

## 2019: Breakfast & lunch

### menu ingredients.



All information has been provided directly by the individual caterers. It is the delegate's own responsibility to confirm with the caterer that their meal is free of any potential allergens when they are collecting their meals.

Please ensure when selecting your meal choices via the booking portal you inform us of any allergies or dietary requirements.

#### THE MELTING POT KITCHEN:

- Fruit salad: kiwi, mango, papaya, pineapple, watermelon, mint, sugar, sunflower seeds, pumpkin seeds, yogurt/soya yogurt
- Breakfast muffin: Bacon, egg, sausage (pork, sulphites, spices) muffin (gluten)
- American pancakes: Bacon, maple syrup, pancake (wheat, egg, milk, cinnamon, sugar), strawberries, blueberries
- Banana & coconut pancakes: Banana, coconut milk, gluten free oats
- Kedgeree: Smoked Haddock, Salt, Colour: cumin, egg, rice, onion, garlic, ginger, curry powder, smoked paprika, lemon, lime, butter

- Brazilian coconut chicken: Chicken, onion, garlic, ginger, jalapeño, korma powder (may contain **mustard**) Coconut Milk Powder, Maltodextrin, **Milk Protein** (Sodium Caseinate), Stabiliser (Trisodium Phosphate) green beans, Peppers, coriander, rice, black beans, potatoes, salt ,pepper, rapeseed oil
- Cantina mushrooms: Mushrooms, onion, garlic, chopped tomato's, tomato purée, kidney beans, peppers, red wine (**sulphites**) salt, pepper, rapeseed oil, rice, black beans
- Cuban sandwiches: **wheat**, olive oil, yeast, ham, pork, **Swiss cheese**, gherkins, **mustard**, spices, lemon, lime, orange, cumin, garlic, oregano, kettle crisps (Potatoes, Sunflower Oil, Sea Salt), rocket, carrot, red onion, salt, pepper
- Nachos: Beef, onion, garlic, chopped tomato, tomato purée, chipotles, black beans, cumin, smoked paprika, coriander, salt, pepper, jalapeños,
  - Guacamole (avocado Pulp (Avocado, Stabiliser: Xanthan Gum, Antioxidant: Ascorbic Acid, Acidity Regulator: Citric Acid),
  - Mayonnaise (Rapeseed Oil, Water, **Egg**, Spirit Vinegar, Sugar, Salt, Stabilisers: Xanthan Gum, Guar Gum; Preservative: Potassium Sorbate, **Mustard Powder**),
  - **Soured Cream (Milk)**, Tomatoes, Lemon Juice from Concentrate, Jalapeno Peppers, Garlic, Salt, Coriander, Onion Powder, Preservative (Potassium Sorbate),
  - Ranch sauce (**Single Cream (Milk)**, Water, Maltodextrin, Acidity Regulator (E270), Modified Maize Starch, Salt, Garlic, Onion, Sugar, Black Pepper, Yeast Extract, Parsley)
  - Salsa (water, Glucose-Fructose Syrup, Gherkins, Tomato Paste, Spirit Vinegar, Diced Red and Green Bell Pepper, Sugar, ,Modified Maize, cauliflower Starch, Salt, Whole Mustard Seed, Dried Onion, Spices, Chilli Pepper, Garlic Powder, Thickener (Guar Gum), Dried Oregano), Maize, High Oleic Sunflower Oil (22%), Salt (may contain **cereals containing gluten, soya, milk**)
  - Cheese sauce (**milk**, jalapeño)
- Smoked mackerel: (sulphites) See also below salad bar info.
- Falafel: Chickpeas, Red Peppers, Rapeseed Oil, Onion, Potato Flakes, Apricots (Dried Apricots, Rice Flour), Dates (Dried Dates, Rice Flour), Water, Reconstituted Garlic (Water, Garlic Powder), Salt, Raising Agent (Bicarbonate Of Soda), Ground Coriander, Ground Cumin, Dried Parsley,

Ground Cinnamon, White Pepper, Chilli Flakes. See also below salad bar info.

- Mango chicken: chicken, mango, lime, garlic, chilli, See also below salad bar info.
- Salad bar
  - Citrus slaw: Cabbage, onion, carrot, garlic, coriander, orange, lime, olive oil, honey,
  - Curried chickpeas: Chick peas, onion, garlic, spices, spinach, broccoli, olive oil, coriander, parsley
  - Bean salad: Kidney beans, pinto beans, black eyed beans, black beans, peas, sweet corn, onion garlic, vinegar(**sulphites**) olive oil, herbs & spices
  - Mexican rice salad: Rice, tomato, peppers, onion, garlic, chilli, coriander, lime, spices,

#### **KERNOW FORNO: PIZZAS**

- Pizza Dough -flour (**wheat**), water, salt, yeast (GF available)
- GF pizza dough
- Tomato Sauce: onion, **celery**, carrot, garlic, tomato puree, tomatoes, salt, pepper and herbs.
- Cornish Salami: tbc
- Pesto: basil, sunflower oil, salt, ascorbic acid, Grana Padano cheese (**milk, egg**), garlic, Extra Virgin Olive Oil, lactic acid
- Chicken: 100% chicken
- Sun-dried Tomatoes: tomatoes, sunflower oil, olive oil, capers, spices, garlic, wine vinegar (**sulphites**), salt, sugar, lactic acid and Ascorbic acid
- Mozzarella: **milk**
- Vegan cheese: Water, coconut oil, modified starch, sea salt, sorbic acid, b-carotene, vitamin B12
- Vegetables: as described

## WOOD FIRED KITCHEN

- Chicken red curry with steamed jasmine rice: vegetable oil, garlic, ginger, onions, lemon gras, kefir leaves, lemon/lime, turmeric, chillies, coriander seeds, cumin, paprika, coconut milk, chicken thighs, fish sauce, sugar, fresh basil and coriander, rice
- Thai green vegan curry with steamed jasmine rice: vegetable oil, green chillies, coriander and cumin seeds, lemon gras, ginger, shallots, garlic, lime, onion, carrots, butternut squash, sweet potato, baby spinach, mange tout, green beans, palm sugar, fresh coriander and basil, rice
- Meat paella - olive oil, onions, garlic, chorizo (pork, nutmeg, oregano, wheat and dairy free), chicken, turmeric, cumin, chicken stock (celery), peas, lemon, parsley, rice

## LITTLE FISH HUT

All may nuts, peanuts, sesame, wheat, eggs, fish, milk and mustard

- Fish & Chips Ingredients: Potato, **Cod**, **SR Flour**, Lager, Sparkling Water, Seasoning, Rapeseed Oil, Lemon
- Tartar Sauce Ingredients: **Mayo**, Gherkin, **Mustard**, Seasoning, Capers, Herbs
- Teriyaki Salmon Ingredients: **Salmon**, Vegetables, Sweet Chilli Sauce, Mirin, Honey, Seasoning, **Soy sauce**, **Sesame oil**, Ginger, Vegetables, **Sesame seeds**, Egg Noodles \*GF Noodles on request
- Halloumi Salad Ingredients: Halloumi, Plain Flour, Rape Seed Oil, Vegetable Oil, Tomato, Avocado, Leaves, Herbs, Sweet Chilli Dressing, **Cashew Nuts** \*GF Without the bread

## SHELLFISH PIG

- Loch Duart Salmon Sushi Box: Allergens: **FISH**, **SESAME**
- Whole Seared Primrose Herd Chorizo Sausage: Allergens: **GLUTEN**