



2019 FORK BUFFET MENU

This offer is included in the day delegate rate and will be served with tea and coffee.

Fork buffet menu is £19.50 per person when not using the day delegate rate.

Please choose: 3 cold platters, 2 hot courses and 2 desserts.

COLD

- ✓ ✓ Mixed salad
- ✓ ✓ Cous cous salad with sundried tomatoes and mixed seeds

- ✓ Greek salad with feta cheese
- ✓ Halloumi, orange, watercress and bean sprout salad

- Poached salmon nicoise style
- Turkey breast, peppers, grapes and apple salad in light mayonnaise dressing

HOT

- ✓ Roasted pepper and goat's cheese tart
- ✓ Falafel with minted yoghurt
- Southern fried chicken with sweet chilli sauce
- ✓ Vegetable lasagne
- Chicken satay skewers with a peanut sauce
- Salmon, new potatoes, beans and tomatoes, with hollandaise
- ✓ Roasted aubergine, butternut squash tofu and pesto

DESSERTS

- Melon and pineapple platter
- White chocolate cheesecake with raspberry coulis
- Zingy lemon pots
- Pear and almond tart with custard
- Vanilla cheesecake with raspberry sauce

Allergy Advice

If you are allergic or intolerant to any food, please let us know upon placing your order.

Whilst we endeavour to avoid any cross contamination, when processing a specific allergen free order, our kitchen does not have a specific allergen free zone.

Deep fried wheat and gluten dishes will use the same fryers in the kitchen as dishes not containing these ingredients - there may be a risk of cross contamination which could affect extremely sensitive sufferers. For more information about any of our dishes please ask a member of our team.

✓ Suitable for vegetarians

✓ Suitable for vegans

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Royal National Lifeboat Institution, a charity registered in England and Wales (209603),
Scotland (SC037736), the Republic of Ireland (20003326) and the Bailiwick of Jersey (14)

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February 2019