

## Special Diets

### Breakfast Special Diet

#### Fruit salad pots

**£3.60**  
per person

Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

#### Yoghurt pots

**£3.60**  
per person

Individual pots with Greek yoghurt & fresh seasonal fruit [V] [NG] MIL

#### Gluten Free Roll

**£6.95**  
per person

Served on gluten free rolls (3 rolls per portion) [NG] CRU, SES, CEL, MUS, MIL, FIS, EGG

#### Dairy free yoghurt pot

**£4.90**  
per person

Individual pot with soya yoghurt and fresh seasonal fruit [V] [NG] [VG] [DF] SOY

#### Gluten Free Muffin

**£3.95**  
per person

#### Vegan mini breakfast cereal rolls

**£2.10**  
per person

Selection of Avocado and tomato, humus, olive tapenade [VG] [V] GLU (WHEAT), SES

#### Vegan breakfast platter

**£30.00**  
serves 3 to 4 people

Avocado & sumac, Hummus, tomato salsa dip platter served with sliced cereal baguette and vegan butter [VG] [V] WHE, SES

#### Chia & oat pot

**£3.90**  
per person

Overnight gluten free oats, almond milk, chia seeds, coconut yoghurt, maple syrup, strawberries & blueberries [V] [VG] [NG] [DF] TRE (ALMONDS)

#### Vegan granola pots

**£4.35**  
per person

Individual granola pots with soya yoghurt, & fresh fruit [V] [VG] [DF] [N] GLU (WHEAT), TRE (PECANS, WALNUTS, ALMONDS)

### Sandwich Buffet Special Diet

<p><b>Gluten free sandwich menu 2</b></p> <p><b>Selection of gluten free sandwiches (2 rounds)</b> Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG  <b>Fruit salad pots</b> Individual pots with seasonal &amp; tropical chopped fruits [V] [VG] [NG] [DF]</p>	<p><b>£10.50</b> per person</p>
<p><b>Vegan sandwich menu 4</b></p> <p><b>Selection of vegan sandwiches (2 rounds)</b> Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS</p>	<p><b>£8.50</b> per person</p>
<p><b>Vegan sandwich menu 5</b></p> <p><b>Selection of vegan sandwiches (2 rounds)</b> Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS  <b>Fruit salad pots</b> Individual pots with seasonal &amp; tropical chopped fruits [V] [VG] [DF] [NG]</p>	<p><b>£11.60</b> per person</p>
<p><b>Gluten free sandwich menu 1</b></p> <p><b>Selection of gluten free sandwiches (2 rounds)</b> Served on gluten free bread [NG] MIL, EGG, SES, CRU, FIS, MUS, CEL, SUL  <b>Tyrrells Crisps</b> Individual bags of Lightly salted crisps [V] [NG]</p>	<p><b>£10.10</b> per person</p>
<p><b>Gluten free salad menu 3</b></p> <p><b>Individual chicken garden salad</b> Grilled chicken, mixed leaves, cherry tomato, peppers, cucumber, radish, carrot &amp; a pot of Dijon dressing [NG] [DF] MUS</p>	<p><b>£9.30</b> per person</p>
<p><b>Gluten free sandwich</b></p> <p>Served on gluten free bread (2 rounds pp) [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG</p>	<p><b>£6.95</b> per person</p>
<p><b>Gluten Free Roll</b></p> <p>Served on a selection of gluten free rolls (3pp) [NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG</p>	<p><b>£6.95</b> per person</p>
<p><b>Finger Buffet Special Diet</b></p>	
<p><b>Gluten free finger buffet menu 2</b></p> <p><b>Selection of gluten free sandwiches (2 rounds pp)</b> Served on gluten free bread [NG] CRU, SES, CEL, FIS, MUS, MIL, EGG, SUL  <b>Lemon &amp; oregano chicken skewers</b> Served with pesto mayo [NG] MIL, MUS, EGG</p>	<p><b>£12.80</b> per person</p>

**Gluten free finger buffet menu 3** **£16.00**  
**Selection of gluten free sandwiches (2 rounds pp)** Served on gluten free bread **[NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG**  
**Chicken tikka skewers** Served with mint sauce **[NG] MUS, MIL**  
per person

**Vegan finger buffet menu 1** **£10.90**  
**Selection of vegan sandwiches** Selection of vegetarian/dairy free sandwiches on a selection of breads **[V] [VG] [DF] WHE, SES, CEL, MUS**  
per person

**Gluten Free Vegetarian Finger Buffet Menu 4** **£12.80**  
**Selection of gluten free vegetarian sandwiches (2 rounds pp)** Served on gluten free bread **[NG] [V] SES, CEL, MUS, MIL, EGG**  
per person

**Vegetarian Dairy Free Finger Buffet Menu 5** **£11.00**  
**Selection of vegetarian sandwiches (DAIRY FREE)** Selection of vegetarian/dairy free sandwiches on a selection of breads **[V] [DF] GLU (WHEAT), SES, CEL, MUS** **Vegetable spring rolls** Served with soy, spring onion & chilli dip (2 pp) **[V] [DF] GLU (WHEAT), SOY, SES, CEL**  
**Grilled vegetable skewers** Served with balsamic dip **[V] [VG] [NG] [DF]**  
**Fruit salad pots** Individual pots with seasonal & tropical chopped fruits **[V] [VG] [NG] [DF]**  
per person

**Gluten Free and Dairy Free Finger Buffet Menu 6** **£14.20**  
**Selection of sandwiches (2 rounds pp) (DAIRY FREE/GLUTEN FREE)** Selection of Selection of gluten free/dairy free sandwiches on a selection of breads **[NG] [DF] CRU, SES, CEL, FIS, MUS**  
per person

## Working Lunch Special Diet

**Gluten free working lunch menu 1** **£10.70**  
**Individual Greek salad** Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing **[V] [NG] MIL**  
**Lemon & oregano chicken skewers** Served with pesto mayo **[NG] MIL, MUS, EGG**  
**Antipasti skewers** Mozzarella, grilled artichoke, rocket & sun blushed tomato with pesto **[V] [NG] MIL**  
**Fruit skewers** Served with passion fruit crème fraîche (2 pp) **[V] [NG] MIL**  
per person

**Gluten free working lunch menu 4** **£16.30**  
**Selection of gluten free sandwiches (2 rounds)** Served on gluten free bread **[NG] CRU, SES, CEL, FIS, MUS, SUL, MIL, EGG**  
**Individual Greek salad** Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing **[V] [NG] MIL**  
**Fruit salad pots** Individual pots with seasonal & tropical chopped fruits **[V] [VG] [NG] [DF]**  
per person

## Vegan working lunch menu 2

£12.60  
per person

**Selection of vegan sandwiches** Selection of vegetarian/dairy free sandwiches on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS

**Individual crudités platter** Freshly cut vegetables & tortilla chips with hummus [V] [VG] [DF] WHE, SES

**Fruit salad pots** Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

## Vegan working lunch menu 3

£14.10  
per person

**Selection of vegan sandwiches** Selection of vegetarian/ dairy free sandwiches served on a selection of breads [V] [VG] [DF] WHE, SES, CEL, MUS

**Vegetable spring rolls** Served with soy, spring onion & chilli dip (2 pp) [V] [VG] [DF] WHE, SES, CEL, SOY

**Individual garden salad** Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] MUS

**Fruit salad pots** Individual pots with seasonal & tropical chopped fruits [V] [VG] [NG] [DF]

## Cold Fork Buffet Special Diet

### Vegetarian Gluten Free Cold Fork Buffet Menu 1

£12.70  
per person

**Spanish tortilla** Sautéed potatoes, caramelised onions, peas & roast peppers [V] [NG] MIL, EGG

**Individual Greek salad** Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] MIL

### Gluten Free Cold Fork Buffet Menu 2

£15.00  
per person

**Lemon & rosemary chicken** Marinated grilled chicken breast served mixed leaves & sauce vierge [NG] [DF]

**Individual Greek salad** Feta, cucumbers, tomatoes, peppers, Kalamata olives & a pot of lemon & mint dressing [V] [NG] MIL

### Vegetarian Gluten Free Cold Fork Buffet Menu 3

£12.80  
per person

**Roast butternut frittata** Roast butternut, caramelised red onion, spinach & feta [V] [NG] MIL, EGG

**Individual garden salad** Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [NG] [DF] MUS

### Gluten Free Vegan Cold Fork Buffet Menu 4

£12.90  
per person

**Stuffed aubergine** Filled with a mixed vegetable wild rice salad [V] [NG] [VG] [DF]

**Individual garden salad** Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing [V] [VG] [NG] [DF] MUS

## Hot Fork Buffet Special Diet

**Vegetarian Hot Fork Buffet Menu 1** **£15.10**  
per person

**Vegetable pasta bake** Seasonal roast vegetables, tomato sauce & mozzarella **[V] WHE, MIL**

**Individual garden salad** Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing **[V] [VG] [NG] [DF] MUS**

**Gluten Free Vegetarian Hot Fork Buffet Menu 2** **£15.10**  
per person

**Individual Melanzane parmigiana** Beef tomato filled with grilled aubergine, caramelised red onions, mozzarella & basil **[V] [NG] MIL**

**Individual rocket salad** Cherry tomato, parmesan & a pot of balsamic dressing **[V] [NG] MIL**

**Vegan Hot Fork Buffet Menu 3** **£15.40**  
per person

**Mediterranean roast peppers** Filled with roast vegetable cous cous & tomato sauce **[V] [VG] [DF] GLU (WHEAT) CEL**

**Individual garden salad** Mixed leaves, cherry tomato, peppers, cucumber, shredded carrot & a pot of Dijon dressing **[V] [VG] [DF] [NG] MUS**

**Gluten free and Vegan Hot fork buffet Menu 4** **£15.10**  
per person

**Italian lentil & chickpea quinoa balls** Served with gluten free pasta and tomato & basil sauce **[VG] [DF] [NG] CEL**

## Sweet Bites Special Diet

**Gluten free amondi cookie** **£2.75**  
per person

Gluten & dairy free cookie made with ground almonds & hazelnuts and a little orange zest **[V] [NG] [DF] [N] EGG, TRE (ALMONDS & HAZELNUTS)**

**Gluten free cranberry & pecan flapjack** **£3.00**  
per person

A fruit and seed filled snack, made with gluten free oats, bananas, dates, coconut, pumpkin seeds, raisins, dried cranberries & chia seeds **[V] [NG] [DF] \*made with certified gluten free oats\***

**Gluten free chocolate chip cookie** **£2.15**  
per person

A chewy cookie made with gluten free flour, creamcheese **[V] [NG] MIL, EGG**

**Gluten free brownie** **£2.15**  
per person

**[V] [NG] MIL EGG**