

# Conferencing & Events Menu Selector

Good-quality refreshments served by a friendly team are a fundamental part of your event experience. We've put together varied options to complement your content and delight your delegates – everything from simple morning coffee to fine dining.

## Good to know...

- We are proud to hold many accreditations which recognise the ethical, sustainable and healthy options we include in our menus. Where possible, we source local, seasonal produce.
- We cater for 20% vegetarian on all menu selections, unless otherwise advised, and can happily provide additional options to accommodate specific dietary requirements or intolerances, if notified a week in advance.
- All of our food is prepared in a kitchen where nuts, gluten and other allergens are present. Our menus do not include all ingredients, but full allergen information is available on request.
- We are always happy to create a bespoke menu to suit your budget or event - just speak to your Event Manager about your requirements.
- All prices are per person and exclude VAT at the current rate, unless otherwise indicated.
- Individual menu items will vary according to season, but prices remain valid throughout the year, from 1 January – 31 December 2019.



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# Breakfast and Refreshments

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Set your guests up for the day ahead and re-fuel them between sessions...

## Breakfast

Fresh morning rolls with a selection of hot fillings, served with freshly-brewed Fairtrade Tea & Coffee with organic milk \_\_\_\_\_ £4.55

Choose from...

*Smoked Ayrshire Bacon*

*Scottish Beef Lorne Sausage*

*Free Range Scrambled Egg v*

*Potato Scone (vegan)*

Toasted, buttered pancakes, served with maple syrup and bacon lardons (v available) \_\_\_\_\_ £3.10

Overnight oats, served with fresh berries and natural yoghurt \_\_\_\_\_ £3.10

Granola pots, served with natural yoghurt and seasonal fruit \_\_\_\_\_ £2.05

Pastries \_\_\_\_\_ £1.80

Choose from...

All-butter Croissant

Apricot-filled Croissant (vegan)

Dark Chocolate Croissant

Mixed mini Danish

Seasonal fresh fruit platter (serves 5) \_\_\_\_\_ £13.85

Fresh fruit bowl (10 pieces) \_\_\_\_\_ £9.70

## Beverages

Freshly-brewed Fairtrade tea & coffee with organic milk \_\_\_\_\_ £2.25

Fruit smoothies \_\_\_\_\_ £2.85

Milkshakes \_\_\_\_\_ £2.85

Freshly-squeezed orange juice (per litre) \_\_\_\_\_ £3.80

Cloudy apple juice (per litre) \_\_\_\_\_ £3.80

Sparkling elderflower pressé (per 750ml) \_\_\_\_\_ £3.80

Nourish still / sparkling water (per 750ml) \_\_\_\_\_ £1.80

## Sweet treats

Tunnock's chocolate biscuit selection \_\_\_\_\_ £1.05

Assorted biscuits \_\_\_\_\_ £0.80

Home-made shortbread selection \_\_\_\_\_ £1.10

Selection of cakes and bakes (vegan selection available) \_\_\_\_\_ £1.80

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# Finger Buffets

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**Choose from a range of tasty hot, cold and sweet options: ideal for lunch or a light supper.**

Fillings for our delicious, freshly-prepared sandwiches vary according to season and availability of ingredients, and always include vegetarian options..

**5 items** £13.75

**6 items** £15.50

**7 items** £17.20

## Cold

Chef's selection of freshly-made speciality sandwiches

Hot smoked salmon pate on toast

Tandoori-marinated boneless chicken wings with raita

Open rye: pastrami, pickle and Swiss cheese  
or avocado, pickle and cheddar (vegan)

Mini Greek salad of feta, cucumber, tomato, olive and oregano (v) (vegan option available)

Mixed bean and avocado taco spiced tomato salsa (vegan)

Pesto marinated chicken salad

Crayfish and mango salsa taco

## Hot

Asian tasting selection, sweet chilli and coriander dip (vegan)

Roast squash, red pepper and goats cheese casserole (v) (vegan option available)

Venison sausage roll, chipotle and tomato chutney

Focaccia melt: basil and parma ham  
or sun blushed tomato and basil (v)

Scottish cheddar and sun blushed tomato quiche (v)

Haggis gratin (v option available)

Moroccan spiced sweet potato wedges (vegan)

Persian lamb kofta with tzatziki

Mediterranean vegetable pizza (vegan)

Orzo pasta and cheddar tartlet (v)

## Chef's Selection of Desserts

Mini cheesecake selection

Raspberry parfait

Chocolate and Seville orange cake

Bakewell tart

Vegan sweet treat of the day

Fresh fruit platter

## Beverages

Freshly-brewed Fairtrade tea & coffee with organic milk \_\_\_\_\_ £2.25

Fruit smoothies \_\_\_\_\_ £2.85

Milkshakes \_\_\_\_\_ £2.85

Freshly-squeezed orange juice (per litre) \_\_\_\_\_ £3.80

Cloudy apple juice (per litre) \_\_\_\_\_ £3.80

Sparkling elderflower pressé (per 750ml) \_\_\_\_\_ £3.80

Nourish still / sparkling water (per 750ml) \_\_\_\_\_ £1.80

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# Dietary Requirements

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**Tell us in advance about delegates who've indicated specific dietary requirements that aren't catered for by your main menu selections, and we will make up separate plates for them.**

Confirm requirements with your Event Manager a week in advance, and delegates just have to make themselves known to staff on the day.

## **Vegan:**

Selection of filled wraps

Asian tasting selection with sweet chilli sauce

Focaccia melt (with [vegan mozzarella](#))

Selection of vegan salads

Vegan cake of the day

## **\* Gluten-free:**

Selection of filled rolls or wraps

Gluten-free quiche (meat or [vegetarian](#))

Selection of gluten-free salads

Tandoori-marinated boneless chicken wings with raita (meat option)

Mixed bean and avocado taco spiced tomato salsa ([vegetarian](#))

Gluten-free cake of the day

## **\* Dairy-free:**

Selection of filled rolls or wraps

Asian tasting selection with sweet chilli sauce

Soft shell taco (meat/fish or [vegetarian](#))

Selection of dairy-free salads

Dairy-free cake of the day

\* When ordering gluten-free or dairy-free meals, please specify whether you'd like them to be meat/fish-based or [vegetarian](#).

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# Tapas Selection

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Our tapas-style options offer something a little more unusual at lunchtime, and are perfect for pre-dinner drinks or evening receptions of 30-150 guests.

**We recommend a minimum of three tapas per guest**

**3 items** £11.00

**4 items** £14.45

**5 items** £17.85

Chorizo and black pudding casserole  
Pork cheek, lentil and vegetable stew, pork cracklin'  
Chicken in a salt and pepper crust, spring onion, chilli, peppers  
Sauté beef strips, peppercorn sauce

Hot smoked salmon Niçoise  
Scallop gratin  
Tempura haddock, pea puree, crisp potato wafers  
Crisp soft shell crab, sweetcorn, confit tomatoes

Asian style mango and daikon salad, coriander, pickled beansprouts (vegan)  
Roast tandoori cauliflower florets, wilted spinach, cashew nuts (vegan)  
Sweet potato, roasted corn, chick pea puree (vegan)  
Roast paprika jack fruit and pepper stew (vegan)  
Three potato gratin, flavoured with thyme (v)

## Dessert Selection

Mini cheesecake selection  
Raspberry parfait  
Chocolate and Seville orange cake  
Bakewell tart  
Vegan sweet treat of the day

## Beverages

Freshly-brewed Fairtrade tea & coffee with organic milk	£2.25
Fruit smoothies	£2.85
Milkshakes	£2.85
Freshly-squeezed orange juice (per litre)	£3.80
Cloudy apple juice (per litre)	£3.80
Sparkling elderflower pressé (per 750ml)	£3.80
Nourish still / sparkling water (per 750ml)	£1.80

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# Working Lunches

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A selection of popular buffet items which can be served in meeting rooms at a specific time, cleared away within 60 minutes or on request. Ideal for meetings of up to 40 delegates.

Sandwich fillings vary according to season and availability of ingredients, and always include vegetarian options.

## **Menu A** - £10.75 per person

Chef's selection of freshly-made speciality sandwiches  
Tandoori marinated boneless chicken wings with raita  
Sun-blushed tomato and cheddar quiche (v)  
Fresh fruit platter

## **Menu B** - £14.35 per person

Chef's selection of freshly-made speciality sandwiches  
Chef's homemade soup of the day (v)  
Mini Greek salad of feta, cucumber, tomato, olive and oregano (v) (vegan option available)  
Selection of mini desserts  
Fresh fruit platter

## **Beverages**

Freshly-brewed Fairtrade tea & coffee with organic milk	£2.25
Fruit smoothies	£2.85
Milkshakes	£2.85
Freshly-squeezed orange juice (per litre)	£3.80
Cloudy apple juice (per litre)	£3.80
Sparkling elderflower pressé (per 750ml)	£3.80
Nourish still / sparkling water (per 750ml)	£1.80

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# Fork Buffets

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A hearty, substantial option for lunch or dinner. Keep it simple with our classic buffet, or customise your menu from a wider selection of our chefs' delicious dishes.

## **Classic buffet** - £20.00

Choose one hot dish plus a vegetarian option; three salad selections; and one dessert.

### **Hot**

Haggis-crumbed macaroni cheese  
South Indian garlic chilli chicken, coriander rice  
Classic beef bourguignon, thyme roast potatoes  
Shepherd's pie, garlic roasted greens

### **Vegetarian options**

Thai sweet potato curry, scented rice (vegan)  
Vegetarian haggis-crumbed macaroni cheese (v)  
Roast butternut squash crumble, spinach cream (v) (vegan option available)  
Wild mushroom and leek gnocchi, rosemary velouté (v)

### **Cold**

Roast beef and green bean platter with sweet chilli and soy sauce  
Smoked mackerel and fennel textures  
Coronation chicken with apricots and raisins  
Salad Caprese (v)

### **Salads**

Lemon and parsley coleslaw  
Plum tomato, red onion and balsamic  
New potato and spring onion  
Rocket and parmesan  
Carrot and sesame

### **Sweet Treats**

Fresh fruit platter  
Tiramisù  
Toasted marshmallow and chocolate brownie cake  
Dark chocolate gateau  
Pineapple and coconut cheesecake

### **Charcuterie Board**

A selection of smoked and cured meats, marinated olives and roast vegetables – for £7.45 per person

Add a hot dish	£10.85	Add a vegetarian dish	£8.95
Add a cold dish	£5.90	Add a salad	£2.20
Add a dessert	£5.85	Add tea & coffee	£2.25

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# Canapés

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Bite-sized delights, served to guests by our hospitality staff – perfect for drinks receptions.  
**£2.20 per canapé – please choose at least three.**

## Hot

Haggis neeps and tatties in a filo basket (v and vegan available)  
Mini sausage supper, spiced tomato ketchup  
Tempura king prawns in a Vietnamese dressing  
Scallop, black pudding and pulled pork  
Confit cherry tomato with a balsamic reduction (vegan)

## Cold

Roast beef and celeriac remoulade  
Smoked salmon and crème fraiche blini  
Sun-blushed tomato and parmesan tart (v)  
Bruschetta with wild mushroom ketchup (vegan)  
Chicken braemar, turnip chutney  
Beetroot, goat cheese and nut-free pesto (v)

## Sweet

Mini doughnut selection  
Fruit filled cone

## Snack Selection

Served in large bowls, enough for 10 guests each – ideal for an informal reception.

Mackie's crisps	£7.00
Mixed marinated olives	£9.00
Roasted and salted cashew nuts	£10.50



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# Banqueting Menus

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A selection of skilfully prepared and beautifully presented dishes for formal occasions - simply select **one** main, plus **one** starter and/or **one** dessert, with vegetarian alternatives.

**Two Courses    £30.50**

**Three Courses    £36.50**

## Starters

Wild mushroom & spinach pithivier, truffle, rocket, manchego (v)  
Gin cured Scottish salmon, crab, avocado, caper, chive and shallot dressing  
Tian of haggis, neeps and tatties, haggis bon bon, pearl barley sauce (v and vegan available)  
Ballotine of chicken, chicken liver, prunes, grissini  
White onion and rosemary soup (v)  
Roast tomato and cannellini bean soup (vegan)  
Tarragon-flavoured watermelon, whipped goats cheese, basil (v)

## Main courses

Garlic & sage marinated pork fillet, cider glazed fondant, creamed cabbage, calvados jus  
Oven roasted breast of chicken, thyme flavoured gnocchi, braised leeks, chicken jus  
Citrus-basted salmon fillet, parmentier potatoes, wilted spinach, carrot puree  
Seared fillets of sea bass, textures of cauliflower, spiced velouté, golden raisins  
Roast fillet of Scotch Beef, green beans, beef boulangère potatoes, peppercorn sauc

## Vegetarian Options v

Roast baby aubergine, dauphinoise potato, confit shallots, mushroom and Madeira jus (v)  
Chargrilled zucchini, textures of cauliflower, spiced velouté, golden raisins (v)  
Potato & pearl barley risotto, wilted spinach, carrot crisps (v)

## Desserts

Seasonal fruit posset, poached fruits, flavoured shortbread  
Sticky toffee pudding, toffee sauce, vanilla ice cream  
Apple tarte Tatin, apple sorbet, apple Anglaise Honeycomb cheesecake, salted caramel  
Eton mess, Straciatella ice cream  
Dark chocolate and orange tart, orange marmalade, whipped mascarpone

*All served with freshly-brewed Fairtrade coffee, tea & mints*

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# Wines

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## White

Sospino Bianco, Italy _____	£14.70
Granfort Sauvignon Blanc, Pays d'Oc _____	£16.50
Kleine Zalze Cellar Selection Chenin Blanc Fairtrade, Coastal Region _____	£16.50
Waipara Hills Sauvignon Blanc, Marlborough _____	£20.50

## Red

Sospino Rosso, Italy _____	£14.70
Kleine Zalze Cellar Selection Pinotage Fairtrade, Coastal Region _____	£16.50
Cape Granfort Merlot, Pays d'Oc _____	£16.50
Marqués de Moreno Rioja Reserva _____	£23.50

## Sparkling

Dimora Prosecco _____	£23.50
Piper Heidsieck Brut _____	P.O.A.

Selection of Bottled Beers _____	£4.00
Selection of Ciders _____	£4.50

*All prices are per bottle*

## Non-alcoholic Beverages

Freshly-brewed Fairtrade Tea and Coffee with organic milk _____	£2.25
Freshly-squeezed orange juice (per litre) _____	£3.80
Cloudy apple juice (per litre) _____	£3.80
Sparkling elderflower pressé (per 750ml bottle) _____	£3.80
Still/sparkling mineral water (per 750ml bottle) _____	£1.80

## Corkage

*If you are looking to supply your own alcoholic beverages, or have been gifted drinks for your event, Nourish Hospitality will take receipt of your drinks, store and chill them as appropriate and provide the glassware and service staff to ensure your event runs smoothly.*

*Our corkage charges are:*

Table wine _____	£12 per 750ml bottle
Sparkling wine/champagne _____	£16 per 750ml bottle
Spirits _____	£28 per 70cl bottle
Beer/cider _____	£2.50 per 330ml bottle



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