

LIGHT RUSTIC SANDWICH MENU

ALL SERVED ON A SELECTION OF RUSTIC BREADS

BARBERS CHEDDAR CHEESE, TOMATO, CUCUMBER, ROCKET & PICKLE

429 KCAL PER SERVING

HONEY ROAST HAM, TOMATO, CRISPY BABY GEM & MUSTARD MAYO

412 KCAL PER SERVING

ROASTED MEDITERRANEAN VEGETABLES, HOUMOUS & ROCKET

392 KCAL PER SERVING

HAND-COOKED POTATO CRISPS

89 KCAL PER SERVING

FRUIT SKEWERS

120 KCAL PER SERVING

SWEET TREAT

KCALS AVAILABLE ON THE DAY

£ 15.50 PER PERSON

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

EXECUTIVE SANDWICH MENU

ALL SERVED ON A SELECTION OF RUSTIC BREADS

**PASTRAMI, EMMENTAL CHEESE, DILL PICKLE, SAUERKRAUT, FRENCHIE'S
MUSTARD**

412 KCAL PER SERVING

ROAST BEEF, TOMATO, WATERCRESS, HORSERADISH CRÈME FRAICHE

201 KCAL PER SERVING

**BBQ MUSHROOM MEAT, SHREDDED CABBAGE, CUCUMBER, RED ONION,
CORIANDER, BBQ SAUCE**

392 KCAL PER SERVING

CRUMBLLED FETA, PICKLED PEAR, CUCUMBER, ROCKET, OLIVE CRUMB

428 KCAL PER SERVING

CRISPS

89 KCAL PER SERVING

MARINATED MIXED OLIVES WITH ROSEMARY & LEMON

145 KCAL PER SERVING

FLAVOURED HOUMOUS WITH BREADSTICKS

304 KCAL PER SERVING

FRUIT SKEWER

120 KCAL PER SERVING

SWEET TREAT

KCALS AVAILABLE ON THE DAY

£ 23.50 PER PERSON

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

ENHANCEMENTS

ENHANCE YOUR DAY WITH A SELECTION OF PREMIUM ADDITIONS TO
COMPLEMENT YOUR MENU CHOICES

MARINATED MIXED OLIVES WITH ROSEMARY & LEMON

145 KCAL PER SERVING

£ 3.00 PER PERSON

FLAVOURED HOUMOUS WITH BREADSTICKS

304 KCAL PER SERVING

£ 5.50 PER PERSON

FRESHLY BAKED SAUSAGE ROLLS

394 KCAL PER SERVING

£ 4.00 PER PERSON

GOATS CHEESE & TOMATO QUICHE

237 KCAL PER SERVING

£ 4.50 PER PERSON

FRUIT BASKET

80 KCAL PER SERVING

£ 1.15 PER PERSON

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

BUILD YOUR DAY YOUR WAY

INDIVIDUALLY PRICED BOARDS IN MULTIPLES OF 10 COVERS PER BOARD

CHOOSE FROM OUR CURATED BOARDS AND CREATE A PERSONALISED
EXPERIENCE

SEAFOOD BOARD TRADITIONAL

SMOKED SALMON, BEETROOT CURED SMOKED SALMON, GRAVADLAX CURED
TROUT WITH SELECTION OF BLINIS, CRÈME FRAÎCHE, FRESH LEMON & PICKLED
SEA VEGETABLES

385 KCAL PER SERVING

£ 165.00 PER BOARD

ITALIAN ANTIPASTI BOARD

TRADITIONAL ITALIAN SHARING BOARD OF MARINATED BOCCONCINI, SALAMI,
CHAR-GRILLED COURGETTES, MARINATED AUBERGINES, ROASTED RED PEPPERS,
OLIVES, FOCACCIA BREAD & OLIVE OIL

979 KCAL PER SERVING

£ 125.00 PER BOARD

PLOUGHMAN'S BOARD

BARBERS CHEDDAR, STILTON, PORK PIE, HOMEMADE BREAD, PICKLED ONION,
APPLE, CELERY, LOCAL PICKLE & CHUTNEY WITH FLAVOURED BUTTER

893 KCAL PER SERVING

£ 135.00 PER BOARD

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

HOUMOUS & ARTISAN BREAD BOARD

TWO DIFFERENT FLAVOURED HOUMOUS OF THE DAY WITH A SELECTION OF
HOMEMADE FOCACCIA & SOURDOUGH CROUTES, CHEESE STRAWS

354 KCAL PER SERVING

£ 75.00 PER BOARD

CHEESE & CHARCUTERIE BOARD

A SELECTION OF LOCAL NORTHAMPTONSHIRE CURED MEATS & CHEESES FROM
OUR LOCAL ARTISAN PRODUCER. SERVED WITH ARTISAN CHUTNEY & PICKLES,
SOURDOUGH FOCACCIA BREADS, & FLAVOURED BUTTERS

949 KCAL PER SERVING

£ 150.00 PER BOARD

SWEET TREAT GRAZING BOARD

A SELECTION OF COOKIES, BROWNIE, FLAPJACK, LEMON DRIZZLE CAKE &
BANANA BREAD

579 KCAL PER SERVING

£ 79.00 PER BOARD

BREAKFAST BAKERY BOARD

FRESHLY BAKED TO START THE DAY, A PASTRY BOARD OF PAIN AU CHOCOLATE,
PAIN AU RAISIN, CROISSANT, ALMOND CROISSANT, CHOCOLATE TORSADE,
VANILLA CUSTARD CROWN & PASTEL DE NATA

680 KCAL PER SERVING

£ 66.00 PER BOARD

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

MOOD FOOD SALAD BAR

INDIVIDUALLY PRICED BOARDS IN MULTIPLES OF 10 COVERS PER BOARD

FUEL YOUR MEETING WITH A MOOD FOOD SALAD BAR FULL OF BEAUTIFUL RAW, COOKED & PICKLED SINGLE INGREDIENT SALADS. THE MENU FOR THIS IS WRITTEN DAILY FROM THE KITCHEN. THIS PACKAGE INCLUDES:

TWO RAW VEGETABLE SALADS

ONE PICKLED VEGETABLE SALAD

ONE BEAN OR PULSE SALAD

ONE ROASTED VEGETABLE SALAD

ONE MEAT OF THE DAY PROTEIN POT

ONE NON-MEAT OF THE DAY PROTEIN POT

TWO FLAVOURED HOUMOUS'

TWO SEED TOPPINGS

ONE BREAD BASKET

ONE FRUIT BASKET

£15.00 PER PERSON

MINIMUM COVERS 10

KCALS AVAILABLE ON THE DAY

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

ENERGY STATION

INDIVIDUALLY PRICED BOARDS IN MULTIPLES OF 10 COVERS PER BOARD

POWER UP THE DAY WITH A HIGH ENERGY OFFERING:

ENERGY BALLS

109 KCAL

BAKED GRANOLA BARS

187 KCAL

CEREAL BAR

192KCAL

TRAIL MIX

221 KCAL

PER BOARD £75.00

FRESH FRUIT SKEWERS

120KCAL

DAILY DOSE JUICE SHOTS

52 KCAL

SMOOTHIE STATION WITH TWO SMOOTHIES OF THE DAY

368 KCAL

PER BOARD £100.00

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

GRAZING BAR

A COMPLETE PACKAGE FOR YOUR EVENT, BASED AROUND THE MOOD FOOD
SALAD BAR

TWO RAW VEGETABLE SALADS

ONE ANY FOOD BOARD

ONE SWEET TREAT BOARD

ONE ENERGY STATION BOARD

ONE MOOD FOOD SALAD BAR PACKAGE

£ 49.00 PER PERSON

MINIMUM COVERS 10

KCALs AVAILABLE ON THE DAY

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

POKE BOWL

EAT & WORK WITH THE POKE BOWL LUNCH, 3 PRE-BUILT POKE BOWLS TO CHOOSE FROM. HEALTHY, ENERGISING COLOURFUL & BURSTING WITH FLAVOUR

ASIAN STYLE NOODLES, EDAMAME BEANS, CHARGRILLED COURGETTE, AVOCADO, GRATED CARROT, SLICED RADISH WITH A CHOICE OF ONE TOPPING

STEAMED SALMON POKE BOWL

547 KCAL

£15.00

GRILLED CHICKEN POKE BOWL

569 KCAL

£12.50

FALAFEL POKE BOWL

614 KCAL

£10.50

MINIMUM COVERS 10 PER BOWL REQUIRED

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

AFTERNOON TEA

SMALL SELECTION:

FRESHLY BAKED SCONE WITH CLOTTED CREAM & STRAWBERRY PRESERVE

385 KCAL PER SERVING

DARK CHOCOLATE TART

191 KCAL PER SERVING

LEMON & BLUEBERRY CAKE

129 KCAL PER SERVING

£17.75 PER PERSON

MINIMUM COVERS 10

LARGE SELECTION:

FRESHLY BAKED SCONE WITH CLOTTED CREAM & STRAWBERRY PRESERVE

385 KCAL PER SERVING

DARK CHOCOLATE TART

191 KCAL PER SERVING

LEMON & BLUEBERRY CAKE

88 KCAL PER SERVING

RASPBERRY CREAM-FILLED ECLAIR

88 KCAL PER SERVING

SELECTION OF MACARONS

99 KCAL PER SERVING

£29.00 PER PERSON

MINIMUM COVERS 10

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU

SOFT DRINKS

COMPLIMENTARY RED BULL & RAUCH JUICES ARE INCLUDED WITH EVERY ORDER

FRUIT SMOOTHIE OF THE DAY

£3.15

SELECTION OF TEA & COFFEE

ONE SERVING PER PERSON

£2.95

SELECTION OF TEA & COFFEE

UNLIMITED SERVINGS PER PERSON

£7.50

BOTTLED STILL WATER

£4.55

BOTTLED SPARKLING WATER

£4.55

SWEET TREATS

FRESHLY BAKED COOKIES

406 KCAL PER SERVING

£2.50

HAND BAKED BISCUITS

KCAL AVAILABLE ON THE DAY

£1.60

MINIMUM COVERS 6

ADULTS NEED AROUND 2000 KCAL A DAY

BUFFET MENU