

Event Essex Conference Lunch Menus

£8.25 per person

Menu A

Round Premium Sandwich Selection
Homemade Vegetarian Tartlet of the Day
(GI, E, M)
Red Thai Chicken Skewer (GF)
Butternut Squash & Quinoa Bites (GI,
Wheat, Barley, M, Cel, Mus)
Millionaire Tarts (GI, Wheat, E, Soy, M)

Menu B

Mini Roll Platter
Southern Fried Chicken Goujons (Wheat)
Pulled Pork Croquette (GI, Wheat, M)
Sweet Potato Curry Turnover (Vegan) (Mus,
Wheat)
Mini Macaroons (E, M, N, Soy, Barley)

Menu C

Round Classic Sandwich Selection
Homemade Piri Piri Chicken Skewer
Cheese & Onion Roll (GI, M, Wheat)
Vegetable Cudités (M)
Mini Eclairs (E, M, Wheat)

Event Essex and Essex Food support the following sustainable organisations:

