



MIDDLE EIGHT  
COVENT GARDEN

## BUFFET MENU

£40.00

### SALADS

Chicken Caesar salad  
Superfood salad  
Caprese salad V  
Smoke paprika potato salad

### MAINS

Chicken cacciatore with polenta  
Roasted salmon with artichoke and braised Italian kale  
Aubergine parmigiana V  
Beef ragu

### DESSERTS

Sycamore tiramisu  
Chocolate & orange almond cake GF  
Blood orange vanilla Panna Cotta  
Selection of seasonal fruits

Please select 2 salads, 3 hot mains and 2 desserts to create your perfect buffet lunch.  
Minimum numbers 15pax.

IF YOU HAVE ANY ALLERGIES PLEASE SPEAK TO A MEMBER OF THE TEAM.





MIDDLE EIGHT  
COVENT GARDEN

## PRE THEATRE MENU

£33.00

Add a glass of house wine for £10.00

### SALADS

Mushroom Arancini rosemary, lemon aioli V

Golden calamari, lemon aioli

Chicken Caesar salad

### MAINS

Pan seared sea bass, samphire, caper butter, herb  
potatoes

Crisp chicken milanese, rocket salad, lemon zest,  
shaved parmesan

Wild mushroom risotto, farro grains, king oyster  
mushroom, aged parmesan V

### DESSERTS

Sycamore tiramisu

Blood orange panna cotta

Chocolate & orange almond cake PB, GF

Please select one starter, one main course and one dessert option for the group.  
Individual selections are available at a surcharge of £10.00 per person.

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MIDDLE EIGHT  
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**SANDWICH LUNCH**  
£35.00

**SALADS**

Chicken Caesar salad  
Superfood salad  
Caprese salad V  
Smoke paprika potato salad

**SANDWICHES**

Club sandwich  
Salmon & avocado sandwich  
Ham, cheese and truffle aioli sandwich  
Aubergine, tomato and whipped ricotta sandwich (veg)

**DESSERTS**

Sycamore tiramisu  
Chocolate & orange almond cake GF  
Blood orange vanilla Panna Cotta  
Selection of seasonal fruits

Please select 2 salads, 3 sandwiches and 2 desserts to create your perfect sandwich lunch.  
Minimum numbers 10pax.

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MIDDLE EIGHT  
COVENT GARDEN

**BANQUETING MENU**  
£60.00

**STARTERS**

Slow braised rosemary pulled pork, tenderstem broccoli,  
crispy polenta  
Tuna, watermelon tartare with feta and olives  
Miso-glazed aubergine, Asian slaw, sesame, chilli V

**MAINS**

Flat iron Steak with chimichurri, smoked salt fries  
Roasted salmon, braised kale with chickpea, tzatziki sauce  
Truffle wild mushroom risotto V

**DESSERTS**

Sycamore tiramisu  
Burnt basque cheesecake  
Strawberry Eton Mess

Please select one starter, one main course and one dessert option for the group.  
Individual selections are available at a surcharge of £15.00 per person.

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# MIDDLE EIGHT

COVENT GARDEN

## CANAPES

£4.50

Tuna, watermelon and feta cones  
Seasonal arancini V  
Miso aubergine PB  
Chicken satay skewer  
Mac & cheese bites V  
Mini cheese burger  
Kind prawn skewer  
Tomato bruschetta PB

## BOWL FOOD

£6.50

Mushroom forrotto V  
Pulled pork with polenta  
Fava bean puree with grilled king prawns  
Chicken Caesar salad

## DESSERTS

£4.50

Sycamore tiramisu V  
Blood orange Panna Cotta V  
Chocolate brownie with vanilla ice cream V  
Eton Mess V

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