



# Catering Menus

Our professional in-house catering team prides itself on using locally-sourced fresh ingredients to create delicious dishes and menus.

If you'd like to discuss a bespoke menu with our Head Chef, Damon, please get in touch with the team.

**E-mail: [congresscentre@tuc.org.uk](mailto:congresscentre@tuc.org.uk)**

**Website: [www.congresscentre.co.uk](http://www.congresscentre.co.uk)**



# Congress Centre Menus

## Refreshments

Fair Trade Tea, Coffee & Biscuits.....	£4.25
Fair Trade Tea, Coffee & Pastries.....	£6.00
Fair Trade Tea, Coffee.....	£3.75
Mineral Water, Sparkling or Still 750ml.....	£5.00
Orange Juice.....	£7.00

## Lunch Menus

Working Lunch 1.....	£15.00
Working Lunch 2.....	£18.00
Finger Menu B.....	£29.00
In a Bowl Menu.....	£29.00
Street Food.....	£29.00
Hot Fork Menu.....	£29.00
Banqueting Menu.....	£135.00
Fine Dining menu available on request	

## Breakfast Menus

The Working Breakfast.....	£11.00
The Congress Continental.....	£8.50
VIP Breakfast Menu.....	£18.00
The Full Monty (Min 20pax).....	£27.00

## Evening Menus

1 Hour Drinks Reception.....	£18.00
1 Hour Networking Drinks Reception Package.....	£22.00
1 Hour Full Bar Drinks Reception.....	£22.00
1 Hour Full Bar Networking Drinks Reception.....	£28.00
Banqueting Menu.....	£135.00



## Breakfast Menus

Our breakfast menu selections include everything from fresh coffee and pastries to full hearty plates. Perfect for those looking for an early start to their event or for morning networking.

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# Breakfast Menus

## The Working Breakfast

£11.00

Rashers of smoked back bacon and Cumberland sausage served in soft white rolls

-

Grilled field mushroom and tomato in soft white rolls

-

Served with ketchup and brown sauce

-

Freshly brewed fair trade coffee

-

Selection of fair trade tea & herbal infusions

-

Orange juice

## Full Monty

£27.00 (min 20pax)

Smoked back bacon, Cumberland sausage, field mushrooms, grilled tomato, black pudding

-

Rosti potato and scrambled egg

-

Freshly brewed fair trade coffee

-

Selection of fair trade tea & herbal infusions

-

Orange juice

## VIP Breakfast Menu

£18.00

Selection of freshly made fruit skewers

-

A Selection of open sandwiches

*Smoked salmon and cream cheese, salt beef, tomato and emmental served on rye bread*

-

Selection of mini pastries

*danish, almond croissant, and pain au chocolate*

-

Natural yoghurt, homemade fruit compote and granola

-

Freshly brewed fair trade coffee

-

Selection of fair trade tea & herbal infusions

-

Orange juice

## The Congress Continental

£8.50

A selection of Pain Raisin, Pain au Chocolate and Almond Croissants

-

Seasonal Fruit Bowl

-

Freshly Brewed Fair Trade Coffee

-

Selection of Fair Trade Tea & Herbal Infusions

-

Orange Juice



## Lunch Menus

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

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# 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

-

**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 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 dopiazza

*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)*

## 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*

-

### Spicy chilli beef

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

-

### 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*

## 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*

## 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**

-

**Lemon and raspberry trifle**  
*topped with raspberry crisp*

-

**Chocolate and cherry torte**  
*with crème fraîche*

-

**Tarte au citron**  
*served with a compote of berries*

-

**Tiramisu**



## Evening Menus

Whether you're looking for delicious canapes during post-event networking or a sit-down three-course meal, our evening menus are designed to impress and delight your guests.

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# Banqueting Menu £135.00

Please select 1 entree, 1 main, and 1 dessert dish

## Entrees

**Spiced Wild Mushroom, Aubergine and Cous Cous terrine**

*with Tomato Coulis and rocket salad (v)*

-

**Asparagus, Fennel and Spinach Salad**

*topped with freshly Shaved Parmesan and Toasted Pine Nuts (v)*

-

**Duck Liver Mousse**

*served with Plum Chutney, Pecan nut and Raisin Bread*

-

**Oak Smoked Salmon**

*served with Roasted Beets, Rocket and Crème Fraiche and Chive Dressing*

-

**Suffolk Ham Hock Terrine**

*Bitter leaves, Pickled Vegetables and Sweet dill Mustard Dressing*

## Mains

**Baked fillet of sea bass**

*topped with garlic, parsley and lemon gremolata, served with saffron braised fondant potato and French beans*

-

**Roast sirloin of beef**

*served on horseradish mash with roasted balsamic onions and carrot and green bean bundles and red wine jus*

-

**Wild mushroom polenta cake**

*topped with creamed spinach and roasted vine tomatoes (v)*

-

**Garlic roasted rump of lamb**

*served on dauphinoise potato, wilted spinach and wild mushrooms*

-

**Sauté supreme of chicken filled**

*with a sundried tomato and basil mousse, served with chateau potato, ratatouille of vegetables, red wine and basil Jus*

-

**Honey roast duck breast**

*with braised red cabbage parsnip and potato gratin*

-

**Sun-blushed tomato and mozzarella Arancini**

*served with lemon and basil butter sauce (v)*

## Desserts

**Chocolate ganache tart**

*served with fresh raspberries and crème fraiche*

-

**Baked vanilla cheesecake**

*served with a compote of berries and raspberry coulis Tarte au citron served with Cornish clotted cream*

-

**Sticky toffee pudding**

*topped with toffee sauce and double cream*

-

**Freshly brewed Fair Trade coffee**

*selection of Fair Trade tea & herbal Infusions, served with a selection of truffles*

# 1 Hour Networking Packages

Please note there is a choice of 2 drinks per person including beer, wine and soft drinks  
 Select 1 meat, 1 fish, and 1 vegetarian

## Drinks & Nibbles

Please note there is a choice of 2 drinks per person including beer, wine and soft drinks

Please select 2 dry nibbles:

- Kettle chips
- Vegetable crisps
- Olives and Caper berries
- Hickory smoked almonds
- Wasabi peanuts
- Chilli crackers

## Full Bar & Nibbles

Please note there is a choice of 2 drinks per person from the full bar

Please select 2 dry nibbles:

- Kettle chips
- Vegetable crisps
- Olives and Caper berries
- Hickory smoked almonds
- Wasabi peanuts
- Chilli crackers

## Hot & Cold Nibbles

### Vegetarian

**Vegetable gyoza**  
 served with sweet soy sauce (ve)

-

**Jamaican Patties**  
 served with tomato salsa (VE)

-

**Basil, cherry tomato and mozzarella skewers**

-

**Crispy baked cauliflower, corn and cumin Nuggets (v)**

-

**Parmesan and olive shortbread**  
 with pea and mint guacamole

### Fish

**Prawn gyoza**  
 served with sweet chilli sauce

-

**Beetroot gravlax blini**  
 topped with lemon cream and dill

-

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

-

**Crab and prawn tarts**  
 in a lime and coriander mayo

-

**Smoked haddock and cheddar beignets**

### Meat

**Beef burgers sliders**  
 topped with mozzarella cheese, sun-blushed tomato relish served in sesame seed bun

-

**Sumac spiced lamb and bulgur wheat koftas**  
 served with beetroot hummus

-

**Toasted herb focaccia**  
 topped olive tapenade, prosciutto and parmesan shavings

-

**Smoked chicken and celeriac and remoulade tart**

-

**Homemade caramelised red onion sausage roll**

## 1 hour package prices

1 hour drinks reception.....	£18.00
1 hour networking drinks reception package.....	£22.00
1 hour full bar drinks reception package.....	£22.00
1 hour full bar networking drinks reception.....	£28.00

# Additional Food & Bevarages

*£3.50 per item, per person*

## Drinks

Hot chocolate  
-  
Vitamin water  
-  
Iced tea  
-  
Carbonated presse

## Energy Boosters

Flapjack  
-  
Cereal bar  
-  
Chocolate brownie  
-  
Cupcake  
-  
Pick and mix  
-  
Haribo selection packs  
-  
Popcorn

## Snacks

Root vegetable crisps  
-  
Tortilla wedges  
-  
Pretzels  
-  
Japanese crackers  
-  
Kettle chips

## Breakfast

**American waffles**  
*with whipped cream and maple  
syrup*

**Warm bagels**  
*filled with smoked salmon and  
white cream cheese*

**Hand-carved salt beef pretzel  
rolls**  
*served with pickles and mustard*

**Flowerpot muffins**  
-  
Filled and topped doughnuts

## Cakes & Bakes

**Retro cake selection**  
*Wagon Wheels, Snowballs, Penguins, Club Biscuits*

**Soft pretzels**

**American cookies**

**Afternoon Tea cakes**

*Handmade Fondant Fancies, Victoria sponge, Chocolate torte, and fruit scones filled with cream and raspberry jam*



# Wine and Champagne Menu

Accompany our delicious dishes with a delectable wine or Champagne. Expertly chosen by our Head Chef.

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# Wine & Champagne Menu

## White Wine

**Pete's Pure Sauvignon Blanc - Murray Darling Australia House Wine** £24.00

*A Fragrant Zesty nose, typical of the variety, with flavours of passion-fruit and gooseberry and flinty mineral edge*

**Albarino Journey Collection Ramon Bilbao – Galicia Spain** £26.00

*Tropical on the nose, with pineapple and passion fruit balanced by flowers and a juicy mouthful of apricot and mango*

**Den Martino Estate Chardonnay - Casablanca Valley Chile** £28.00

*Fresh aromas of ripe citrus and peach, lead to a soft textured, medium bodied palate. The ripe citrus fruit character is balanced by fresh acidity and moderate alcohol with a lingering finish*

## Champagne & Sparkling Wine

**NV Prosecco Brut Argeo, Ruggeri** £35.00

*Delicate, Zesty Prosecco, exuding green apples and citrus*

**NV Brut Mosaique, Champagne Jacquart** £55.00

*Lightly elegant champagne, perfumed with pear and fresh bread, condensing into gingerbread and fresh fruit*

## Red Wine

**Primitivo Salento - Boheme Italy House Wine** £24.00

*Rich aromas of plum and black cherry with spicy notes of cracked black pepper. A charming, well balanced wine with a velvety texture and intense black forest and damson fruits*

**Cotes Du Rhone Rouge - Terra, Maison Sinnae** £26.00

*Bright and elegant red from the southern Rhone, offering a perfume of eucalyptus and a mouthful of cherries and strawberries*

**Ben Marco Malbec-Medoza - Spain** £28.00

*This is a testimony of Valle de Uco endowed with aromas of black berries, notes of violets, pronounced acidity, firm tannins and great length*



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