

Conference & Banqueting Menus 2011

The Royal Over-Seas League



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Refreshments

On a per person per serving basis

Tea, coffee and biscuits	£3.20
Tea, coffee and mini Danish pastries	£4.35
Tea, coffee and bacon sandwiches	£5.25

Light Lunches

Sandwich Lunch

£11.95

Sandwiches 1.5 rounds (6 pieces per person)

Alternative fillings available on request

Roast beef and horseradish with tomato and baby gem lettuce

Roast salmon and chive mayonnaise

Mild cheddar cheese and plum tomato

Wedges of melon, pineapple and orange

Tea, coffee and herbal infusions

Deluxe Business Lunch

£13.95

Sandwiches 1.5 rounds (6 pieces per person)

Scottish smoked salmon with lemon zest crème fraiche

Char grilled chicken breast with chorizo and garlic mayonnaise

Brie and baby spinach with cranberry sauce

Gem heart with Caesar dip

Seasonal fruit platter

Tea, coffee and herbal infusions

Add something extra.....

On a per person per serving basis

Soup & a roll	£3.75
Potato wedges	£3.75
Feta cheese, black olive and vine cherry tomato salad	£3.75
Selection of fruit and natural yoghurts	£2.85
Fresh fruit skewers	£3.75

Continental, Full English, or Healthy Breakfast option available on request

All prices are exclusive of VAT charged at the current rate
Prices are subject to change



Finger Buffet Selector

For a minimum of 10 people

Choose five items	£14.95
Choose seven items	£18.50
Additional items	£ 3.50

Hot

Marinated Moroccan chicken kebab
Duck spring roll with red plum sauce
Lamb kofta with coriander salsa
Mini Cumberland sausages with mustard dip in loaf bread
Tempura king prawns with lemon mayonnaise
Spicy crab cake with tartare sauce
Salmon, rocket and parmesan bite
Cheeseburger crostini
Falafel bites with sweet chilli (v)
Mango and tomato salsa wantons (v)
Spinach and feta cheese goujons (v)
Mediterranean vegetable stone baked mini pizza (v)

Cold

A selection of sandwiches to include vegetarian options
Smoked duck breast rosemary crostini
Spicy naan bread with tika chicken and yoghurt
Avocado and prawn in a shot glass
Smoked salmon and cream cheese mini bagels

Healthy Options

Mozzarella, beef tomato, and basil toasted ciabatta (v)
Goat's cheese and spinach parcel (v)
Crudities and pita bread served with a selection of dips (v)
Char-grilled Mediterranean vegetable brochette (v)

Finger Desserts

Fresh fruit skewers
Mango and passion fruit delice
Mini banoffee pie
Mini fruit pastry

Bar Snacks

Crisps	<i>Per 100g bowl</i>	£2.25
Oriental rice crackers	<i>Per 100g bowl</i>	£2.85
Mixed nuts	<i>Per 100g bowl</i>	£4.85
Giant cheese straws		£2.85
Mediterranean salsa crostini		£2.85

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Fork Buffets

Menu A	£19.85	Menu B	£25.95
<i>Minimum numbers of 10</i>		<i>Minimum numbers of 20</i>	
Pick one main dish		Pick two main dishes	
Pick one vegetarian option		Pick one vegetarian option	
Pick two salad dishes		Pick three salad dishes	
Pick one desserts		Pick two desserts	

Hot Main Dishes

Scottish stir-fry beef with black bean sauce and pilaf rice
British beef casserole with crushed parsley potatoes
Chicken curry with coriander basmati rice, mango chutney and mini popadom
Minced lamb and spinach filo parcel
Guinea fowl breast with oyster mushrooms and ricotta tortellini
Pan fried chicken breast with smoked bacon, sautéed mushrooms, served with herb rice
Roast salmon supreme with chive white wine sauce and basil penne pasta
Red mullet with tagine sauce and coriander couscous
Cod, salmon, prawn, and leek with golden cheese potato bake

Cold Main Dishes

Poached fillet of salmon with pesto mayonnaise
Marinated chargrilled chicken breast with basil and tomato relish
Honey roast ham with grain mustard dressing
Tuna niçoise with French beans and capers

Hot Vegetarian Dishes

Please advise on approximate number of vegetarians

Wild mushroom stroganoff with herb rice (v)
Roast Mediterranean vegetable strudel (v)
Mediterranean vegetable lasagne served with garlic and herb bread (v)
Asparagus, broccoli and cauliflower bake in a creamy béchamel sauce (v)

Salad Dishes

New potatoes, scallions and chive mayonnaise
French beans with sun-dried tomato vinaigrette
Vine cherry tomato, cucumber and white bean salad
Rocket and roast fennel
Tossed mixed leaf salad with French dressing
Baby gem lettuce with Caesar dressing
Avocado, sweet corn and new potato mayonnaise

Desserts

Cherry and almond frangipane tart
Seasonal fresh fruit platter
Tart au citron
Vanilla and berry cheesecake

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Canapés

Minimum of 10 people

Canapés are a light item to be served at a drinks reception and are not a substantial meal

Five item canapé selection £13.95
2 pieces of each item per person

Additional Items £2.95

Cold Canapés

Mango and lime marinated chicken
Beef carpaccio with parmesan shaving
Profiteroles with salmon mousse
Smoked salmon mini bagel, chive and sour cream
Atlantic prawn rosemary crostini
Polenta cube with permento salsa
Roast beef with caramelised red onion
Pork fillet, spinach and caramelised apple
Grilled artichoke, parmesan and basil pesto (v)
Davidstow cheddar with fresh pineapple (v)
Mini organic goat's cheese tartlet (v)
Focaccia with black olive and aubergine caviar (v)

Hot Canapés

Roast duck pancake with plum sauce
Moroccan lamb kebabs
Tiger prawns with sweet and sour dip
Scallops with lime and tarragon
Butterfly Japanese prawns with lime mayonnaise
Mini rosti with trout and crème fra che
Baby potato bites with chicken and sweetcorn
Oyster mushroom and stilton in puff pastry (v)
Gorgonzola and fennel tartlets (v)

Best of British Mini Bites

Steak and chips with mustard
Mini chicken and tarragon pie
Fish and chips in mini paper cone
Mini Yorkshire with rare beef and horseradish
Mini beef Wellington
Mini Atlantic prawn cocktail
Welsh rarebit (v)

Dessert Canapés

Mini macarons
Mini Black Forest gateau
Cream and strawberry sponge
Strawberry cream mini scones
Vol au vent with crème anglaise and a fruit compôte

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Fine Dining Set Menus

Club Menu

£33.95

Tian of smoked chicken and chorizo with a gazpacho basil dressing

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Pan-fried cod fillet, crushed herb new potatoes with an oyster mushroom sauce

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Lemon tart, mixed berries and orange zest clotted cream

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Coffee and chocolates

Park Place Menu

£35.75

Scottish smoked salmon, petite herb salad and lemon zest oil

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Grilled noisettes of English lamb, saffron garlic potatoes, seasonal vegetables and a red wine Jus

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Crème brûlée with strawberries

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Coffee and chocolates

Please select your vegetarian option from the vegetarian section on the fine dining menu



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Fine Dining Choice Menu

Please choose one menu for your party and if required a vegetarian option

Starter £6.95

Breast of smoked duck, walnut, beetroot vinaigrette
Parma ham and asparagus with avocado oil
Gravadlax with salmon caviar crème fraiche and pink grapefruit
Smoked salmon, crayfish and chive roulade, petite herb salad
Ham hock and foie gras terrine with a red plum chutney

Soup £4.95

Cream of wild mushroom and truffle oil
Leeks, celery and potatoes with chive and cream
Roasted pumpkin and carrot with ciabatta croutons

Main Courses £19.95

All main course dishes are served with seasonal vegetables

Grilled fillet of sea bass, buttered French beans fondant potatoes and salsa verdi
Slow roast rump of English lamb, parisienne potatoes, vine cherry tomato and olive salsa
Tournedos of Scotch beef, roast garlic potatoes, with red wine and wild mushroom sauce
Pan-fried Moroccan guinea fowl with saffron couscous, chic peas and coriander sauce
Grilled fillet of halibut, pommes anna, green vegetables and beurre blanc
Roast sirloin of beef, thyme potatoes, Savoy cabbage and a Burgundy jus

Desserts £6.75

Meringue with fruits of the forest and cream
Champagne and strawberry torte with mixed berries
Berry cheesecake with passion fruit purée
Pot au chocolate
Pineapple, orange, mango and melon platter
Sorbet trio, mango, passionfruit and lemon

Coffee and Chocolates £3.95

Cheese Platter £59.99

For a table of 10 persons

Mature Truckle cheddar, Bishop Stilton, Somerset brie, served with grapes, raisin and walnut bread and quince jelly

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Vegetarian Options

Starters

Buffalo mozzarella and grilled aubergine stack with avocado salsa

Asparagus spears with quail's eggs and petite herb salad

Goat's cheese, sun-dried tomato and basil terrine with toasted brioche

Mains

Wild mushroom ravioli, rocket pesto and parmesan shavings

Asparagus and baby leek parcel with hollandaise sauce

Spinach and pecorino cheese tart with vine cherry tomato and truffle oil

Vegan Options

Starters

Marinated Mediterranean vegetable stack with basil, mint and garlic olive oil

Seasonal vegetable soup with gluten free crouton

Mains

Spicy mixed bean casserole with pilaf rice

Wilted spinach and oyster mushrooms with organic penne pasta

Desserts

Poached pear with mulled wine sauce

Covent garden fruit platter

Catering at The Royal Over-Seas League is managed by Convex Leisure



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