



INTRODUCTION



## THE CONTINENTAL BREAKFAST

Freshly squeezed orange juice	£25.00
Pear and apple juice	
Strawberry & vanilla yoghurt shots with granola	
Fresh fruits	
All butter croissants	
Freshly baked Danish pastries	
Blueberry & raspberry muffins	
Butter, jams & marmalade	
Tea & coffee	

## THE FULL ENGLISH BREAKFAST

Freshly squeezed orange juice & grapefruit juice	£30.00
Granola shots with Greek yoghurt & fruit glaze	
Fresh fruits	
All butter croissants	
Freshly baked Danish pastries	
Selection of muffins	
Butter, jams & marmalade	
Hot items	
Scrambled hens eggs served with smoked salmon & garden chives	
Smoked streaky bacon	
Traditional English breakfast pork sausages	
Hash browns	
Sautéed field mushrooms with garden herbs	
Softened plum tomato with butter & basil	
Tea & coffee	



## THE HEALTHY BREAKFAST

Freshly squeezed tomato & celery juice	£30.00
Freshly squeezed orange juice	
Coddled egg with spinach & spring onion	
Banana smoothie shots	
Mini Greek yoghurt with wild berry and granola	
Apple bircher muesli pots	
Fresh sliced fruit	
All butter croissants freshly baked	
Riveta topped slices	
❖ Tomato jam & bocconcini	
❖ Smoked salmon & cream cheese	
❖ Fig & Parma ham	
Butter, jams & marmalade	
Tea & coffee	



FRESHLY SQUEEZED £16.00 per litre jug

Orange

Pineapple

Tropical

Apple juice

Cranberry juice

FRESHLY SQUEEZED EXOTIC JUICES £22.00 per litre jug

Fresh homemade lemonade

Passion fruit & cantaloupe

Orange & mango

Watermelon & vanilla

Tomato & carrot

## CONFERENCE BREAKS

Tea Coffee and Biscuits

£5.00

(Below options are charged at an additional £2.00pp )

All butter croissants & Freshly baked Danish pastries

Homemade smoothies

Selection of breakfast rolls

Selection of assorted mini Muffins

Homemade traditional English Scones

Individual fruit salad

Healthy Granola bars

Selection of home made Cakes

Home cooked savoury filled croissants

Traditional sugar coated doughnuts

## THEMED MEETING BREAKS

SWEET TOOTH £8.00

English sweet shop-traditional sweets of the UK  
Popcorn  
Selection of soda stream fizzy drinks

THE GELATO £10:00

Pick your own flavour of ice cream  
Dress your own gelato with a selection of toppings  
Accompanied by a selection of the classic flavoured milk  
shakes: vanilla, chocolate and strawberry

THE HEALTHY ONE £8.00

Carrot celery & cucumber crudities selection with lemon &  
coriander hummus, piquant smoked tomato salsa  
Blueberry muesli bars  
Oat cakes with natural honey  
Spiced virgin Mary shots

CHOCOHOLICS BREAK £10.00

Chocolate & caramel milkshakes  
Chocolate brownies & white chocolate blondies  
Chocolate drizzle cakes  
Chocolate & toffee coated shortbread

## DAY DELEGATE BREAKS

### ◆ MONDAY

Am	Banana Smoothie All butter croissant, pain aux chocolate Fresh fruit salad
Mid	Mini Ham and Cheese Croissant Pecan shortbreads
Afternoon	Chocolate chip Cookies Selection of dry snacks and fruit

### ◆ TUESDAY

Am	Strawberry Smoothie All butter croissant, Cinnamon swirls Diced melon and pineapple
Mid	Treacle and Apple muffins Croque Monsieur's
Afternoon	Chocolate and walnut brownies Selection of dry snacks and fruit

## DAY DELEGATE BREAKS

### WEDNESDAY

- ◆  
Am      Raspberry Smoothie  
         All butter Croissants, Mini Chocolate twists  
         Mini exotic fruit salads
- Mid      Mini breakfast Quiche  
         White chocolate and raspberry cookies
- Afternoon      Selection of mini cakes  
         Selection of dry snacks and fruit

### THURSDAY

- ◆  
Am      Blueberry Smoothie  
         All butter croissant, mini pain au raisin  
         Orange segments and raspberries
- Mid      Sausage Rolls  
         Granola bars
- Afternoon      Selection of mini cupcakes  
         Selection of dry snacks and fruit



## DAY DELEGATE BREAKS

### ◆ FRIDAY

Am	Mango Smoothie All butter croissant, strawberry lattice Fresh Fruit Salad
Mid	Blueberry crumble mini muffins Oak smoked bacon and cheese rolls
Afternoon	Selection of sliced cakes Selection of dry snacks and fruit



## WEEKLY WORKING LUNCH (DDR)

### ◆ MONDAY

Selection of open and closed sandwiches

*Salads* Butternut squash and pumpkin seed salad with fresh coriander  
Cherry tomato salad with watercress and basil oil  
Baby beetroot with orange segments and spring onion  
Succulent garden salad

Ploughman's with game terrine, pork pies and sausage rolls served with French baguettes and a selection of pickles

*Hot items* Piri piri Salmon skewers  
Mini chicken tikka with pilau rice  
Wild mushroom and tarragon tartlets

*Desserts* Raspberry syllabub, lemon delice & sliced melon



## WEEKLY WORKING LUNCH (DDR)

### ◆ TUESDAY

Selection of open and closed sandwiches

- Salads*
- Chicken Caesar salad with ciabatta crouton
  - Smoked bacon and potato salad with chives
  - ✓ Waldorf salad with sliced celeriac and apple
  - ✓ Succulent garden salad

Traditional ploughman's with a selection of charcuterie, Italian salami, coppa, mortadella crusty breads and pickles

- Hot items*
- Moroccan chicken & pepper sashliks
  - Beef bourguignon with pearl onions and button mushrooms
  - Vegetable spring rolls

- Desserts*
- Chocolate and salted caramel tart, strawberry delice
  - Mini fruit salads

### ◆ WEDNESDAY

Selection of open and closed sandwiches

- Salads*
- Sweet water melon and feta
  - Vine tomato, red onion and avocado
  - Sweet corn, pepper and spring onion
  - Mixed leaves with dressing

English country cheese ploughman's served with a selection of crusty breads and pickles

- Hot items*
- Leek and apple wood cheddar tart
  - Cottage pies
  - Lamb koftas with tzatziki

- Desserts*
- Espresso Tiramisu, Raspberry panacotta & sliced Pine apple and mint

## WEEKLY WORKING LUNCH (DDR)

### ◆ THURSDAY

Selection of open and closed sandwiches

*Salads* Couscous with carrot, sultanas and coriander  
Five bean salad with baby cress  
Kentish apple with crisp celery  
Mixed leaves with dressing

Mediterranean ploughman's with Dolmas, olives, marinated artichokes, char grilled peppers, aubergine & courgettes, humus and tabouleh along with a selection of Mediterranean breads

*Hot items* Mini spinach pakoras with raita  
Beef and red pepper kebabs with cumin rice  
Mini Chicken and mushroom pies

*Desserts* Black berry cheese cake, coffee slice & tropical fruit salad

### ◆ FRIDAY

Selection of open and closed sandwiches

*Salads* Feta, cucumber, black olive and vine tomato  
Conchiclie pasta with basil, tuna and sweet corn  
Carrot, sesame and celery  
Mixed leaf salad and dressings

Seafood ploughman: collection of assorted seafood served with crusty breads and pickles

*Hot items* Salmon and prawn fish pie with parsley mash  
Beef stroganoff with aromatic rice  
Asparagus and Cambazola arancini

*Desserts* Lemon and Lime pie, chocolate and amoretti torte & sliced fruits



## RECEPTION CANAPES

### *Cold Canapés*

*Canapés £3.00 per item (minimum of 5 items per person)*

Marinated Moroccan chicken, apricot chutney on flat bread

Smoked salmon with chive cream cheese & keta caviar on blinis

Salad Niçoise with tokahashi seared tuna

Tequila marinated chicken with roasted peppers on crostini

Smoked duck & sun-blushed tomato roll

Avocado salsa with Canadian prawns

Focaccia with smoked chicken mousse & black grapes

Quail egg with caponata served on focaccia bread

Quail egg Niçoise with olive tapenade

Mini Caesar salad cup with quail egg

Cajun spicy crab salad, avocado salsa in a pastry cup with chervil

Parma ham on ciabatta with parmesan shaving

Chargrilled asparagus with Parma ham & sun-dried tomato

### *Vegetarian Canapés*

Spiced aubergine, cream cheese, coriander, red pepper on toast

Creamed stilton cheeses red onion jam on a cheese biscuit

Tomato, tapenade, avocado cream cheese in a cucumber cup

Danish blue tartlet with green apple & chilli chutney

Mozzarella, sun-blushed tomato & pesto

Grated celeriac, fennel salad & red pepper

Artichoke heart with porcini mushroom mousse



## RECEPTION CANAPES

### *Hot Canapés*

Pressed belly of pork with apple & five spice chutney

Smoked haddock fish cakes with tartare sauce

Indonesian chicken satay with peanut sauce

Lamb kofta with raita

Mini Croque-Monsieur

Mini chicken burgers lime mayonnaise

Thai crab cake with red curry dip

Seared beef on crostini with Béarnaise sauce

Mini Yorkshire pudding with beef & English horseradish

Teriyaki beef skewers with yakitoory dip

Marinated lamb rump in garlic & black olive

Chorizo and spring onion mashed potato on focaccia

Mini beef burger with cheese & tomato relish

Mini lamb burgers with mint raita

Thai fishcake – sweet chilli dip

### *Hot Vegetarian Canapés*

Spanish frittata, tomato salsa

Mini quiche Florentine

Provençale vegetable en-croûte with red pepper pesto

Deep fried halloumi & lemon dip

Brioche toasts with mushroom stroganoff

Potato vegetable samosas



## BOWL FOOD MENU

£30.00 per person (*Please select any 5 items*)

*Additional items at £6.00 each*

### *Cold items*

Poached salmon with green apple and celery salad, salmon caviar

Atlantic prawn cocktail

Smoked chicken with mango, artichoke, walnuts and rocket

Egg noodles salad with crunchy vegetables, pickled ginger, soya coriander dressing

Fennel, asparagus, butternut squash, goat cheese salad

Feta cheese, cherry tomato, artichoke and red onion salad



## BOWL FOOD MENU

### *Hot items*

Irish beef stew with Guinness dumplings  
Welsh lamb & rosemary sausages with sweet potato champ  
Caramelised Lincolnshire sausages with colcannon  
Gressingham duck confit with apple stewed red cabbage  
Buttered prawn with sweet chilli, ginger noodles and lemon grass  
Thai red chicken curry with prawn crackers  
Honey & lemon chicken  
Poached fillet of cod, parsley mash, thyme butter sauce  
Lamb tagine with apricot couscous and minted yoghurt  
Cajun spiced salmon with saffron mash, tomato vinaigrette

### *Vegetarian*

Carrot tagine  
Penne pasta with asparagus arrabiata  
Wild mushroom & artichoke risotto  
Lentil dhal with vegetable samosa  
Pumpkin & ricotta ravioli  
Wild mushroom tortellini, thyme cream  
Gnocchi and artichoke cream sauce with red radish and shaved fennel





## BOWL FOOD MENU

### *Desserts*

Espresso tiramisu

Chocolate & amaretto cappuccino

Vanilla & rhubarb custard

Rose scented panna cotta with lemon crystals

Sri Lankan coconut & cinnamon sticky rice

Orange cream with biscotti crumble

Apple & clove syllabub

Traditional sherry trifle



# INTERCONTINENTAL MEETINGS®

## DINNER PACKAGES

£65.00 Menu

### Starters

Terrine of Chicken tikka & lentil dahl with a cucumber & raita dressing

Tartar of Marinated salmon with tamarind & ginger served with white radish & snow pea sprout salad

Tian of smoked chicken, avocado, lemongrass mayonnaise, pineapple relish

Tian of grilled courgettes, peppers & aubergine, mesclun leaf & parmesan salad V

### Mains

Seared Greenland cod with crunched new potatoes, sun blushed tomato, black olives and red onion, baby leeks and carrots, chive butter sauce

Steamed Sea bream on a bed of stir fry vegetables, crispy rice noodles and light soy butter sauce

Slow cooked feather blade of beef, horseradish mash, carrot, thyme sautéed wild mushrooms and Rioja red wine reduction

Pressed beef cheeks, white onion puree, Parisians carrots, fine beans & a rich burgundy red wine sauce

Grilled corn fed chicken supreme, sautéed wild mushrooms, spinach, carrots, sage and red onion jus

Pan fried chicken supreme, garlic potato mash, baby courgette and sweet corn, tarragon jus

Free range chicken breast wrapped in prosciutto dauphinoise potato, leek wrapped green beans, thyme roasted carrots, Merlot reduction

Confit of French duck leg, vanilla mash, creamed spinach, carrots Crecy & Seville Orange bigarade sauce



## DINNER PACKAGES

### *Main Course – Vegetarian*

Mille Feuille of wild mushroom & butternut squash, arrabiata vegetables & a tomato butter sauce

Shitake mushroom risotto with aubergine & red peppers served with a crisp lotus root & lemon grass velouté

Wild mushroom and celeriac cannelloni with shaved fennel, candied shallots & cherry tomatoes with a velouté of cauliflower & cumin

Spinach ricotta tortellini, roasted pumpkin, wild mushroom, sage and lemon sauce

Oriental vegetable filo parcel, pak choi & vine ripened cherry tomatoes served with a Thai red curry sauce & basil leaf

Crispy butternut & ricotta raviolini with lemon & black olive cream

Roasted gnocchi, spinach, asparagus and sun blush tomato, spicy basil tomato sauce

### *Dessert*

Dark Chocolate pear delice,  
Morello cherry mousse, pear puree, biscotti crumbs

Strawberry mousse,  
Meringue drops, vanilla cream, shortbread

Coconut dacquoise,  
*Coconut cream, coconut flakes, mango pulp*

Warm mud pie pot,  
*Salted caramel, vanilla ice cream*

Vanilla buttermilk panacotta,  
Marinated berries, oatly granola, pepper crisp

Tea and coffee

*(Add Petit fours £1.50pp)*



## DINNER PACKAGES

### £70.00 Menu

#### *Starter*

Lemon grass & coriander cured smoked salmon,  
golden & candy beetroot salad, miso & light soy dressing

Pressed ham hock and pistachio, spicy mango puree, lentil  
salad, English mustard vinaigrette

Grilled aubergine and mozzarella, basil marinated mille feuille,  
spicy avocado puree, aged balsamic dressing V

Artichoke and green asparagus with spinach and truffle  
Hollandaise V

Ballontine of Salmon, Tarragon and crayfish with seaweed,  
avocado wasabi mousse, mango salsa

#### *Main*

Oven roasted salmon fillet, dill mash potato, babyfennel,  
asparagus tips and orange chive vinaigrette

Roasted seabass fillet, pommes boulangere, grilled baby  
courgette, turnips and white wine dill sauce

Roasted supreme of guinea fowl, truffle potato gratin, green  
Kenya beans, golden baby beetroot, Madeira jus

Treacle pressed belly of pork with aromatic spices, dauphinoise  
potatoes, fine beans and calvados & juniper sauce

Roasted rump of lamb, sweet potato gratin, green patty pans,  
aubergine caviar and rosemary jus

Pan fried beef, Thyme and garlic scented fondant potato, oven  
roasted cherry on the vine tomatoes and veal jus reduction

*Dessert*

Pistachio and green tea opera,  
*Raspberry gel, toasted pistachio, basil syrup*

Amalfi lemon tart,  
*Honey glaze, stem ginger, blackcurrant sorbet*

Vanilla parfait,  
*Apricot puree, short bread crumbs, macademia*

Chocolate orange jaconde,  
*Contreau jelly, citrus curd*

Raspberry dobass  
*Raspberry glaze, raspberries, thyme and honey dressing*

Tea and coffee

*(Add Petit fours £1.50pp)*

## DINNER PACKAGES

£80.00 Menu

### *Starter*

Forman's London gin cured royal fillet of salmon with a fennel, dill & lemon salad

Tartar of red tuna, orange, grapefruit and basil, red chilli tomato salsa, lime jelly, lemon herb dressing

Terrine of foie grass and ham hock, sauterne jelly, fig chutney, truffle dressing

Poached lobster salad with shaved fennel & orange (£6.00 sup)

### *Main*

Marinated hondashi Cod fillet Niçoise with minted new potatoes, mange touts, kalamata olives & roasted vine tomatoes light soy & ginger dressing

Dingley Dell organic herb crusted pork cutlets served with potato Lyonnais and baby marrow pumpkins, grain mustard sauce

Roasted pork loin gremolata served with cannellini beans ragout with porcini mushrooms and pancetta lardons, baby leeks and truffle scented jus

Rack of Sussex reared lamb with a lavender red wine jus, selection of baby garden vegetables and saffron turned roasted potatoes

Braised lamb shoulder and it's grilled cutlet, smoked mash potato, golden and candied beetroot, truffle jus



## DINNER PACKAGES

### *Dessert*

Baileys and white chocolate cheesecake,  
*Passion fruit coulis, cacao nibs, broken chocolate*

Apple blueberry pie,  
*Cardamon crumble. Lemon zest, vanilla custard*

Dark chocolate tart,  
*Snow chocolate, strawberry puree, orange jelly*

Espresso brulee tart,  
*Coffee foam, popping candy, caramello cream*

### *Soup*

£6.00

Potage of leek & potato with truffle oil

Velouté of celeriac, sautéed wild mushrooms

Thai scented sweet potato with coconut

Spiced carrot & roast cumin

Tuscan oven roasted tomato and fennel soup, black olive crostini

Velouté of prawn & langoustine, salmon boudin

Potage of Cajun smoked haddock, parmesan crostini

Bisque of langoustines with saffron chantilly



## CHEFS RECCOMENDATIONS

Forman's London gin cured royal fillet of salmon with a fennel, dill & lemon salad

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Pan fried beef, Thyme and garlic scented fondant potato, oven roasted cherry on the vine tomatoes and veal jus reduction

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Chocolate trio of bitter orange delight, milk chocolate cream & Valrhona milk chocolate millefeuile with peach & amaretto

£65.00

Tartar of red tuna, orange, grapefruit and basil, red chilli tomato salsa, lime jelly, lemon herb dressing

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Tuscan oven roasted tomato and fennel soup, black olive crostini

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Lemon Gin & Tonic Sorbet

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Roasted rump of lamb, sweet potato gratin, green patty pans, aubergine caviar and rosemary jus

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Warm cocoberry bitter chocolate tart made with pâte sablée & Drambuie crème fraîche

£85.00



CHEFS RECCOMENDATIONS

Terrine of foie grass and ham hock, sauterne jelly, fig chutney,  
truffle dressing

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Steamed Sea bream ona bed of stir fry vegetables, crispy rice  
noodles and light soy butter sauce

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Lemon Gin & Tonic Sorbet

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Slow cooked feather blade of beef, horseradish mash, carrot,  
thyme sautéed wild mushrooms and Rioja red wine reduction

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Pistachio & green tea opera with raspberry jelly, & milk  
chocolate scented with green tea

£105.00

2 of 2



## DINNER PACKAGES

### *Cheese Board*

Selection of French cheese served with fig jam, grapes & baguettes; per person £12.00

Selection of British cheese served with fruit bread, grapes & celery; per person £12.00

Selection on Italian cheese served with quince jam, dates & focaccia; per person £12.00

## BUFFET MENUS

### £55.00 Menu

(Minimum 30 people)

All our buffet options have a selection of Breads, Crudités and Dressings)

#### Composed Salads (choice of 2)

Waldorf salad

Tomato and mozzarella salad with fresh basil

Green asparagus and pesto salad with parmesan cheese

Classic Caesar salad

Salad of lentils, Parma ham and red onions

Salad of broccoli, salmon and sun dried tomatoes

Haricot beans and bacon salad

Salad of cucumber, onion and Greek style yoghurt

Salad of couscous with coriander and vegetables

Niçoise vegetables with smoked mackerel

Salad of avocado with tomatoes and red onions

#### Appetizers (choice of 2)

Smoked trout with lemon dressing

Roast beef with its garnish

Charcuterie platter

White asparagus with anchovy mayonnaise

Marinated salmon with mustard and dill sauce

Terrine of pork and duck with plum chutney

Three coloured vegetable terrine

Grilled vegetables in balsamic reduction and extra virgin olive oil

Vitello tonnato with anchovies and capers

Peruvian style seafood ceviche

Cured Parma ham with melon

Smoked duck breast with berry compote

Beef carpaccio

Salmon carpaccio



# INTERCONTINENTAL MEETINGS®

## **Fish (choice of 3)**

Monkfish medallions with Madras curry sauce  
Sea bass fillet with leek and black olives in garlic sauce  
Grilled sword fish on vegetable ratatouille  
Salmon with lemon and honey sauce with julienne of vegetables  
Breaded cod loins with sautéed spinach and red onions, caper dressing

## **Meat**

Chicken supreme gratinated with mozzarella cheese in basil sauce  
Guinea fowl with mushrooms and chestnuts  
Duck confit on celery purée and orange reduction  
Yakitori chicken and sesame sauce  
Sirloin of pork with apple, plums and cabbage  
Pork medallions on cherry tomatoes and black olives  
Sanzoku roasted pork loin with pickled daikon and carrots  
Beef medallions on three pepper Sauce  
Beef scallops “saltimbocca” style  
Teriyaki beef with tempura bean shoots  
“Stroganoff” beef medallions  
Rack of lamb with green herbs crust

## **Vegetarian**

Penne arrabiata  
Farfalle with mushrooms sauce  
Gnocchi in watercress sauce  
Roasted pumpkin risotto  
Wild mushroom risotto

## **Accompaniments (Choice of 2)**

Roast chateau potatoes  
New potatoes with garlic and rosemary  
Steamed parsley potatoes  
Duchess potatoes  
Mashed potatoes  
Potato gratin  
Pilaf basmati rice  
Rice with raisins and thyme  
Saffron rice  
Spiced polenta  
Cous Cous  
Broccoli and mushrooms sauté  
Parsley buttered carrots  
Cauliflower mornay  
Buttered snow peas  
Sugar snaps and red onions  
Sauté courgette and peppers  
Green beans with shallots



## Desserts (choice of 3)

All Desserts are served with selection of Coulis, Cream and Sweet Sauces

- Poached baby pears
- Marinated red berries
- Profiteroles with chocolate sauce
- Chocolate crêpes
- Strawberry tarts
- Lemon meringue tarts
- Chocolate tarts
- Apple tarts
- Tiramisu
- Black forest cake
- Pineapple cake
- Cherry and amaretti cheesecake
- Fruit of the forest cheesecake
- Chocolate and cherry cake
- Chocolate and almond mousse
- Strawberry mint mousse
- Banana caramel mousse
- Selection of cheese with bread and biscuits



## MIDNIGHT SNACKS MENUS

£4.00 per person, per item

Bacon rolls (smoked back bacon in a flour bap)

Sausage rolls (English sausages in a flour bap)

BBQ chicken wings

Chilli roasted chicken legs with yogurt & cumin dip

Mini cheese burgers

Mini chicken burgers

Crispy prawn with sweet chilli sauce

Mini loaded sliders

Mini beef & vegetarian pies

Chicken goujons & chips

Plaice goujons & chips

Vegetable spring rolls sweet & sour dip

Midnight hog roast

*Price on application*