# Conference Food Menu

AT TEWINBURY



#### Breakfast

Croissants (G, E, D)

#### Upgrade your breakfast

Open bagels, lemon cream cheese & smoked salmon Focaccia toast, avocado, soft boiled egg & black pepper Bacon brioche roll

## Mid Morning Snack

Oatmeal, cranberry & stem ginger cookies (G, D)

## Working Lunch

Soup

Wild mushroom & truffle oil Served with bread from our bakery (G)

## Main Dish

Roasted aubergine, tomato ragout & tahini (Sesame)

Salad

Tabouleh salad, local rapeseed oil (G)

## Side Dish

Tumeric hummus with flatbreads & pomegranate (Sesame, G)

#### Dessert

Gluten free rhubarb & strawberry cheesecake (D)

# Afternoon 'Pick Me Up'



#### Breakfast

Maple & pecan twists (G, E, D, N)

#### Upgrade your breakfast

Open bagels, lemon cream cheese & smoked salmon Focaccia toast, avocado, soft boiled egg & black pepper Bacon brioche roll

#### Mid Morning Snack

Double choc chip cookies (G, D)

## Working Lunch

Soup

Pea & mint Served with bread from our bakery (G)

#### Main Dish

King oyster mushroom & canelinii bean bake (D)

#### Salad

Ceasar salad, soft boiled egg, citrus rosted chicken (D, E, M)

#### Side Dish

Baked new potatoes with olive oil, rosemary & sea salt

#### Dessert

Gluten free light chocolate & orange truffle

# Afternoon 'Pick Me Up'

## Wednesday

#### Breakfast

Pain au raisin (G, E, D)

#### Upgrade your breakfast

Open bagels, lemon cream cheese & smoked salmon Focaccia toast, avocado, soft boiled egg & black pepper Bacon brioche roll

## Mid Morning Snack

Tewinbury apple granola bar (G)

## Working Lunch

Soup

Roast tomato & Tewinbury thyme Served with bread from our bakery (G)

## Main Dish

Cumin roast squash with ratatouille & basil

Salad

Nocoise Salad with roasted salmon & rocket (F, E)

## Side Dish

Roasted courgettes, pickled red onion & buffalo mozzerella (D)

#### Dessert

Vegan Carrot cake (G)

# Afternoon 'Pick Me Up'

# Thursday

## Breakfast

Pain au chocolate (G, E, D)

#### Upgrade your breakfast

Open bagels, lemon cream cheese & smoked salmon Focaccia toast, avocado, soft boiled egg & black pepper Bacon brioche roll

## Mid Morning Snack

Pumpkin & chocolate tray bakes (D, E, G)

## Working Lunch

Soup

Sweetcorn & sage Served with bread from our bakery (G)

## Main Dish

Courgette, ricotta, spinach & chickpea mousakka (D)

#### Salad

Greek salad with green olives & slow cooked lamb shoulder (D)

#### Side Dish

Cous cous, roasted peppers , zesty herb salsa (G)

#### Dessert

Coconut & ginger mousse (gluten free & vegan)

# Afternoon 'Pick Me Up'



#### Breakfast

Cinnamon & date buns (G, E, D)

#### Upgrade your breakfast

Open bagels, lemon cream cheese & smoked salmon Focaccia toast, avocado, soft boiled egg & black pepper Bacon brioche roll

#### Mid Morning Snack

Maple & hazelnut cookies (G, D, N)

## Working Lunch

Soup

Cauliflower with curry spices & coconut oil Served with bread from our bakery (G)

#### Main Dish

Sweet potato, portobello mushroom & spinach fritata (E)

#### Salad

Greek salad with green olives & slow cooked lamb shoulder (D)

#### Side Dish

Asian salad, seared beef, soy & lime dressing (Soy, Sesame)

#### Dessert

Gluten free chocolate & caramel slice (D)

## Afternoon 'Pick Me Up'