

FOOD MENU

Friends'
Meeting House MANCHESTER

BUFFET LUNCH MENU 2019

VG = Vegan
V = Vegetarian
GF = Gluten Free

MAIN MENU	DESCRIPTION	COST (inc. VAT) / person
Assorted sandwiches	A tasty sandwich selection served on quality sliced granary, wholemeal, malted and white breads (1 ½ rounds per person)	£5.75
Sandwich lunch, crisps & fruit	A tasty sandwich selection served on quality sliced granary, wholemeal, malted and white breads (1 ½ rounds per person) Crisps & Whole fruit (1 piece per person)	£7.25
Super Salad Platter	<i>Choose your protein:</i> Tofu (VG/GF) or Chicken pieces (GF) Served on a hearty salad of roasted sweet potato, beetroot, edamame beans, roast chick peas, spiralized courgette, broccoli, carrot noodles, super seeds, coriander chutney and lemon and chia dressing (VG) Light crisp breads (V) with beetroot & traditional hummus dips (VG)	£8.25
Burrito Lunch	<i>Choose your filling:</i> Pulled Chipotle Chicken (GF) or Charred BBQ Tofu (VG/GF) Served in a tortilla wrap packed with black beans, salsa verde, guacamole, seasoned rice, spinach, tomatoes, onion, jalapeños and coriander dressing (VG) Home cooked nachos and a selection of dips (V)	£10.50
Veggie Tapas Selection	Crostini selection (2 per person) <i>Choose your topping:</i> Pea & Mint Pesto (V) / Beetroot Hummus (V) / Smoked salmon & cream cheese Harissa, Basil and Sweet Potato Frittata (V) Sundried Tomato & Olive Bites (2 per person) (V) Mixed leaf salad with a light dressing (VG) Potato salad with mayonnaise dressing (V)	£11.00

If you would like halal sandwich options or vegan sandwich options, or equally require any allergen advice, please ask.

You may want to add extra treats for your delegates or light bites to keep them going. Either way mix-and-match from the selection below to create your own bespoke menu or add-on to one of the main menus above.

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ADDITIONAL FINGER FOOD		COST / item
Vegan & Vegetarian	Korean BBQ, Tikka or Jerk Tofu Skewers (VG) Bhaji & Pakora Skewers (VG) Sweet Potato Falafel & Red Onion Skewers (VG)	£2.50
Fish	Lightly Smoked Haddock & Leek Tarts Mini Thai Fishcake Bites with chilli dip Spicy Prawn & Veg Noodle Cups	£2.50
Meat	Korean BBQ, Tikka or Jerk Chicken Drumstick Chicken & Chorizo Pastry Rolls Duck Springroll	£2.50
SWEET SELECTION & BREAKFAST		COST / item
Fruit Platter	Mixed cut fruit selection	£2.80
Cake	Portion of homemade cake: Victoria Sponge Lemon and Poppy Seed Frosted Brownie Carrot Cake Peanut Butter Blondie	£2.80 (Minimum order six portions)
Pastries	Selection of pastries & croissants	£2.40
Breakfast Bun	Served on white bread (1 bun per person), <i>choose from:</i> Bacon Sausage Egg	£3.80
REFRESHMENTS		COST / person
Fairtrade tea and coffee		£2.10
Fairtrade tea and coffee with biscuits		£2.50
Fairtrade tea and coffee with Fairtrade orange juice		£2.50
Fairtrade tea and coffee, Fairtrade orange juice and biscuits		£2.85
Fairtrade juice		£1.65