

## WORKING LUNCH MENU

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### menu (a)

*a selection of sandwiches (S) & wraps (W) served with a selection of crisps*

ham & mustard with lettuce (S)

avocado, feta & tomato (S) **v**

prawns in marie rose sauce (S)

salami, rocket and brie (W)

smoked salmon & cream cheese with chives (W)

hummus, tapenade and rocket (W) **v**

### menu (b)

*served with thick cut chips*

spicy chicken fillet

salmon bite with lemon & crème fraîche

stuffed courgette and tomato with Mediterranean-style quinoa **v**

cocktail sausages with grain mustard & honey sauce

tomato and mozzarella bocconcini with fresh basil **v**

mixed salad leaves (tomato, cucumber, onion, gherkins, sweet corn) **v**

hummus with crudités **v**

**menu (C)**

*seafood*

prawns in marie rose sauce, dressed crab meat, smoked salmon,  
crayfish & avocado and taramasalata

*meat*

a selection of Italian cured meats, gala pie, scotch eggs,  
Suffolk ham with pickle & chutney

*vegetarian*

tomato and basil bruschetta, hummus with crudités, olives, mozzarella bites,  
sun dried tomato and beetroot with cream cheese

**desserts**

bakewell tart

gluten free chocolate brownie

fresh fruit skewers