



Our menus include a variety of options to suit all business meetings from breakfast selections, Bento Boxes, sandwich selections and finger food. We have taken your feedback on board and all of our ingredients are fully traceable and where possible are seasonal and locally sourced.

If the following does not fit your requirements or you would like seasonal alternatives our team are on hand to liaise with our Head Chef Roger Evans to design a bespoke menu to meet your exact requirements. Please contact one of the team on 020 7451 3104 or email buscentre@iod.com.

Fair Trade Filter Coffee and a Selection of Twinings Teas Served with.....

On the day ordering available

Biscuits	£3.10
Cake	£4.05
Cookie Break - home baked cookies	£4.30
Chocolate Brownie	£4.55
Selection of Muffins	£4.90
Croissants with Preserves	£5.15
Danish Pastries	£5.15
Bacon Sandwich	£7.00
Cumberland Sausage Sandwich	£7.00

48 hours notice required

Honey Roast Ham & Cheddar Cheese filled Croissant	£6.25
Gruyere & Tomato filled Croissant [v]	£6.25
Smoked Salmon & Cream Cheese Bagel	£6.50
Scones with Clotted Cream & Jam	£7.50

Continental Breakfast £13.60 per person
Croissants & Danish Pastries, Fresh Fruit Platters
Fruit yoghurt
Fresh Orange, Apple & Cranberry Juices
Selection of Twinings Teas & Fair Trade Filter Coffee



Sandwich Selection – 1 round per person

Char grilled aubergine, roasted peppers and courgette with pesto on toasted Focaccia [v]	£5.95
Oak smoked salmon, avocado and basil mayo bloomer	£6.15
Parma ham and mozzarella, rocket and sun blushed tomatoes on flat bread	£5.95
Gammon and egg bloomer with French mustard, red onion, tomato and parmesan	£6.15
Prawn cocktail and rocket wrap	£6.25
Chicken Tikka with minted yogurt wrap	£5.95
Chef's Daily Selection	£6.15
All sandwiches served with garnish. Alternative breads can be provided – bloomer, wraps & granary bread [min 48 hours notice]	
A selection of nuts, crisps and olives	£2.75

Bowl Dishes

For a more substantial lunch why not opt for our bowl food

Minimum order 6 people & 48 hours required

Bangers & Mash with Onion Gravy	£6.20
Chicken Caesar salad	£6.20
Stir fried king prawns	£6.20
Bococini, sun blushed tomatoes and basil [v]	£6.20

Salads and Platters

Asparagus salad with roasted peppers, humus and rocket [v]	£7.80
Smoked salmon and crayfish with Mascarpone and Champagne dressing	£8.10
Char grilled chicken breast with mixed salad	£7.80
English summer picnic platter with Scotch egg, gala pie, roasted gammon and pickle	£7.80
Chilled poached salmon with mayonnaise and coleslaw	£7.90
Served with toasted Ciabatta	

Hot Selection

Sausage and mustard grain toasted Panini	£6.45
Mozzarella, sunblushed tomato, red onion, peppers and pesto toasted Panini [v]	£6.45
Gammon and mature Cheddar toasted Panini	£6.45

Desserts

Fresh Fruit Platter	£4.75
Duo of melon	£4.75
Strawberries and cream	£4.75
Dessert of the Day	£5.95

All Prices are excluding VAT

All information is correct at the time of print, however prices and menu items are subject to change without notification



Delegate Rate Buffets

Minimum order of 6 people & 24 hours notice required

Tea, Coffee & Muffins on arrival

Mid morning break of Tea, Coffee & Biscuits

Lunch

[Your choice of Sandwich Buffet, Daily Bento Box or Working lunch]

Afternoon serving of Tea, Coffee & Cakes

Sandwich Buffet

**One and half rounds per person at £17.25 per person
£28.70 per person as part of the delegate rate menu**

24 hours required for selection of breads otherwise order on the day
and granary bread will be supplied

**A selection of Sandwiches on granary and white bread catering
for all dietary requirements served with garnish, orange juice
and fruit platters. The selection is changed on a monthly basis
to include seasonal ingredients that ensure clients have new
menus to sample.**

Please contact one of the team on 020 7451 3104 or email
buscentre@iod.com to be advised of the monthly selection.

Working Lunch

**£18.15 per person
£30.80 per person as part of the delegate rate menu**

Minimum order of 6 people & 48 hours notice required
Please speak to our team if you wish to substitute any items below
for any salads

**Smoked haddock and chive tarts
Italian flat bread with Parma ham, tomato and mozzarella
Lamb Kofta with yoghurt mint dip
Baby sausages with rosemary
Italian flat bread filled with roasted
vegetables, pesto and humus [v]
Vegetable Samosas [v]**

**Selection of Twinings Teas & Fair Trade Filter Coffee Served
with Chocolate éclairs**

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Bento Boxes Daily Menus

£20.50 per person

£31.95 per person as part of the delegate rate menu

Minimum order 6 people & 48 hours notice required

The Bento Box daily menus provide you with a basis to offer your delegates exactly what they want. These menus are ideal for meetings working to a tight schedule, where time is of the essence. A different Bento Box is available every day of the week - Monday through to Friday. Each Bento meal offers a full menu, presented in a beautiful box followed by a service of tea & coffee.

Please note: Vegetarian alternatives can be provided when pre-ordered, please let us know your dietary requirements prior to your meeting

Monday

Cajun Salmon

Caesar Salad

New Potato Salad with Chives

Sliced Pineapple and Melon

Tuesday

Chicken Tikka

Rice Salad

Cucumber, Mint and Yoghurt Salad

Selection of Fruits

Wednesday

Smoked Salmon and King Prawns

**Broccoli, Mushroom and Asparagus
Salad**

Selection of Fruits

Thursday

English Picnic with Piccalilli

Mixed Salad Leaves

Seasonal Berries and Cream

Friday

Tuna Niçoise Salad

Couscous Salad

Mixed Salad Leaves

Selection of Fruits

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Seated Lunch and Dinner Menus

*Please select 1 starter choice, 1 main course choice, and 1 dessert choice for all guests
If you wish to select more than one choice for each course a supplement charge will apply*

£39.40 per person

Starters

Kiln roasted salmon with creamed celeriac
and a parsnip crisp
English goats cheese with a bundle of
asparagus spears
Terrine of venison Lydling pork, Agen
prunes and aged balsamic

Main Courses

Shoulder of Elwy lamb with glazed roasted
vegetables and rosemary jus
Breast of chicken with bubble and squeak
cake and tarragon cream
Fillet of Loch Tay salmon served with
potato pancake on a bed of leaf spinach
and a Champagne and cream sauce

Desserts

Panacotta with passion fruit cream
Poached pear with pistachio, vanilla ice
cream and dark chocolate sauce

Served with Fair Trade filter coffee and
Champagne truffles

Please see our menu selection below

**If you would like any alternative
suggestions please ask at Business
Centre Reception**

Vegetarian options must be pre-ordered

Vegetarian Options

Starters

Asparagus spears with roasted peppers

Poached pear, endive, watercress and
roasted walnut salad

Main Courses

Chargrilled aubergine cannelloni filled with
goats cheese, spinach and
sunblushed tomatoes

Vialone risotto with
Mediterranean vegetables

£41.70 per person

Starters

Orange and dill Gravadlax dressed with
pea shoots and beetroot cress
Smoked chicken, mango and
poppy seed salad
Pressed terrine of confit and smoked duck
with a spiced pineapple chutney

Main Courses

Braised rump of Hereford beef with red
onions and horseradish chive mash
Roast chump of Elwy lamb and
baby shepherds pie served with
glazed parsnips and carrots
Fillet of sea bass with celery and fennel
compote scented with mandarin

Desserts

Mixed berry brulee with sable biscuit
White chocolate and raspberry
cheesecake

Served with Fair Trade filter coffee and
Champagne truffles

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Bar Tariff

Llanllyr Source Mineral Water [75cl]	£3.80
Baby Mixers	£1.25
Fruit Juices – orange, apple & cranberry [per litre]	£5.15
[Per ½ litre]	£3.25
Diet Coke, Coke [200ml]	£1.95
Bottle Green flavoured water (275ml)	£1.95
Bottled Beer [275ml]	£4.15
IoD Champagne [70cl]	£40.90
Club White [75cl]	£19.45
Club Red [75cl]	£19.45

A full wine list and bar tariffs are available on request please.

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