

FREDRICK'S BANQUETING MENU SELECTION  
*Fine Dining*



*Fredrick's*

Hotel Restaurant Spa

★★★★★

[www.fredricks-hotel.co.uk](http://www.fredricks-hotel.co.uk)

Fredrick's Hotel Restaurant Spa  
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# FREDRICK'S WORKING LUNCH BUFFET MENUS

++WORKING LUNCH MENUS 1, 2 OR 3 INCLUDED IN DELEGATE RATES++

\*\* ONE MENU SHOULD BE SELECTED FOR EVERYONE IN THE PARTY;

WE CAN CATER FOR VEGETARIANS OR SPECIAL DIETS IF NOTIFIED IN ADVANCE \*\*

## *Working Lunch Menu 1*

Hot smoked salmon sandwich with  
lemon and dill mayonnaise

Roast beef with celery, apple and horseradish  
salad on walnut bread

Spinach and blue cheese; pepper and sun-dried  
tomato; olive and artichoke pizzas

Thai green curry chicken orientale

Prawn, ginger and vegetable spring rolls

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Fresh fruit and cheese

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Coffee and tea

**£28.50**

## *Working Lunch Menu 2*

Ratatouille and goat's cheese crostini

Open chicken and crispy bacon club sandwich

Classic caesar salad with garlic croutons

Goujons of seafood with remoulade sauce

Hot smoked lamb kebabs on couscous

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Fresh fruit and cheese

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Coffee and tea

**£31.50**

## *Working Lunch Menu 3*

Smoked salmon and prawns on rye bread

Avocado and tomato on ciabatta  
glazed with mozzarella

Traditional greek salad

Stir fried fillet of beef in oyster sauce with glass noodles

Fredrick's crab cakes with tomato and chilli salsa

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Fresh fruit and cheese

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Coffee and tea

**£34.50**

## *Vitality Lunch*

'Brainwave' – freshly pressed vegetable cocktail

Rohkost platter with marinated feta cheese

Seared tuna with celeriac, tomato and apple salad  
in sesame seed dressing

Sweet potato chips

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Fredrick's muesli with fresh berries

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Selection of herbal teas

**£37.50**

(£9.50 supplement on delegate rates)

# FREDRICK'S BUFFET SELECTION

\*\* ONE MENU SHOULD BE SELECTED FOR EVERYONE IN THE PARTY;  
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## *Buffet One*

Grilled mediterranean vegetables  
with italian antipasto

Fried Goujons of sole with sauce remoulade

Marinated chicken baked with  
honey and mustard

Strips of fillet beef with ginger

Penne with wild mushrooms, broccoli  
courgettes and asparagus

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Tossed mixed salad

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Beignets soufflé with  
fresh berries and oranges

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Coffee and tea

**£46.50**

## *Buffet Two*

Hot or cold vichyssoise

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Cold roast sirloin of beef

Cold supreme of chicken

Caesar salad with marinated seafood

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Warm smoked salmon and seared tuna  
on salad niçoise

Piccata of pork milanaise  
with saffron and asparagus risotto

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Seasonal salads

• • •  
Chocolate profiteroles

Cold lemon soufflé

English and continental cheeses

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Coffee

**£56.50**

## *Buffet Three*

Melon and prawn marie rose

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Cold fresh salmon

Cold roast sirloin of beef

Supreme and confit of duck  
with grilled vegetables

Assorted smoked fish with apple horseradish

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Paupiettes of sole with fresh crab  
in ginger sauce

Fillet of beef sauté stroganoff

Stir fried vegetables with noodles

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Seasonal salads

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Beignets soufflé

Fredrick's mousse au chocolat

Fresh fruit salad with yoghurt chantilly

English and continental cheeses

• • •  
Coffee

**£69.50**

# FREDRICK'S BANQUETING MENU SELECTION 1

\*\* ONE MENU SHOULD BE SELECTED FOR EVERYONE IN THE PARTY;  
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## *Menu 1*

Parfait of chicken livers on  
cumberland sauce  
♦ ♦ ♦  
Fillet of pork roasted in a wild mushroom  
duxelle with roquefort and madeira sauce  
Selection of fresh vegetables  
Savoury creamed potatoes  
♦ ♦ ♦  
Coconut and mango mousse  
♦ ♦ ♦  
Coffee and petits fours

**£44.50**

## *Menu 2*

Melon, avocado and mango salad  
in passion fruit dressing  
♦ ♦ ♦  
Escalope of turkey 'Fredrick'  
(topped with prawns, avocado and mushrooms)  
Selection of fresh vegetables  
Gratin dauphinoise  
♦ ♦ ♦  
Bread and butter pudding  
with blueberry ice cream  
♦ ♦ ♦  
Coffee and petits fours

**£44.50**

## *Menu 3*

Hot smoked salmon with niçoise salad  
♦ ♦ ♦  
Supreme of free-range chicken  
baked with a basil mousseline  
Selection of fresh vegetables  
Buttered new potatoes with chives  
♦ ♦ ♦  
Terrine of oranges, pink grapefruit  
and passion fruit  
♦ ♦ ♦  
Coffee and petits fours

**£46.50**

## *Menu 4*

Fillet of smoked trout with apple salad  
♦ ♦ ♦  
Daube of scotch beef bourguignonne  
Selection of fresh vegetables  
Garlic mashed potato  
♦ ♦ ♦  
Pot-pourri of fruits, berries and sorbet  
♦ ♦ ♦  
Coffee and petits fours

**£46.50**

## *Menu 5*

Chicory, spinach, watercress and  
orange salad with crispy duck  
♦ ♦ ♦  
Fillet of cod baked with Cornish crab  
and herb crust on lobster sauce  
Selection of fresh vegetables  
Pilaff rice  
♦ ♦ ♦  
White chocolate mousse with  
grand marnier anglaise  
♦ ♦ ♦  
Coffee and petits fours

**£49.50**

## *Menu 6*

Assorted hors d'oeuvres  
♦ ♦ ♦  
Roast rump of lamb provençale  
Selection of fresh vegetables  
Boulangère potatoes  
♦ ♦ ♦  
Lemon flan with raspberry sorbet  
♦ ♦ ♦  
Coffee and petits fours

**£53.50**

# FREDRICK'S BANQUETING MENU SELECTION 2

\*\* ONE MENU SHOULD BE SELECTED FOR EVERYONE IN THE PARTY;  
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## *Menu 7*

Marinated seared tuna with  
grilled vegetables  
♦ ♦ ♦  
Supreme of duckling with  
five spice apples and cherries  
Selection of fresh vegetables  
Amandine potatoes  
♦ ♦ ♦  
Baileys and chocolate parfait  
♦ ♦ ♦  
Coffee and petits fours

**£56.50**

## *Menu 8*

Mille-feuille of fresh crab and avocado  
on gazpacho  
♦ ♦ ♦  
Roast sirloin of scotch beef mascotte  
Selection of fresh vegetables  
Rissolées potatoes  
♦ ♦ ♦  
Terrine of three chocolates  
♦ ♦ ♦  
Coffee and petits fours

**£58.50**

## *Menu 9*

Salmon and langoustine terrine  
on saffron vinaigrette  
♦ ♦ ♦  
Saddle of venison forestière  
Selection of fresh vegetables  
Potato pancakes  
♦ ♦ ♦  
Poached pears with  
gewürztraminer sabayon  
♦ ♦ ♦  
Coffee and petits fours

**£62.50**

## *Menu 10*

Shrimp tempura with crab spring roll  
♦ ♦ ♦  
Grenadin of English veal in morel sauce  
Selection of fresh vegetables  
Buttered fettuccini  
♦ ♦ ♦  
Cold lime soufflé with fresh berries  
on ginger sauce  
♦ ♦ ♦  
Coffee and petits fours

**£65.50**

## *Menu 11*

Warm lobster, scallops and langoustine salad  
♦ ♦ ♦  
Tomato consommé with goat's cheese ravioli  
♦ ♦ ♦  
Noisettes of lamb with aubergine gateau  
Selection of fresh vegetables  
Leek and potato gratin  
♦ ♦ ♦  
Crêpes soufflé with almond ice cream  
♦ ♦ ♦  
Coffee and petits fours

**£68.50**

## *Menu 12*

Fresh asparagus  
♦ ♦ ♦  
Supreme of turbot  
and crab soufflé americaine  
♦ ♦ ♦  
Tournedos of aberdeen angus  
with fresh foie gras  
Selection of fresh vegetables  
Noisette potatoes  
♦ ♦ ♦  
Carpaccio of pineapple with bacardi  
and white chocolate parfait  
♦ ♦ ♦  
Coffee and petits fours

**£69.50**