

Lunch Menus

Our lunch menus are designed to suit every delegate's needs using fresh ingredients and creating delicious flavours.

E-mail: congress.centre@tuc.org.uk

Website: <u>www.congresscentre.co.uk</u>

Lunch Menus

Finger Menu B1

£29.00

Selection of sandwiches, baguettes, wraps and bagels

Sumac spiced lamb and bulgur wheat koftas served with beetroot hummus

Spiced duck wrap with spring onion, cucumber and plum sauce

Thai prawn and salmon fish cake served with tamarind dipping sauce (gf)

Beetroot gravlax blini topped with lemon cream and dill

Sun-blushed tomato and mozzarella arancini (v)

Mini lentil and vegetable Cumberland pie topped with mash (v)

> Vegetable quesadillas served with guacamole (ve,gf)

Finger Menu B2

£29.00

Selection of sandwiches, baguettes, wraps and bagels

Teriyaki beef skewers coated with sesame seeds and served with soy and spring onion dipping sauce

Smoked chicken and celeriac and remoulade tart

Roasted fish skewers coated in panche phoran served with mint raita (gf)

> Tuna maki sushi roll served with ginger and wasabi

Crispy baked cauliflower served with corn and cumin nuggets (v)

Red pepper nigiri (v)

Handmade vegetable gyoza (ve)

Finger Menu Dessert

Fresh fruit platter Plus, choose 1 item below:

Chocolate brownie - Strawberry tart - Pecan pie - Lemon méringue pie

Minimum numbers apply for Menus and Day Delegate Rate. All prices shown are exclusive of VAT.



Working Lunch 1

£15.00

Selection of freshly made sandwiches, baguettes, and wraps Served with vegetable crisps and fresh fruit

Working Lunch 2

£18.00 Selection of freshly made sandwiches, baguettes, and wraps

Choose 2 items from below: (Served with vegetable crisps and fresh fruit)

Caramelised red onion sausage roll (ve)

Spinach and mushroom sausage roll (ve)

Homemade quiche (v)

Soup of the day (ve,gf)

Crudites with beetroot hummus, Guacamole and salsa (ve, gf)

Caesar salad

Niçoise salad (ve, gf)

In A Bowl Menu [29.00]

Select 1 salad, 1 meat or fish, 2 vegetarian

Salads

Saffron and orange smoked chicken herb salad

> Tomato, red rice and burrata garlic and basil oil (v)

Roasted aubergine and cauliflower cumin dressing topped with pomegranate and toasted cashew nuts (ve)

Hot smoked mackerel on green bean salad with quails egg, lime, and harissa dressing

> Kale, roasted chickpea, tahini caesar topped with salted rosemary croutons (ve)

Vegetarian

Sweet potato, aubergine, spinach and peanut curry served on lime scented rice (ve)

> Orecchiette pasta, carrot and miso sauce finished with yeast flakes and basil oil (ve)

> Pumpkin gnocchi, tossed in rocket pesto topped with toasted pine nuts (ve)

Mee goreng

crispy tofu, stir fried bok choi, green beans, bean sprouts and noodles topped with crispy shallots and chilli flakes (ve)

> Wild mushroom, spinach and spelt risotto finished with white truffle oil and parmesan (v)

Meat

Chipotle roasted chicken charred corn and rice, topped with pickled plums and tarragon

Pan-fried tenderloin of pork with orange and star anise, stir-fried Chinese vegetables

Confit duck leg served on braised red cabbage, creamy mash and red wine jus

Vanilla roasted lamb rump roasted red chicory and butterbean, spinach and pesto mash

> Slow-cooked beef and beetroot goulash celeriac and mustard mash

> > Fresh fruit and berry bowls

Chocolate torte served with vanilla cream and cherry compote

Minimum numbers apply for Menus and Day Delegate Rate. All prices shown are exclusive of VAT.



Fish

Coriander crusted cod roasted provencal vegetables and butter bean broth

Roast stone bass topped with cumin seeds served on turmeric potatoes, crispy onions, coriander oil

Chermoula-basted hake with farro and sautéed green vegetables

Prawn kabsa- basmati rice with king prawns scented with turmeric and garam masala and topped with green chillies, coriander and pomegranate

Pan fried salmon with pine nut salsa on chive and crème fraiche potatoes

Dessert

Tart au citron crème fraiche and raspberry coulis

Orange, passion fruit and prosecco mousse topped with a shortbread crumb

White chocolate, vanilla, and raspberry pannacotta

Street Food Menu £29.00 Please choose 1 meat and 1 vegetarian from 2 sections plus a choice of 2 desserts

Indian

Chicken tikka kebab served with pilau rice and mint raita

Kashmiri lamb

served with pilau rice slow-cooked lamb marinated in mild spices and finished with ground almonds

Keralan cod (gf) Fillet of cod

marinated in mild spices served in a creamy coconut sauce with green beans, aubergine and steamed basmati rice creamy butternut squash, and cauliflower curry served with pilau rice (v)

Root vegetable, spinach and black bean dopiaza

served with pilau rice (v) root vegetables, spinach and black eye beans in a spicy sauce topped with fried onions

American

Southern fried chicken served with pickled coleslaw Chicken pieces marinated in buttermilk and coated in panko breadcrumbs and our herbs and spices

Congress Centre burger

topped with mozzarella and served in a brioche bun. A handmade beef burger topped with mozzarella cheese and bacon jam served in a brioche bun

Shitake mushroom burger

topped with mushroom ketchup and served in a brioche bun (ve)

Pulled pork served in a brioche bun

slow cooked shoulder of pork smothered in a barbecue sauce all served with julienne fries

Louisiana seafood jambalaya fragrant rice and seafood flavoured with cajun and creole spices and finished with lime and fresh oregano

Mac and Cheese topped with herb crumb (v)

(choose one) plain, chorizo and roasted pepper, smoked haddock and spinach, or broccoli and mushroom



Italian

Braised beef ravioli

topped with tomato, white wine basil sauce fresh pecorino and focaccia crisps

Pasta carbonara

smokey pancetta and wild mushrooms in a creamy carbonara sauce with penne pasta

Sautéed prawns, garlic and fresh tomato with conchiglie pasta

salsa verde topped with fresh chilli

Wild mushroom and arancini with a pesto butter sauce (v)

Beetroot gnocchi

with roasted squash, chilli and tomato sauce topped with toasted pumpkin seeds and basil oil (ve)

Street Food Menu £29.00

Please choose 1 meat and 1 vegetarian from 2 sections plus a choice of 2 desserts

Asian

Prawn Pad Thai King prawns stir-fried with chilli, spring onion, noodles and pad thai sauce

> **Crispy Asian salmon** with fried rice, pak choi & sugar snap peas

Teriyaki chicken donburi Chicken marinated in teriyaki sauce and served on sticky rice with grated carrot and pea shoots

Sweet and Sour Korean Pork Balls

served on sticky rice topped with Asian slaw crispy battered pork balls topped with sweet chilli, lime and honey butter sauce

Tofu and Shitake Mushroom

Fried rice shitake mushrooms, tofu, edamame beans and spring onions stir-fried with egg fried rice (v)

Chipotle chicken, roasted corn, refried beans and Monterey jack Sweet potato, bell peppers, roasted corn refried beans and Monterey jack topped with salsa, guacamole and chipotle mayo

served with Mexican green rice, chuck steak braised with chilli, smokey paprika, peppers onions and red kidney beans



Mexican

Chicken mole

served with green rice, chicken in a thick, dark sauce made with a medley of sweet and spicy chillies, finished with bitter chocolate

> Chimichangas served with green rice choose from the following:

Spicy chilli beef

Fish tacos

with baja sauce, spiced lemon sole served in soft tortillas with cabbage, red onion, coriander and spicy baja sauce

Vegetable and black bean tostadas

topped with pico da gallo and guacamole (ve)

Street Food Menu [29.00]

Please choose 1 meat and 1 vegetarian from 2 sections plus a choice of 2 desserts

Lifestyle Station

(all gluten free and nut free)

Grilled chicken and avocado

served on a salad of black-eyed beans and charred corn with peas, fresh mint and mixed leaf salad

Roast beef

served on a salad of capers, olives, green beans, potatoes, sun-blushed tomatoes and rice

Thai veg noodle salad

stir-fried Asian vegetables, rice noodles all served on bitter leaves topped with toasted sesame seeds and tamari dressing (v)

Spicy Lebanese vegetables

pomegranate dressing and rice salad(v)

Roasted beets, squash, and broccoli

served on a bed of puy lentils, quinoa and rocket topped with toasted pumpkin seeds (v)

North African / Mediterranean

Lamb or falafel Shawarma

(choose one) Moroccan lamb or falafel, served with harissa, hummus, shredded cabbage, carrot and onion wrapped in kohbez bread

Moroccan chicken

served with almond couscous chicken spiced with ras al hanout, sumac, honey, fennel seed and finished with preserved lemons and apricots, pomegranate

Spanakopita

served with green salad crisp filo parcels filled with spinach feta and ricotta scented with mint and lemon

Roasted harissa vegetables

with bulgar wheat pilaff served with beetroot hummus

congress centre

Dessert Station

Choose 2 desserts (50% of each choice will be served)

Chocolate brownies served with whipped cream

Assorted tubs of dairy ice-cream

Mango and passion fruit dacquoise with caramelised mango, pineapple and vanilla syrup

> Sticky toffee pudding served with butterscotch sauce

Basque cheesecake served with a compote of fresh berries Fresh fruit wedges

Hot Fork Menu £29.00

Please choose 1 meat or fish, 1 vegetarian, 1 side and 1 salad or veg

Salad/Vegetables

Panache of steamed green vegetables with lemon and mint dressing

Heritage tomato salad with pickled cucumber, red onion, and pine nuts

Lime and poppy seed slaw with roasted cashews and cumin dressing

Honey-roasted vegetables and potatoes in caraway seed

Mixed seasonal leaves with radish, fennel, citrus and poppy seeds

Fish

Harissa crumbed seabass served on a ragout of lentils, peppers, and aubergine

Smoked haddock topped with Welsh rarebit and served on roasted baby potatoes and cherry tomatoes

> Salmon, spinach pie topped with pesto mash

Cod, prawn and coconut curry served with rice

Vegetarian

Miso roasted tofu sweet potato and green beans served quinoa (ve)

> **Spicy cauliflower** spinach and paneer biryani

Pumpkin and sage tortellini

served with a tomato and aubergine ragu and topped with basil oil (ve)

Mac and Cheese

topped with crispy broccoli and parmesan florets

Sides

Khobez flatbread with mint

Yoghurt and beetroot hummus

Rosemary focaccia

Naan bread and raita

Vegetable gyozas served with sweet soy sauce

Homemade smokey tortilla chips with guacamole



Meat

Steak, ale, and wild mushroom pie topped with shortcrust pastry and served with creamy grain mustard mash

Slow cooked Lebanese lamb

spiced with ras al hanout, sumac garlic, and lemon and served with almond and apricot couscous

Smokey chipotle pork chilli adobe sauce with pinto beans served with green rice

Chicken arrabbiata with roasted red peppers topped with parmesan dumplings

Dessert

Fresh fruit platters

Lemon and raspberry trifle topped with raspberry crisp

Chocolate and cherry torte with crème fraiche

Tarte au citron served with a compote of berries

Tiramisu



28 Great Russell Street London WC1B 3LS

Telephone: 020 7467 1318

Fax: 020 7467 1313

E-mail: <u>congress.centre@tuc.org.uk</u>

Website: www.congresscentre.co.uk