

## Classic Fork Buffet

Category	Item	Ingredients	ALLERGENS
Classic Fork Buffet	Oven poached salmon with prawns in a sour cream & cucumber dressing	Salmon, prawns, salt, black peper, sour cream, cucumber	fish, crustacean, milk,
	Hand carved ham with whole grain mustard platter served with accompanying sauces & garnish	Pork,water, salt, modified starch, dried glucose syrup, dextrose, sodium triphosphate(E415), stabilisers(E407,E415),flavour enhancer(E621), antioxidantE301, flavouring, honey, preservativeE250, mustard, acetic acid	egg, mustard,
	Chargrilled Italian style chicken breast pieces	Chicken breast,lemon juice, olive oil, crushed garlic, oregano and parsley	
	Roasted Mediterranean vegetables served with classic tomato & creamy mozzarella	Red Onion, Mixed Bell Peppers, Courgette, Cherry Tomatoes, Durum Wheat Semolina, tomatoes, onion, basil , tomato puree, garlic, sugar, water, nutmeg, black pepper, milk.	gluten, milk
	Mixed chef's crunchy vegetable salad of seasonal leaves, cherry tomatoes, sweetcorn & raw peppers	Tomatoes, cucumbers, spinach, iceberg lettuce, sweetcorn, peppers.	
	New potato salad & spring onion salad with a light mayo dressing	Baby potatoes, eggs, spring onion, plum tomato, garlic, mustard, lemon juice( Potassium metabisulphite), chives, salt, black pepper, rapeseed oil, water, spirit vinegar, sugar, salt, turmeric, xanthan gum,acetic acid, potassium sorbate, lutein	egg, mustard, sulphites
	Rustic breads & butter	WHEAT Flour (WHEAT Flour, WHEAT GLUTEN, Malted WHEAT Flour, Flour Treatment Agent (E300)), Water, Starter dough (WHEAT flour, Water, Salt, Yeast, WHEAT GLUTEN, Malted WHEAT Flour), milk	gluten, milk
	Home made profiteroles served with a rich chocolate sauce (2 profiterole per person)	Eggs, flour, butter, sugar, fresh cream , milk, sugar, vegetable fat, cocoa powder, whey powder, soy lecithin, natural vanilla flavour	gluten, milk, eggs, soya
	A selection of fresh fruit skewers (1 per person)	Melon, cantaloupe, pineapple, kiwi, strawberries, grapes	
	Roasted stuffed chicken breasts, sliced & served with mixed leaves	Chicken breast, dried oregano, Parmesan cheese, walnuts, ricotta cheese, bread crumbs, vegetable oil, spinach, lettuce, rocket	gluten , milk
	Grilled salmon fillets topped with a creamy pesto crust	Salmon, sunflower oil, basil, cashew nuts, palm oil, cheese, salt garlic, ascorbic acid	fish, nuts, milk
	Home made Italian style spinach & Parmesan frittata	Eggs, milk, parmesan, onion, garlic, tomatoes, spinach, goats cheeese, salt, pepper	eggs, milk,
	Italian fine green bean salad	green beans, olive oil,red wine vinegar, garlic, oregano, red chili , parsley,salt,	
	Italian tomato & fresh mozzarella salad with fresh oregano & grilled bread	Mozzarella,rocket, olives, capers, olive oil, vinegar, caster sugar, oregano, garlic, Wheat Flour, Water, Salt, Sugar, (Bread Improver - Carrier E170, Emulsifier E472e, Full Fat Soya Flour, Vegetable Oil, Flour Treatment Agent E300, Enzyme Preparation), (Breadfat; Water, Vegetable Oils(Palm, Rapeseed), Salt, Emulsifier E471, Citric Acid E330), Yeast, Mixed Herbs( Basil, Oregano, Parsley, Marjoram, Sage, Thyme), Sliced Black Olive	milk, gluten, soya,
	New potato salad, dressed with a lemon & olive oil vinaigrette	Baby potatoes, eggs, spring onion, plum tomato, garlic, mustard, lemon juice( Potassium metabisulphite), chives, salt, black pepper,	eggs, mustard
	Crusty baguettes served with butter	White Wheat Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Malt Wheat Flour, butter,	gluten, milk
	Home made Tiramisu	Wheat Flour, Sugar, Pasteurised Free Range Egg , Ammonium Hydrogen Carbonate, Sodium Hydrogen Carbonate, egg yolks, mascarpone, cocoa, coffee	gluten, eggs, milk,
	Home cooked real salt beef platter served with original horseradish & gherkins	Beef, salt, water, Spirit vinegar, horseradish, turnip, rapeseed oil, water, glucose fructose syrup, sugar, flavourings, salt, egg yolk powder, thickener (xanthan gum), mustard flour, (sodium METABISULPHITE), gherkins, water, spirit vinegar, sugar, salt,dill, mustard seed, Calcium Chloride, Dill Extract	sulphites, eggs, mustard,
	Delicious chicken breast escalope coated in fresh breadcrumbs, lemon & black pepper	Chicken breast, vegetable oil, wheat flour, modified starch, salt , sugar, E450, E500, E341, Whey powder, rice flour,spices, lemon, salt, pepper, garlic powder, onion powder.	gluten , milk,
	Roasted aubergines and toasted ciabatta salad served with rocket & balsamic dressing	Aubergines, baby spinach, black pepper, onions, parmesan, vegetable oil, vinegar, parsley, garlic, salt pepper, basil, honey,White Wheat Flour, Water, Yeast, Extra Virgin Olive Oil, Salt, Malt Wheat Flour	gluten,
	Tabbouleh salad of bulgur wheat & fresh mixed herbs	WHEAT Flour, Water, Palm Oil, Glucose, Salt, Raising Agents: E450, E500, Emulsifier: E471, Flour Treatment Agent: E920, [Cooked Bulgur WHEAT, Cucumber, Red Onion, Tomatoes, Lemon Juice(SULPHITES), Rapeseed Oil, Parsley, Extra Virgin Olive Oil, Salt, Granulated Sugar, Garlic Puree, Cornflour, Paprika Powder, Smoked Paprika, Black Pepper], [Rapeseed Oil, Yoghurt (MILK) , Water, Thickener (Modified Starch), Sugar, Pasteurised EGG Yolk, Spirit Vinegar (SULPHITES), Acidity Regulator (Acetic Acid), Salt , Mint , Stabilisers (Xanthan Gum), Guar Gum), Preservative (Potassium Sorbate, Sodium Benzoate), Flavouring, Colours (beta Carotene, Copper Chlorophyll)], Chickpeas , Onion, WHEAT Flour, Sugar, Cumin, Coriander, Parsley, Black Pepper, Raising Agent Sodium Bicarbonate, Water, Rusk WHEAT Flour,Salt, Parsley, Rapeseed Oil,Kibbled Oil,Rice Starch,Corinder,Garlic Puree,Baby Spinach, Coarse Ground Black Pepper	gluten, sulphites, eggs, milk,
	Lentil salad with fresh lemon & olive oil dressing & crumbled feta cheese	Lentil, scalions, mint, rocket, salt, pepper, vegetable broth, lemon, olive oil, feta cheese	milk
	Classic seasonal mixed leaf salad with cucumber & grated carrots	Iceberg lettuce, baby spinach, rocket, cucumber, carrots, lemon juice , potassium metabisulphite,	sulphites,
	Pitta bread served with houmous, & marinated chillis	Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin], Water, Yeast, Spirit Vinegar, Salt, Preservative (Calcium Propionate), Wheat Starch, chickpeas, rapeseed oil, water, salt, garlic granules, lemon juice, sesame seeds, E202, E111, chilli, citric acid.	glutensesame
	A platter of sliced melon & fresh pineapple	melon, pineapple	
	Home made baked cheesecake Pots	skimmed milk, cream, salt, tapioca starch, sugar, butter, (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oil (Palm), Wholemeal Wheat Flour, Sugar, Partially Inverted Sugar Syrup, Raising Agents (Sodium Bicarbonate, Malic Acid, Ammonium Bicarbonate), Salt, vanilla flavour	gluten, milk, eggs, soya

**Classic Fork Buffet**

Category	Item	Ingredients	ALLERGENS
	<b>Rare Roasted British Beef served with Horseradish Crème Fraiche &amp; Watercress</b>	Beef, salt, water, salt, pepper, Spirit vinegar, horseradish, turnip, rapeseed oil, water, glucose fructose syrup, sugar, flavourings, salt, egg yolk powder, thickener (xanthan gum), mustard flour, (sodium METABISULPHITE), milk, watercress	milk, sulphites
	<b>Roasted Salmon with Lemon &amp; Dill Mayo</b>	Salmon, dill, lemon, rapeseed oil, water, spirit vinegar, eggs, sugar, salt, mustard, turmeric, xanthan gum, acetic acid, potassium sorbate, lutein	fish, mustard, egg
	<b>Roasted Peppers stuffed with herby Brown Mushroom Rice</b>	Red peppers, green peppers, brown rice, mushrooms, marjoram thyme, parsley, basil, savory,	
	<b>Vine Tomato, fresh Mozzarella &amp; Basil Salad</b>	tomatoes, mozzarella, basil, olive oil,	milk
	<b>Grilled Aubergines with Balsamic Dressing</b>	Aubergines, salt, pepper, vegetable oil, balsamic vinegar	
	<b>Potato Salad with Lemon Dressing</b>	Baby potatoes, salt , pepper, vegetable oil, lemon juice, parsley,	
	<b>Rustic Breads &amp; Butter</b>	WHEAT Flour (WHEAT Flour, WHEAT GLUTEN, Malted WHEAT Flour, Flour Treatment Agent (E300)), Water, Starter dough (WHEAT flour, Water, Salt, Yeast, WHEAT GLUTEN, Malted WHEAT Flour), Salt, Yeast, Emulsifier (E471), Flour Treatment Agent (E300), butter	gluten, milk
	<b>Fresh Fruit Skewers</b>	Melon, cantaloupe, pineapple, kiwi, strawberries, grapes	
	<b>Individual English Apple Tarts served with Clotted Cream</b>	Apple, water, apple puree, sugar, apple juice, maize starch, citric acid, potassium sorbate, wheat flour, butter, wheat starch, cocoa butter, sugar, isomalt, salt, barley malt, wheat fibres, milk powder, soya flour, soya lecithin, milk	gluten, milk, eggs, soya