



ABDO NRC Menu Choices

Business Essentials Menu

White & Granary Sandwiches (one full Sandwich Round per Person)

Standard Selection:

Tuna & Cucumber (w)

Just Ham (w)

Chicken Tikka (g)

Bacon Lettuce Tomato (BLT) (g)

Cheese & Chutney (g)

Vegetarian Selection:

White & Granary Sandwiches (one full Sandwich Round per Person)

Sliced Egg Salad (w)

Cheese & Chutney (g)

Egg Mayo & Cress (g)

Mix Cheese & Spring Onion (g)

Savouries per Person: (4 in total per person)

Standard Selection:

Sausage Roll

Pork Pie

Chicken Fillet Skewer with Sweet Chilli Dip

Mini Quiche

Vegetarian Selection:

Veggie Satay

Spinach & Feta Goujon

Veggie Mini Quiche

Veggie Pakora

Cakes Selection

Mini Blueberry / Chocolate Muffins



Business Classic Menu

White & Granary Sandwiches or Two Slider Rolls

(one full Sandwich Round or 2 sliders per Person)

Standard Selection:

New York Deli (g)

Tuna & Cucumber (w)

Chicken Salad with Seasoned Mayo (s)

Ham Sliced Egg & Mustard Mayo (s)

Chicken Tikka (g)

Cheese & Chutney (s)

Vegetarian Selection:

Cheese & Chutney (s)

Falafel Salad with Mint Yoghurt Dressing (s)

Sliced Egg Salad (w)

Chargrilled Veg, Cream Cheese Pesto & Spinach (g)

Brie Cranberry (g)

Red Pepper Houmous Salad (g)

Savouries per Person: (4 in total per person)

Standard Selection:

Southern Style Chicken

Deep Dish Mini Pizza

Ham & Cheese Croissants

Mini pastry Bites

Vegetarian Selection:

Ratatouille Empanada

Brie & Cranberry Croissants

Camembert Bites

Goats Cheese & Spinach Mini Quiche

Cakes Selection

Tray Bakes - Apple with Cinnamon, Raspberry.



Business Ultimate Menu

Variety of Stone Baked Rolls & Wraps

(a mix of one full wrap or two Rolls per Person):

Standard Selection:

Southern Style Chicken with Spicy Salsa, Mayo & Lettuce (p)

Chicken Tikka in Tikka Mayo & Leaves (t)

Greek, Feta, Tomato, Cucumber, Olives & Leaves V (b)

Roast Beef Horseradish & Rocket (r)

Prawn Marie Rose & Rocket (r)

Ploughman's (r)

Vegetarian Selection:

Greek, Feta, Tomato, Cucumber, Olives & Leaves V (b)

Chargrilled Veg, Houmous & Leaves VEGAN (t)

Cheese & Chutney (r)

Brie Cranberry (r)

Egg Mayo & Watercress (r)

Savouries per Person: (6 in total per person)

Standard Selection:

Mini Hoisin Duck Pancakes

Mini Ham & Cheese Croissants

Spicy Fusion Chicken Skewers

Mini Pastry Bites

Bruschetta Selection

Ham & Cheese / Chicken & Vegetable Mini Quiche

Vegetarian Selection:

Cheese & Pickle Bites

Spinach & Feta Bruschetta

Sweet Potato Curry Bite

Vegetable Pakora, Vegan Empanada

Brie & Cranberry Croissants

Cakes Selection

White Chocolate Coated Doughnuts, Milk Chocolate Coated Doughnuts



Business Gourmet Menu

Variety of Stone Baked Crispy Sour Dough Sandwiches & Soft Slider Rolls

(Selection of one full Sandwich or two Rolls per Person):

Standard Selection:

Smoked Salmon, Cream Cheese and Rocket (s)

Roast Ham, Sliced Egg, Mustard Mayo (s)

Roast Chicken, Lettuce, Tomato & Cucumber with Mayo (s)

New York Deli (c)

Chicken, Bacon & Sweetcorn (c)

Roast Beef Horseradish & Rocket (c)

Vegetarian Selection:

Red Pepper Houmous & Grated Carrot (s)

Falafel Salad with Mint Yoghurt Dressing (s)

Cheese & Chutney (s)

Chargrilled Veg, Cream Cheese, Pesto & Spinach (c)

Brie Cranberry Leaves (c)

Savouries per Person: (6 in total per person)

Standard Selection:

Chicken & Chorizo Skewer

Mini Ham & Cheese Croissants

Smoked Salmon & Cream Cheese Pinwheels

Mini Tikka Pancakes With Mint Yoghurt

Mozzarella Tomato & Basil Skewer

Mini Chicken & Tarragon / Beef in Ale Pies

Vegetarian Selection:

Goat Cheese & Spinach Mini Quiche

Brie & Cranberry Croissants, Mini Cream Cheese Stuffed Peppers

Mozzarella Tomato & Basil Skewer

Mini Ratatouille Empanada, Falafel with Mint Yoghurt

Cakes Selection

Almond Tart Selection & Pastel De Natas



Dietary Requirements

Gluten Free

- 2 x Gluten free rolls (Ham Salad, Cheese Salad)
- 1 x Chicken Tikka Skewer
- 1 x Cheese & Bacon Bite
- 1 x Salt and Chilli Chicken Goujon
- 2 x Stuffed Peppers with Cream Cheese
- 1 x Gluten Free Chocolate Brownie

Gluten Free – Vegetarian

- 2 x Gluten free rolls (Chargrilled Peppers & Houmous, Cheese Salad)
- 2 x Tomato Basil & Mozzarella Skewers
- 2 x Red Pepper, Spinach & Ricotta Spanish Omelette Bites
- 2 x Stuffed Peppers with Cream Cheese
- 1 x Mini Crudités, Baby Corn, Mange Tout, Cucumber with Houmous Dip
- 1 x Gluten free Chocolate Brownie

Vegan

- Moroccan spiced cous cous Tomato Wrap 1/2
- Red Pepper Houmous Salad Sandwich on Granary 1/2
- Days speciality Salad Pot (spinach, cherry Toms, Cucumber, Olives, 3bean mix)
- Fruit, Pot
- Vegan Cake



Hot Food Options

Soup

Carrot and Coriander
Chicken Soup
Italian Tomato and Pancetta Soup
Mexican Chilli Beef Soup
Minestrone Soup
Spiced Parsnip and Onion Soup
Tomato and Basil Soup

Curry and Chilli

Chicken Curry
Veggie Curry
Rice
Naan Breads

Chilli con carne
Three Bean Chilli
Rice

Lasagne

Beef Lasagne
Veggie Lasagne
Garlic Bread
Wedges

Pies

Chicken and Mushroom Pie
Steak and Ale Pie
Three Cheese and Red Onion Pie
Jacket Potato Wedges

Jacket Potato

Jacket Potato
Beans
Cheese
Tuna
Chilli con carne
Three bean chilli
Coleslaw



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Breakfast

Baguette or Sandwich option

Sausage and Egg
Bacon and Egg
Egg and Potato rosti

Pastries selection

Pain aux chocolate, Danish selection, pain aux raisin, croissants

Other

Yoghurt and Granola
Fruit pots

Please note – If there is anything specific that you require please just enquire at time of booking.