold Fork Buffet

£23 per person

A platter of smoked fish with honey mustard dressing
Parmesan crust chicken breast escalopes served with a side of Caesar sauce
Roasted red and yellow peppers with a virgin olive oil and caper dressing with fresh continental parsley salad ✓
Salad of tender fine green beans with a classic vinaigrette dressing ✓
Chargrilled artichoke salad with fresh lemon ✓
Toasted ciabatta platter
Cut fresh fruit platter ✓

Deli Cold Fork Buffet

£23 per person

Rare roasted British beef served with horseradish crème fraiche and watercress
Roasted salmon with lemon and dill mayo
Roasted peppers stuffed with herby brown mushroom rice ✓
Vine tomato, fresh mozzarella and basil salad ✓
Grilled aubergines with balsamic dressing ✓
Potato salad with lemon dressing ✓
Rustic breads served with unsalted butter cubes
Selection of cheese with savoury biscuits, quince, celery and grapes

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Hot Fork Buffet Menu

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Italian Hot Menu

£24 per person

Meat lasagne
Spinach and ricotta dumplings in a rich tomato sauce
Mozzarella salad
Tricolore salad
Italian roasted vegetables
Mixed Italian breads
Individual pots of tiramisu

Moroccan Hot Menu

£24 per person

Moroccan style chicken
Moroccan vegetarian carrot and chickpea tagine
Hot sultana couscous
A selection of roasted vegetables
A selection of Baklava

English Hot Menu

£24 per person

Oven baked salmon with a basil pesto crust
Aubergine parmesan
Mange tout and baby sweet corn
New potatoes with rosemary
Chocolate truffle cake

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