



Lunch Menus

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

E-mail: congresscentre@tuc.org.uk

Website: www.congresscentre.co.uk

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)

-

Jamaican Patties

served with tomato salsa (VE)

Finger Menu B2

£29.00

Selection of sandwiches, baguettes, wraps and bagels

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Teriyaki beef skewers

coated with sesame seeds and served with soy and spring onion dipping sauce

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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 meringue pie

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 choy, 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

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

Fresh fruit and berry bowls

Tart au citron
crème fraiche and raspberry coulis

Chocolate torte
served with vanilla cream and cherry compote

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

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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

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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

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Tofu and Shitake Mushroom

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

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:

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

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Spicy chilli beef

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

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Fish tacos

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

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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

Dessert Station

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

Chocolate brownies

served with whipped cream

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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

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

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

Dessert

Fresh fruit platters

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Lemon and raspberry trifle
topped with raspberry crisp

-

Chocolate and cherry torte
with crème fraiche

-

Tarte au citron
served with a compote of berries

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Tiramisu



28 Great Russell Street London WC1B 3LS

Telephone: 020 7467 1318

Fax: 020 7467 1313

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

Website: www.congresscentre.co.uk