

Special Diets

Breakfast Special Diet

Fruit salad pots **£3.40**
per person

Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Yoghurt pots **£3.40**
per person

Individual pots with Greek yoghurt & fresh seasonal fruit [V] [NG] MIL

Gluten Free Roll **£6.95**
per person

Free range egg mayo & cress (3 rolls per portion) [V] [NG] EGG, MIL

Dairy free yoghurt pot **£4.75**
per person

Individual pot with soya yoghurt and fresh seasonal fruit [V] [NG] [VG] [DF] SOY

Gluten Free Muffin **£3.80**
per person

Sandwich Buffet Special Diet

Gluten free sandwich menu 2 **£9.10**
per person

Selection of gluten free sandwiches (2 rounds) Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG

Fruit salad pots Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Vegan sandwich menu 4 **£7.90**
per person

Selection of vegan sandwiches (2 rounds) Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS

Vegan sandwich menu 5 **£11.00**
per person

Selection of vegan sandwiches (2 rounds) Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS

Fruit salad pots Individual pots with seasonal & tropical chopped fruits [V] [VG] [DF] [NG]

<p>Gluten free sandwich menu 1</p> <p>Selection of gluten free sandwiches (2 rounds) Served on gluten free bread [NG] MIL, EGG, SES, CRU, FIS, MUS, CEL, SUL Tyrrells Crisps Individual bags of Lightly salted crisps [V] [NG]</p>	<p>£10.10 per person</p>
<p>Gluten free salad menu 3</p> <p>Individual chicken garden salad Grilled chicken, mixed leaves, cherry tomato, peppers, cucumber, radish, carrot & a pot of Dijon dressing [NG] [DF] MUS</p>	<p>£8.85 per person</p>
<p>Gluten free sandwich</p> <p>Served on gluten free bread (2 rounds pp) [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG</p>	<p>£6.95 per person</p>
<p>Gluten Free Roll</p> <p>Served on a selection of gluten free rolls (3pp) [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG</p>	<p>£6.95 per person</p>
<h2>Finger Buffet Special Diet</h2>	
<p>Gluten free finger buffet menu 2</p> <p>Selection of gluten free sandwiches (2 rounds pp) Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, MIL, EGG, SUL Lemon & oregano chicken skewers Served with pesto mayo [NG] MIL, MUS, EGG</p>	<p>£12.25 per person</p>
<p>Gluten free finger buffet menu 3</p> <p>Selection of gluten free sandwiches (2 rounds pp) Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG Chicken tikka skewers Served with mint sauce [NG] MUS, MIL</p>	<p>£15.30 per person</p>
<p>Vegan finger buffet menu 1</p> <p>Selection of vegan sandwiches Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS</p>	<p>£10.40 per person</p>
<p>Gluten Free Vegetarian Finger Buffet Menu 4</p> <p>Selection of gluten free vegetarian sandwiches (2 rounds pp) Served on gluten free bread [NG] [V] SES, CEL, MUS, MIL, EGG</p>	<p>£12.15 per person</p>

Vegetarian Dairy Free Finger Buffet Menu 5

£10.50
per person

Selection of vegetarian sandwiches (DAIRY FREE) Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [DF] GLU (WHEAT), SES, CEL, MUS **Vegetable spring rolls** Served with soy, spring onion & chilli dip (2 pp) [V] [DF] GLU (WHEAT), SOY, SES, CEL **Grilled vegetable skewers** Served with balsamic dip [V] [VG] [NG] [DF] **Fruit salad pots** Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Gluten Free and Dairy Free Menu 6

£13.60
per person

Selection of sandwiches (2 rounds pp) (DAIRY FREE/GLUTEN FREE) Selection of Selection of gluten free/dairy free sandwiches on a selection of breads [NG] [DF] CRU, SES, CEL, FIS, MUS

Working Lunch Special Diet

Gluten free working lunch menu 1

£10.25
per person

Individual Greek salad Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] MIL **Lemon & oregano chicken skewers** Served with pesto mayo [NG] MIL, MUS, EGG **Antipasti skewers** Mozzarella, grilled artichoke, rocket & sun blushed tomato with pesto [V] [NG] MIL **Fruit skewers** Served with passion fruit crème fraîche (2 pp) [V] [NG] MIL

Gluten free working lunch menu 4

£15.60
per person

Selection of gluten free sandwiches (2 rounds) Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG **Individual Greek salad** Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] MIL **Fruit salad pots** Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Vegan working lunch menu 2

£12.00
per person

Selection of vegan sandwiches Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS **Individual crudités platter** Freshly cut vegetables & grilled pitta bread with hummus [V] [VG] [DF] WHE, SES **Fruit salad pots** Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Vegan working lunch menu 3

£13.45
per person

Selection of vegan sandwiches Selection of vegetarian/ dairy free sandwiches served on a selection of breads [V] [VG] [DF] **WHE, SES, CEL, MUS**

Vegetable spring rolls Served with soy, spring onion & chilli dip (2 pp) [V] [VG] [DF] **WHE, SES, CEL, SOY**

Individual garden salad Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] **MUS**

Fruit salad pots Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

Cold Fork Buffet Special Diet

Vegetarian Gluten Free Cold Fork Buffet Menu 1

£12.10
per person

Spanish tortilla Sautéed potatoes, caramelised onions, peas & roast peppers [V] [NG] **MIL, EGG**

Individual Greek salad Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] **MIL**

Gluten Free Cold Fork Buffet Menu 2

£14.30
per person

Lemon & rosemary chicken Marinated grilled chicken breast served mixed leaves & sauce vierge [NG] [DF]

Individual Greek salad Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] **MIL**

Vegetarian Gluten Free Cold Fork Buffet Menu 3

£12.20
per person

Roast butternut frittata Roast butternut, caramelised red onion, spinach & feta [V] [NG] **MIL, EGG**

Individual garden salad Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [NG] [DF] **MUS**

Gluten Free Vegan Cold Fork Buffet Menu 4

£12.30
per person

Stuffed aubergine Filled with a mixed vegetable wild rice salad [V] [NG] [VG] [DF]

Individual garden salad Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] **MUS**

Hot Fork Buffet Special Diet

Vegetarian Hot Fork Buffet Menu 1

£14.40
per person

Vegetable pasta bake Seasonal roast vegetables, tomato sauce & mozzarella [V] **WHE, MIL**

Individual garden salad Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] **MUS**

Gluten Free Vegetarian Hot Fork Buffet Menu 2 **£14.40**
Individual Melanzane parmigiana Beef tomato filled with grilled aubergine, caramelised red onions, mozzarella & basil [V] [NG] MIL
Individual rocket salad Cherry tomato, parmesan & a pot of balsamic dressing [V] [NG] MIL

Vegan Hot Fork Buffet Menu 3 **£14.70**
Mediterranean roast peppers Filled with roast vegetable cous cous & tomato sauce [V] [VG] [DF]GLU (WHEAT)CEL
Individual garden salad Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [DF] [NG] MUS

Gluten free and Vegan Hot fork buffet Menu 4 **£14.40**
Italian lentil & chickpea quinoa balls Served with gluten free pasta and tomato & basil sauce [VG] [DF][NG]CEL

Sweet Bites Special Diet

Gluten free amondi cookie **£2.75**
 Gluten & dairy free cookie made with ground almonds & hazelnuts and a little orange zest [V] [NG] [DF] [N] EGG, TRE (ALMONDS & HAZELNUTS)

Gluten free cranberry & pecan flapjack **£2.90**
 A fruit and seed filled snack, made with gluten free oats, bananas, dates, coconut, pumpkin seeds, raisins, dried cranberries & chia seeds [V] [NG] [DF] *made with certified gluten free oats*

Gluten free chocolate chip cookie **£2.05**
 A chewy cookie made with gluten free flour, creamcheese [V] [NG] MIL, EGG

Gluten free brownie **£2.05**
 [V] [NG] MIL EGG