



HOSPITALITY AND EVENTS

**MENU**

## SELECTING YOUR MENU

### Booking procedures

Once you have made your selection from this menu, email [events@unison.co.uk](mailto:events@unison.co.uk) and Or make the booking through Condeco.

Please note that we require 24 hours notice for tea and coffee requests and 72 hours, three working days, notice on all other menus.

Any tea and coffee bookings cancelled less than 24 hours or less than 72 hours, three working days, on all other menus items will be charged in full.

### Working hours

We are here from 8am to 4pm, 5 days a week, however if you need service out of these core times then we can work with you to provide service for your event.

A labour charge will be incurred for weekend events or events outside of core working hours.

Emails sent after 4pm will be responded to the following working day.

Meetings larger than 20 will need to book in room catering.

### Allergens and dietary requirements

If you or your guests have any dietary requirements or allergen. Please let us know in advance. The catering team will be able to advise.

Please note we do use all known 14 allergens in our kitchen.

### Bespoke events

If you would like something a bit different, please let us know. Our hospitality team will be happy to create an event menu specific to your requirements.

# REFRESHMENTS

## HOT BEVERAGES

*Minimum of 4 people*

Tea & filter coffee 6 kcal per serving £2.40

Tea, filter coffee & biscuits 28 kcal per serving £2.75

Tea, filter coffee and mini Danish pastries 98 kcal per serving £3.75

Tea, filter coffee and muffin 233 kcal per serving £4.50

Tea, filter coffee and cake 248 kcal per serving £5.65

## COLD BEVERAGES

*Minimum of 4 people*

Orange juice 95 kcal per serving £6.00

1 litre jug-serves 4 people

Apple juice 96 kcal per serving £6.00

1 litre jug -serves 4 people

**Smoothies** £9.20

1 litre jug -serves 4 people please choose from:

Breakfast energy smoothie with banana, oats, and peanut butter

397 kcal per serving

Very Berry Boost smoothie, with mixed fruits of the forest and beetroot

260 kcal per serving

The Green goddess smoothie with spinach, kiwi, apple, banana, and avocado

343 kcal per serving

Selection of canned drinks £1.85

Pepsi 135 kcal, Pepsi max 1 kcal, Tango apple 33 kcal, Tango orange 63 kcal, 7Up 63 kcal

An adult typically needs 2000 kcal per day

# BREAKFAST

*Served with freshly prepared fairtrade coffee and tea*

## VITALITY KITCHEN HEALTHY BREAKFAST

*£10 per person*

*Minimum of 4 people*

Watermelon, mint, cucumber, and lime cooler 68kcal per serving

Apple and oat muesli bircher pot 196 kcal per serving

Fluffy banana pancakes 247 kcal per serving

Scrambled free range egg and crushed avocado on sourdough toast 384 kcal per serving

## BREAKFAST BUTTIES

*£10.75 per person*

*Minimum of 4 people*

The 'classic' breakfast sandwich served on chunky farmhouse white, brown and granary artisan rolls, with brown sauce and tomato ketchup

Please choose two fillings from the following:

Smoked back bacon 506 kcal per serving

Cumberland sausage and red onion marmalade 650 kcal per serving

Scrambled egg and mushroom 465 kcal per serving

Grilled Portobello mushroom and tomato 367 kcal per serving

Roast breakfast ham and cheddar cheese 416 kcal per serving

An adult typically needs 2000 kcal per day

# LUNCH



*Sample menus to give a taste of some of the delicious things our chefs can rustle up using seasonal ingredients*

**All working lunches are served with still water, crisps, platter of seasonal cut fruit and juice**

## STANDARD SANDWICH LUNCH

£14.70 per person

Minimum of 4 people

*Selection of seasonal core sandwiches.*

## MEAT PLATTER

Selection of British ham and chicken and bacon sandwiches 231 per serving

## FISH PLATTER

Selection of tuna and prawn sandwiches 210 kcal per serving

## VEGETARIAN PLATTER

Selection of cheese, eggs and beans sandwiches 219 kcal per serving

## BREADLESS SANDWICH LUNCH

£18.80 per person

Minimum of 4 people

No tuna, wasabi and pickled cucumber Chinese leaf wrap 206 kcal per serving

Vietnamese poached chicken with sesame citrus dressing, and shredded spring onions in rice paper wrap 99 kcal per serving

Roasted red pepper hummus with carrot, spinach and feta in a wrap made without gluten 218 per serving

Peppered pastrami, gherkin, pickled shallot, and mustard in little gem lettuce 49 kcal per serving

An adult typically needs 2000 kcal per day

# LUNCH

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## EXECUTIVE SANDWICH LUNCH

£19.15 per person

Minimum of 4 people

*Selection of gourmet sandwiches served with selection of seasonal core sandwiches*

Chicken Caesar wrap 253 kcal per serving

Hoisin duck wrap 186 kcal per serving

Hummus and falafel wrap 204 kcal per serving

Onion bhaji wrap 213 kcal per serving

Chicken and pepper focaccia 212 kcal per serving

Pastrami and pickle focaccia 227 kcal per serving

Capresse focaccia 238 kcal per serving

# LUNCH



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*Minimum of 4 people*

## WARM SAVOURY BITES

### MEAT

*£3.75 per item*

Yorkshire sausage and mash potato 170 kcal per serving

Homemade sausage roll with tomato ketchup 293 kcal per serving

Cajun spiced chicken skewer 183 kcal per serving

Duck spring rolls with hoi sin dip 83 kcal per serving

### FISH

*£3.75 per item*

Breaded lemon sole goujons served with tartare sauce 189 kcal per serving

Homemade smoked salmon and cream cheese vol-au-vent 140 kcal per serving

### VEGETARIAN

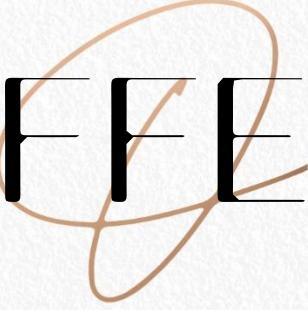
*£3.75 per item*

Sable biscuit with whipped goat cheese and beetroot 333 kcal per serving

Falafel bites with minted yoghurt dip 147 kcal per serving

Mozzarella and sundried tomato quiche 215 kcal per serving

# FORK BUFFET



*Please select 1 meat, 1 fish, and 1 vegetarian option.*

*Served with rice or potatoes and two seasonal vegetables, seasonal salad, artisan breads & butter with still and sparkling water*

*Sample menus to give a taste of some of the delicious things our chefs can rustle up using seasonal ingredients*

**£28.20 per person (minimum of 12 people to 150 people)**

*Please give a minimum of 72 working hours notice.*

## MEAT

Lemon basil chicken 169 kcal per serving

Beef and stilton pasties 281 kcal per serving

## FISH

Lincolnshire fishcake lemon butter sauce 201 kcal per serving

Oven roasted tilapia with fresh salsa verde 179 kcal per serving

## VEGETARIAN

Sun blush, spinach and feta frittata 174 kcal per serving

Aubergine, butter & pomegranate bake with tahini sauce 194 kcal per serving

## DESSERT

Lemon drizzle cake 286 kcal per serving

Chocolate brownie 331 kcal per serving

# CAKES

*Sample menus to give a taste of some of the delicious things our chefs can rustle up using seasonal ingredients*

*Choice of two*

## CAKE BOX

*£5.55 per person*

*Minimum of 4 people*

Chocolate fudge 127 kcal per serving

Victoria sponge with strawberry jam and vanilla cream 150 kcal per serving

Carrot cake 152 kcal per serving

Lemon cake 150 kcal per serving

## BISCUIT BOX

*£5.55 per person*

*Minimum of 4 people*

Chocolate chip cookies 356 kcal per serving

Ginger nut biscuits 119 kcal per serving

Honey and oat 130 kcal per serving

Almond and orange biscuits 45 kcal per serving

# GRAZING BOARDS

## CHARCUTERIE

£15.50 per person

Minimum of 4 people 803 kcal per board

Salami

Serrano ham

Chicken liver pate

Manchego cheese

Brie

Served with sourdough bread and chutney

## PLOUGHMANS

£15.50 per person

Minimum of 4 people 731 kcal per board

British ham

English farmhouse cheddar with apple chutney

Sausage roll or cocktail sausages

Cheese and onion roll or free range hard boiled egg

Celery sticks

Served with balsamic onions, cornichons, pickle and toasted sour dough

# GRAZING BOARDS

## PLANT BASED SELECTION

### MEZZE PLATTER

£12.95 per person

*Minimum of 4 people 591 kcal per board*

Falafel 159 kcal per serving

Hummus 105 kcal per serving

Crudities 22 kcal per serving

Roasted Mediterranean vegetables 63 kcal per serving

Olives 69 kcal per serving

Tzatziki (Vegan) 19 kcal per serving

Served with pitta 154 kcal per serving or khobez bread 58 kcal per serving

### NIBBLES

£6.80 per person

*Minimum of 4 people 495 kcal per board*

Crisps 194 kcal per serving

Nuts 124 kcal per serving or pretzels 116 kcal per serving

Olives 69 kcal per serving

Wasabi peas 108 kcal per serving