

# MEETINGS AT BOWOOD



## BUFFET LUNCH MENU - MONDAY

### SAVOURY SELECTION

Selection of Freshly Cut Bloomer Sandwiches (D, EG, F, G)

Barbecue Chicken Skewers, Cajun Mayonnaise (EG)

Smoked Salmon & Horseradish Crème Fraîche, Toasted Sourdough (D, F, G)

Selection of Crudités & Hummus (VG)

Dressed Mesclun Leaves (VG)

Red Cabbage Coleslaw (VG)

Moroccan Spiced Jumbo Couscous (G, VG)

### SWEET TREATS

Eton Mess (D, EG, V)

Triple Chocolate Brownie (D, EG, G, V)

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Every effort is made to ensure our dishes are allergen free, but there is a possibility of cross contamination in a busy kitchen environment.

(C) CELERY | (D) DAIRY | (EG) EGGS | (F) FISH | (G) GLUTEN | (L) LUPIN | (MO) MOLLUSCS  
(M) MUSTARD | (N) NUTS | (PE) PEANUTS | (SF) SHELLFISH | (SE) SESAME SEEDS  
(S) SOYA | (SL) SULPHITES | (V) VEGETARIAN | (VG) VEGAN

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# MEETINGS AT BOWOOD



## BUFFET LUNCH MENU - TUESDAY

### SAVOURY SELECTION

Selection of Filled Baguettes (D, EG, G, SL)

Goat's Cheese & Red Onion Tart (D, EG, G, SL, V)

Vegetable Samosas, Mango Chutney (G, SL, V)

Salmon, Red Onion & Courgette Skewers, Chilli & Ginger Dressing (F)

Dressed Mesclun Leaves (VG)

Potato, Spring Onion & Chive Salad, Wholegrain Mustard Crème Fraîche (D, M, V)

Tomato, Baby Mozzarella & Basil Salad (D, V)

### SWEET TREATS

Lemon Posset (D, G, V)

Fresh Fruit Salad (VG)

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(M) MUSTARD | (N) NUTS | (PE) PEANUTS | (SF) SHELLFISH | (SE) SESAME SEEDS  
(S) SOYA | (SL) SULPHITES | (V) VEGETARIAN | (VG) VEGAN

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# MEETINGS AT BOWOOD



## BUFFET LUNCH MENU - WEDNESDAY

### SAVOURY SELECTION

Selection of Freshly Cut Wraps (D, EG, F, G)

Lamb Kofta Skewers, Cucumber & Coriander Dressing (D, G)

Baby Gem & Prawn Cocktail, Bloody Mary Sauce (EG, SF, SL)

Hummus & Crudités, Flatbread (G, VG)

Dressed Mesclun Leaves (VG)

Panzanella Salad (G, SL, V)

Coleslaw (EG, V)

### SWEET TREATS

Profiteroles, Chocolate Sauce (D, EG, G, V)

Blackberry Cheesecake (VG)

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(M) MUSTARD | (N) NUTS | (PE) PEANUTS | (SF) SHELLFISH | (SE) SESAME SEEDS  
(S) SOYA | (SL) SULPHITES | (V) VEGETARIAN | (VG) VEGAN

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# MEETINGS AT BOWOOD



## BUFFET LUNCH MENU - THURSDAY

### SAVOURY SELECTION

Selection of Filled Baguettes (D, EG, F, G)

Popcorn Chicken, Piri Piri Mayonnaise (EG, G)

Smoked Haddock Arancini (D, F)

Chargrilled Marinated Vegetables Antipasti (SL, V)

Dressed Mesclun Leaves (VG)

Caprese Salad (D, V)

Caesar Salad (D, EG, M, G)

### SWEET TREATS

Tropical Pavlova (D, EG, V)

Lotus Biscuit Bar (G, VG)

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(M) MUSTARD | (N) NUTS | (PE) PEANUTS | (SF) SHELLFISH | (SE) SESAME SEEDS  
(S) SOYA | (SL) SULPHITES | (V) VEGETARIAN | (VG) VEGAN

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# MEETINGS AT BOWOOD



## BUFFET LUNCH MENU - FRIDAY

### SAVOURY SELECTION

Selection of Freshly Cut Wraps (D, EG, F, G)

Heritage Tomato Tart (G, V)

Mature Cheddar & Ham Ploughman's, Crusty Baguettes, Pickles (D, G, SL)

Miso & Sesame Glazed Salmon Skewers, Saffron Dressing (F, G, M, S, SE, SL)

Dressed Mesclun Leaves (VG)

Rocket & Grana Padano Salad, Balsamic Dressing (D, SL, V)

Greek Salad (D, V)

### SWEET TREATS

Vanilla Cheesecake (D, G, V)

Chocolate Tart (D, G, V)

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(M) MUSTARD | (N) NUTS | (PE) PEANUTS | (SF) SHELLFISH | (SE) SESAME SEEDS  
(S) SOYA | (SL) SULPHITES | (V) VEGETARIAN | (VG) VEGAN

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