



# Menu

Sample menus and prices as of Jan 2016  
All prices are PLUS VAT

## REFRESHMENTS

(All prices are per head plus VAT unless stated otherwise.)

Tea and coffee		<b>£1.95</b>
Tea, coffee with biscuits		<b>£2.25</b>
Tea, coffee with fresh cut fruit platter/fruit basket		<b>£2.95</b>
Tea, coffee with mini Danish selection		<b>£2.95</b>
Tea, coffee with afternoon cake selection		<b>£2.95</b>
Tea, coffee with Welsh cakes		<b>£2.75</b>
Chilled jugs of water		<b>Complimentary</b>
Juice selection		<b>£2.50</b> (Per Jug)
Mineral waters (still or sparkling)	50cl Bottle	<b>£1.50</b> (Per Bottle)
	1.5lt Bottle	<b>£3.00</b> (Per Bottle)
Mint/boiled sweets selection		<b>£1.50</b> (Per Dish)

## SANDWICH LITE LUNCH

**£6.95** + VAT per head

Selection of sandwiches served on white and wholemeal bread (Including vegetarian)  
Hand cooked crisps  
Locally made cakes  
Fruit basket (or add 75p per person for fresh cut fruit platter)

## FINGER BUFFET

**£8.50** + VAT per head

Selection of sandwiches on white and wholemeal bread (including vegetarian)  
Selection of tortilla wraps filled with assorted fillings  
Hand cooked crisps  
Assorted savouries  
Crudités with dips  
Cheese board selection & biscuits  
Locally made cakes  
Fresh seasonal fruit selection (whole fruit pieces) (or add 75p per person for fresh cut fruit platter)

## HOT BUFFET ITEMS

Why not add our delicious hot items to your buffet for only **£2.00** + VAT per person

### Choose 3 hot items from:

Chicken wings  
Mini spring rolls  
Mini Indian savouries  
Chicken sate  
Fish goujons  
Chicken goujons  
Spicy wedges

All served with a selection of condiments. (A wider selection of items are available)



## LUNCH ON THE GO

**£6.50** + VAT per head

"Double up" sandwich: selection of fillings served on a choice of white or wholemeal bread, Kettle crisps, cake of the day, a piece of fruit, and a juice drink all served in a paper bag to "grab & go."

## HEALTH CHALLENGE WALES FINGER BUFFET

**£9.50** + VAT per head (meets Health Challenge Wales guidelines<sup>2</sup>)

As above with reduced fat, sugar and salt content with increased brown bread, salad and a fresh cut fruit platter.

## AFTERNOON TEA

**£6.95** + VAT per person

Selection of finger sandwiches on white and wholemeal bread  
Fresh scones with clotted cream and locally made jam  
Selection of locally made cakes  
Served with tea & coffee

## HOT BREAKFAST ROLLS

**£3.95** + VAT

A choice of grilled prime bacon, Cumberland sausage, or vegetarian sausage served in a soft roll with condiment sauces.

## CONTINENTAL CHOICE

**£4.95** + VAT

Granola, honey & natural yoghurt  
Basket of mini Danish and bakery delights served with butter and preserve  
Fresh fruit platter  
Selection of juices

## STANDING FORK BUFFET

**£14.50** + VAT per head

**Choose 3 main meals from the following options:**

Braised Beef bourguignon  
Chicken in a white wine & crème fraiche sauce  
Chilli con carne  
Classic beef lasagne  
Thai green chicken curry

Classic vegetarian lasagne (v)  
Vegetarian chilli con carne (v)  
Squash, red lentil & coconut curry (v)  
Oven-baked peppers filled with  
couscous and feta cheese (v)

**Served with a choice of**

Aromatic rice, parsley potatoes or creamed mash potato

Accompanied by either seasonal vegetables or freshly prepared salad and rustic bread & butter then finished off with desserts of the day.

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<sup>2</sup> Includes low fat spread, low fat mayonnaise, low fat cheese, cut fruit etc.



## CAN'T COME TO US? WE'LL COME TO YOU!

If you've enjoyed a conference at All Nations Centre you will have no doubt looked forward to lunch!

We are pleased to say that we can now bring lunchtime to you.

If you are hosting a meeting and want a first class lunch, do get in touch.

We can tailor to your catering requirements, delivered fresh and ready to go.

Prices from **£6.95** + VAT per person

[Special Diet Policy](#)

**We will always endeavour to cater for special diets.**

**We cannot guarantee 'nut free' meals due to processed products having declared contamination risk, plus the risk posed from our use of nuts within the kitchen.**