






2021 FORK BUFFET MENU




This offer is included in the day delegate rate and will be served with tea and coffee.
Fork buffet menu is £19.50 per person when not using the day delegate rate.




Please choose three cold dishes, two hot dishes and two desserts.



COLD



Mixed salad    

Couscous salad
with sundried tomatoes
and mixed seeds   




Greek salad
with feta cheese   

Halloumi, orange,
watercress and
bean sprout salad   



Poached salmon
niçoise style  

Chicken breast, peppers,
grapes and apple salad in a
light mayonnaise dressing  



HOT



Roasted pepper and
goat's cheese tart   




Falafel with minted yoghurt
  

Southern fried chicken
with sweet chilli sauce  

Vegetable lasagne   




Chicken satay skewers
with peanut sauce  

Salmon, new potatoes,
beans and tomatoes,
with hollandaise sauce  




Roasted aubergine,
butternut squash with
tofu and pesto   




DESSERTS

Melon and pineapple platter
  

White chocolate cheesecake
with raspberry coulis   







Zingy lemon pots   

Pear and almond tart
with custard   

Vanilla cheesecake
with raspberry coulis   

Allergy Advice

If you are allergic or intolerant to any food, please let us know upon placing your order. Whilst we endeavour to avoid any cross contamination, when processing a specific allergen free order, our kitchen does not have a specific allergen free zone. Deep fried wheat and gluten dishes will use the same fryers in the kitchen as dishes not containing these ingredients – there may be a risk of cross contamination which could affect extremely sensitive sufferers. For more information about any of our dishes please ask a member of our team.

-  Vegetarian
-  Dairy Free
-  Vegan
-  Gluten Free
-  Contains Gluten
-  Contains Dairy

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Call today: 01202 663489
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[RNLI.org.uk/college](https://www.rnli.org.uk/college)

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