

## MENU

### STARTERS

Chef's choice soup of the day (v) (Please speak to your server for allergens)

Indian spiced green lentil soup with spinach & coconut May contain (G)

Freshly baked breads, tiger, six grain, tomato loaves, mixed rolls & pitta (v) (G) (WHE) (RYE) (BAR) (OAT) (N) (S) (E) (Mi) (M) (SE)


### MAINS

Baked farmed trout fillet, with haricot beans, carrots & tomato cassoulet (F) (S) (unknown) 

Roast peppers with saffron rice, butternut squash, vegan feta & fresh herbs with puy lentils, tomato & pepper sauce (ve) May contain (C) (M) (SD)

Sauteed turkey breast with apples, celery and leeks, light grain mustard sauce (S) (MI) (M)

### SIDES

Baked sweet potato wedges, lightly spiced (v) (M) 

Grilled aubergines, red onion, courgettes & peppers (v) 

### SALADS & DELI BOARDS

Baby spinach, avocado, cucumber, celery & kale, toasted sunflower seeds (v) (G) (Whe) (C)

Cherry tomatoes, vine tomatoes, romano peppers, pomegranate molasses & seeds (v) (SD) May contain (C) (M)

Cannellini beans, basil, artichoke, olives & house cured tomatoes (v)

Quinoa, kale, roasted squash & pomegranate (v) (G) (Whe) (C) May contain (M) (SD)

Chef's daily vegetable antipasti selection, olives, hummus, balsamic onions, cornichons & house roasted vegetables (v) (SE) (SD)

May contain (G) (Whe) (Rye) (Bar) (Oat) (S) (E) (MI) (C) (M)

Salad dressing (G) (Whe) (M) (SD)

### DESSERTS

Chef's choice of whole fruit 

Chef's choice of cut fruit 

Selection of desserts (G) (Whe) (Bar) (S) (E) (Mi)

### GRAB & GO



Chef's choice of packed sandwiches, meat, fish & vegetarian options available

Crisps & popcorn

(For allergens please see packaging)

### INTRODUCING WENDY MARTINSON OBE, GROUP NUTRITIONIST

Developed alongside the renowned nutritionist, Wendy Martinson OBE, our conference lunch menu features a range of deliciously healthy dishes designed to help you eat well and feel great. Choose a dish with the heart symbol to try something specially recommended by Wendy.

Allergens: We can offer accurate information on ingredients, however, due to the open plan nature of our kitchens, we are unable to guarantee that dishes are 'free from' allergens. If you have any specific dietary requirements please alert a member of our team prior to ordering Vegetarian (V)  Wendy Recommends 

(C) Celery (CR) Crustaceans (MI) Milk (E) Eggs (F) Fish (G) Gluten (P) Peanuts (L) Lupin (N) Nuts (M) Mustard (MO) Molluscs (S) Soya (SD) Sulphur dioxide (SE) Sesame (Whe) Wheat, (Rye) Rye, (Bar) - Barley, (Oat) - Oats, (Alm) - Almonds, (Brz) - Brazil Nuts, (Cas) - Cashew nuts, (Haz) - Hazelnuts, (Mac) - Macadamia nuts, (Pec) - Pecan, (Pis) - Pistachios, (Wal) - Walnuts,