



IoD Business Centre Menu 2011

Our menus include a variety of options to suit all business meetings from breakfast selections, Bento Boxes, sandwich selections and finger food. We have taken your feedback on board and all of our ingredients are fully traceable and where possible are seasonal and locally sourced.

If the following does not fit your requirements or you would like seasonal alternatives our team are on hand to liaise with our Head Chef Roger Evans to design a bespoke menu to meet your exact requirements. Please contact one of the team on 020 7451 3104 or email buscentre@iod.com.

Fair Trade Filter Coffee and a Selection of Twinings Teas Served with.....

On the day ordering available

Biscuits	£2.95
Cake	£3.85
Cookie Break - home baked cookies	£4.10
Chocolate Brownie	£4.35
Selection of Muffins	£4.65
Croissants with Preserves	£4.90
Danish Pastries	£4.90
Bacon Sandwich	£6.465
Cumberland Sausage Sandwich	£6.65

48 hours notice required

Honey Roast Ham & Cheddar Cheese filled Croissant	£5.95
Gruyere & Tomato filled Croissant [v]	£5.95
Smoked Salmon & Cream Cheese Bagel	£6.20
Scones with Clotted Cream & Jam	£7.15

Continental Breakfast £12.90 per person

Croissants & Danish Pastries

Fresh Fruit Platters

Fresh Orange, Apple & Cranberry Juices

Selection of Twinings Teas & Fair Trade Filter Coffee

All Prices are excluding VAT

All information is correct at the time of print, however prices and menu items are subject to change without notification



Sandwich Selection – 1 round per person

Tuna, Roasted Peppers and Chive	£5.85
Honey Roasted Gammon, Grain Mustard and Salad	£5.85
Chicken Salad	£5.85
Hummus, Spinach, Tomato, Red Pepper, Basil and Salad Wrap [v]	£5.85
Smoked Salmon, Rocket and Cracked Pepper	£5.95
Roast Scottish Beef and Creamed Horseradish	£5.95
Chef's Daily Selection	£5.85
When pre-ordering sandwiches [minimum 48 hours] alternative breads can be provided – bloomer, wraps & granary bread	
A selection of nuts, crisps and olives	£2.60

All sandwiches are served with garnish

Salads and Platters

Mozzarella, Plum Tomato and Roasted Peppers [v]	£7.40
Chicken Caesar Salad with Shaved Parmesan	£7.40
Oak Smoked Salmon with Avocado and Basil Oil	£7.20
Tuna Niçoise Salad	£7.40

Served with toasted Ciabatta

Bowl Dishes

For a more substantial lunch why not opt for our bowl food

Minimum order 6 people & 48 hours required

Bangers & Mash with Onion Gravy	£5.90
Cottage Pie	£5.90
Chilli con Carne	£5.90
Lentil and Vegetable Curry	£5.90

Hot Selection

Soup of the Day [v]	£5.20
Tomato, Mozzarella and Pesto Panini [v]	£6.15
Tuna Melt Panini	£6.15
Honey Roast Gammon and Cheese Panini	£6.15

Desserts

Fresh Fruit Platter	£4.40
Chefs Selection of British Cheeses	£6.45
Dessert of the Day	£5.85

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Delegate Rate Buffets

Minimum order of 6 people & 24 hours notice required

Tea, Coffee & Muffins on arrival

Mid morning break of Tea, Coffee & Biscuits

Lunch

[Your choice of Sandwich Buffet, Daily Bento Box or Working lunch]

Afternoon serving of Tea, Coffee & Cakes

Sandwich Buffet

**One and half rounds per person at £16.40 per person
£27.30 per person as part of the delegate rate menu**

24 hours required for selection of breads otherwise order on the day and granary bread will be supplied

A selection of Sandwiches on granary and white bread catering for all dietary requirements served with garnish, orange juice and fruit platters. The selection is changed on a monthly basis to include seasonal ingredients that ensure clients have new menus to sample.

Please contact one of the team on 020 7451 3104 or email buscentre@iod.com to be advised of the monthly selection.

Working Lunch

**£17.25 per person
£29.35 per person as part of the delegate rate menu**

Minimum order of 6 people & 48 hours notice required
Please speak to our team if you wish to substitute any items below for any salads

Cheese & Herb Tarts [v]

Gravadlax on Rye

Brie, Spinach and Cranberry Wrap [v]

Baby Sausage with Rosemary

Vegetable Spring Rolls [v]

Duck Hoisin Wrap

Selection of Twinings Teas & Fair Trade Filter Coffee Served with Italian Pastry

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Bento Boxes Daily Menus

£19.50 per person

£30.40 per person as part of the delegate rate menu

Minimum order 6 people & 48 hours notice required

The Bento Box daily menus provide you with a basis to offer your delegates exactly what they want. These menus are ideal for meetings working to a tight schedule, where time is of the essence. A different Bento Box is available every day of the week - Monday through to Friday. Each Bento meal offers a full menu, presented in a beautiful box followed by a service of tea & coffee.

Please note: Vegetarian alternatives can be provided when pre-ordered, please let us know your dietary requirements prior to your meeting

Monday

Cajun Salmon

Caesar Salad

New Potato Salad with Chives

Sliced Pineapple and Melon

Tuesday

Chicken Tikka

Rice Salad

Cucumber, Mint and Yoghurt Salad

Selection of Fruits

Wednesday

Smoked Salmon and King Prawns

**Broccoli, Mushroom and Asparagus
Salad**

Selection of Fruits

Thursday

English Picnic with Piccilli

Mixed Salad Leaves

Seasonal Berries and Cream

Friday

Tuna Niçoise Salad

Couscous Salad

Mixed Salad Leaves

Selection of Fruits

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Bar Tariff

Llanllyr Source Mineral Water [75cl]	£3.60
Baby Mixers	£1.20
Fruit Juices – orange, apple & cranberry [per litre]	£4.90
[Per ½ litre]	£3.10
Diet Coke, Coke [200ml]	£1.85
Bottle Green Cordials [50cl]	£2.60
Bottled Beer [275ml]	£3.95
IoD Champagne [70cl]	£38.95
Club White [75cl]	£18.50
Club Red [75cl]	£18.50

A full wine list and bar tariffs are available on request please.

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