Breakfast Menus

Sandwich Menu
Served on floured baps or muffins,
Pork sausage
Grilled bacon
Grilled field mushroom & vine tomatoes
Fried egg
Vegetarian sausage
Individual fruit bowls
Filled croissants - ham / cheese
Smoked salmon & cream cheese bagels

Continental
Cured & air-dried Continental meats
Sliced European cheeses
Seasonal soft fruits
Croissants, Danish pastries, brioche & pain au chocolat
Selection of marmalade, fruit preserves, honey, butter & low-fat spreads
Tea, coffee & fruit juices

Eatwell breakfast
Chocolate quinoa cereal
Porridge
Granola yogurt pot
Yogurt low fat / mixed berry puree/ blueberries/
toasted oat flakes/ honey
Tea, coffee & fruit juices

Full English breakfast buffet
Butcher’s pork sausages
Vegetarian Sausages
Black pudding
Back bacon
Grilled mushrooms / tomatoes
Scrambled egg
Baked beans
Hash browns
Tea, coffee & fruit juices
Refreshments

All refreshments charged per person per serving.

Tea, Coffee and Biscuits

Tea, Coffee and Cake

Tea, Coffee and Pastries

Tea and Coffee

1 litre jug of juice

Any additional Accompaniments charged at

**Eatwell Morning Break**
- Tea and Coffee
- Blueberry Shot
- Whole Almonds
- Pick me up Snack Bar
- (oats, quinoa, dark chocolate nut bar)

**Eatwell Afternoon Break**
- Tea and Coffee
- Carrot Cake
- Chocolate Brownies
- Dried Apricots mixed with dark chocolate
Menu 1
Chef’s selection of freshly made sandwiches & baked rolls
to include meat, fish & vegetarian fillings
Miniature vegetable samosas, onion bhaji & spring rolls
  with mango chutney & mint raita
  Lemon drizzle cake or cherry loaf
  Bowl of fresh fruit
  Tea, coffee & fruit juice

Optional Extras
  Crudities with dip
  Vegetable crisps
  Spiced falafel bite
  Chicken tikka skewer
  Cajun salmon skewer
  Sliced fruit platter
  Brownie/carrot cake
  Macaroons
  Shortbread cookies

Grab & Go lunch bags
To include a sandwich or filled baguette, bag of crisps, piece of fresh fruit,
  chocolate biscuit or cake & carton of juice or water.
Buffet Selector

Please select a total of seven options – six savoury & one sweet. Your choices will be accompanied by a platter of freshly made sandwiches.

**Meat**
- Chicken tikka kebabs with mini poppadoms & chilli yoghurt
- Chinese duck cakes with hoisin sauce
- Asian style lamb kofta with harissa dressing
- Mini pork escalope with apple sauce
- Chorizo & red onion tartlet
- Prosciutto pizza slices

**Fish**
- Cajun salmon skewers with lemon dressing
- King prawn skewers with shallots & honey lime yoghurt
- Lime & coriander panko goujons

**Vegetarian**
- Homemade blue cheese & mushroom mini muffins
- Spinach & feta pizza slices
- Roasted Mediterranean vegetable tartlets
- Salt & cracked black pepper Kettle Chips
- Falafel bites with mint yoghurt

**Desserts**
- Chocolate fudge brownie
- Cherry loaf
- Lemon drizzle cake
- Fresh fruit basket
- Coffee, tea & fruit juice
**Eatwell lunch**

**Sourdough Granary Sandwiches**
- butternut squash, rocket, sundried tomato
- avocado, mixed leaves, hummus
- feta cheese, baby spinach, roasted peppers
- mozzarella, cherry tomato, basil, pesto

**Salads**
- beetroot and butternut squash
- cherry tomato, feta cheese and peppers
- pear, red chard, red onion and gruyère

**Protein**
- chicken and vegetable skewers
- honey glazed salmon skewers with sesame seeds

**Shot Glass**
- raspberry and strawberry
- blackberry and apple

**Vegetable Crisps**
- carrot/ parsnips/ beetroot

**Soft Drink**
- pomegranate spritzer
Bowl Food

Please select four options.
Minimum number: 30 delegates

**Meat**
- Five-spice beef strips & egg noodles
- Farm-assured chicken teriyaki & fluffy rice
- Spiced confit lamb with saffron rice
- Cumberland sausage, mustard mash, onion gravy

**Fish**
- Popcorn fish & chips with homemade tartare sauce

**Salad**
- Farm-assured chicken Caesar salad, focaccia croutons & shaved Parmesan

**Vegetarian**
- Sweet potato & chickpea tagine, couscous
- Mushroom, cèpe powder & truffle dressing
- Asparagus ‘soldiers’ with whipped goats’ cheese

Coffee & tea

**Add a Dessert**
- Crème brûlée
- Seasonal fruit salad
- Eton mess
- Mini macaroons
Three Course Conference Lunch

Hot fork seated lunch served buffet style in the restaurant.

**Starter**
Homemade soup of the day served with mixed bread roll or
A selection of cold plated starters

**Main course**

- **Meat**
  - Grilled spicy chicken, fresh limes, roasted baby shallots
  - Braised belly of pork, caramelized apple and green peppercorn sauce
  - Lancashire Hotpot

- **Fish**
  - Baked hake with cheddar and parsley crust, Tomato Provençale salsa
  - Pan fried fillets of pollack with a caper and parsley nut brown butter

- **Vegetarian**
  - Roasted vegetable lasagna
  - Pea risotto with mint pesto and garlic oil
  - Red pepper mac and cheese

**Side orders**

- Braised baby potatoes, lemon, garlic and parsley
- Roasted seasonal vegetables, chives
- Slow roasted cherry tomatoes
- Potato salad with red onion and whole grain mustard mayonnaise
- Plum tomatoes, basil, black olive and sea salt croutons
- Watercress, rocket & feta with honey mustard vinaigrette salad
- Citrus carrot, red cabbage slaw, ginger, edamame & black sesame
- Couscous with apricot, mint & tomato
- Orzo pasta with sun blushed tomatoes, basil and pine nuts

**Dessert**

- Profiteroles with warm chocolate sauce, Winter fruit “Eton mess”
- Citrus tart with seasonal berries, Fresh fruit bowl

Coffee, tea & bottled water
Appetisers

Appetisers
Please select 5 items

- Chef’s selection of seasonal crudité & black & green olives with dips (V)
  
  - Vegetables crisps & lightly seasoned potato crisps (V)
    
    - Homemade cheese twist straws (V)
      
      please select one of the following flavours
      cheddar & mustard
      basil & tomato
      paprika & herb
  
- Mini vegetable spring rolls & samosas with sweet chilli dip & raita (V)
  
  - Falafel bites with mango chutney (V)
    
    - Nuts (V)
      
      please select one of the following flavours
      cashew & five spice
      almond & chilli spice
  
- Pretzels & breadsticks & dips (V)
  
  - Savoury Popcorn (V)
    
    please select one of the following flavours
    salt & vinegar
    cheese
    butter
    sea spice
    beetroot dust
    tandoori spice
Canapé Menu

Please select six items from the list below.
Minimum number: 30 delegates

Savoury
Smoked salmon, cucumber, cream cheese & dill
Duck & orange parfait on toasted croute
Minted honey chipolata sausages
Parma ham & mozzarella bites
Roquefort & peach bruschetta (v)
Beetroot & garlic mushroom blinis (v)
Cheese & chive puffs
Chilli & lime potato cakes (v)
Smoked salmon roulade
Goats’ cheese & red onion marmalade tartlets (v)

Sweet
Mini lemon cheesecakes
Mini Eton mess
Chocolate torte bites
Fine Dining

Please select one dish only from each course to be served to your entire party. Special requests can be catered for if sufficient notice is given. Minimum number: 20 delegates

To Start
Home tea smoked breast of duck with beetroot puree, black figs & blue cheese
Pigeon and red cabbage “pithiver” with Truffle celeriac puree
Pea pannacotta with peas, pea shoots and air dried cured ham
Smoked trout mousse with oak smoked salmon, egg & cucumber
Terrine of fish scented with lemon, dill mayonnaise and fennel salad
Creamed celeriac soup with blue cheese parfait and truffle crostini
Fennel and goats cheese “tart tatin” with fig and walnut tapenade
Scotch quails egg with smoked haddock kedgeree and spiced cauliflower puree

Cleanse the palate
Selection of sorbets to choose at supplement cost of £2.00 + vat

Gin & lemon
Kir Royale
Raspberry
Champagne
**Mains**

**Meat**

Slow cooked belly of pork, with green peppercorn sauce, Layered potato and beetroot gratin and curly kale

Breast of chicken red wine sauce, button mushrooms, lardons of smoked bacon, baby onions and potatoes gently cooked in butter, croutons and winter greens

Slow-roasted rump of lamb, gratin dauphinoise with seasonal market vegetables

**Fish**

Monkfish tail wrapped in Parma ham, red wine poach salsify with tomato risotto galette and lemon butter

Seared fillet of bream, Char grilled Mediterranean vegetables pesto salsa

Fillet of salmon with watercress mousseline, creamy mash and seasonal vegetables

**Vegetarian**

Salt baked celeriac and wild mushroom risotto with rye crumble and coffee jelly

Thin tart of tomatoes and mozzarella with basil dressing and roquette salad

Warm mint buttered new potatoes
Fine Dining

Dessert Menu

Caramelised lemon tart, raspberry sorbet

Sticky toffee pudding, vanilla custard and toffee sauce

Caramelised vanilla crème brulée tart, blueberry compote

Winter fruit “Eton mess”

Cinnamon Pannacotta, Mulled wine jelly, poached plum

Shortbread star

Chocolate torte with Cointreau mascarpone cream and biscotti crumble

And cognac sabayon

Selection of local farmed cheeses, grapes, celery, chutney, crackers & biscuits £2.00 + vat supplement

To finish

Tea, coffee fruit teas & petit fours
Wine List

All prices are inclusive of vat & per 75cl bottle.

White

Michel Servin Blanc, France - 75cl
Bantry Bay Chenin Blanc, South Africa - 75cl
Malandrino Pinot Grigio, Italy - 75cl
Fathoms Sauvignon Blanc, New Zealand - 75cl
Montagny, Grand Vin de Bourgogne Buxy, France - 75cl

Red

Marques de Calado Tempranillo, Spain - 75cl
La Tierra Rocosa Merlot, Chile - 75cl
Aires Andinos Malbec, Argentina - 75cl
Five foot track Shiraz, Australia - 75cl
Torre Aldea Tinto Rioja, Spain - 75cl
Esprit de Lussac, Lussac St. Emilion, France - 75cl

Rose, Sparkling Wine & Champagne

The Blushmore Winery & Co. Zinfandel Rose, Italy - 75cl
Prosecco Corte Alta, Italy - 75cl
J de Telmont Grand Reserve Brut, France - 75cl
Laurent Perrier NV Brut, France - 75cl

Soft Drinks

Still / Sparkling Mineral Water - 1 litre
Coke/Diet Coke/Sprite/Fanta - 330ml
Fruit juice – Orange/Apple/Cranberry - 1litre