

ONE BIRDCAGE WALK

Institution of
**MECHANICAL
ENGINEERS**

TOUCH-FREE MENUS

Our touch-free menus have been designed to be collected and enjoyed in your meeting room or designated catering space. Appropriate cutlery and napkins will be provided along with hand sanitising stations in all rooms.

Breakfast

All breakfast menus include freshly brewed Fairtrade coffee, English breakfast tea and a selection of herbal infusions.

Berry healthy breakfast - £17.95 per person

Greek yoghurt, mixed berry compote

Blueberry muffin

Chocolate and almond flapjack

Summer berry and banana smoothie

Energising breakfast - £17.95 per person

Greek yoghurt, mango compote, granola

Mini Danish pastries

Melon and blueberry pot

Fresh orange juice

Light lunch

Classic sandwich lunch- £17.50 per person

Classic sandwich selection (see separate menu)

Fresh fruit salad or whole seasonal fruit (one option per group)

Corkers crisps

Cucumber and mint flavoured water

Artisan lunch- £18.95 per person

Artisan sandwich/baguette (see separate menu)

Mango and lime or seasonal whole fruit (one option per group)

Chewy chocolate brownie

Corkers crisps

Lemon and lime flavoured water

Salad box- £18.95 per person

A choice of one boxed salad for the group plus a vegetarian / plant-based option.

- Roast chicken, lentils, fresh herbs, baby leaves
- Chicken Caesar, penne pasta, mixed leaves, parmesan
- Asian soy, chilli, spring onion & quinoa salad (plant-based)
- Plant-based Mezze, mixed leaves
- Pole caught tuna, penne pasta, baby leaves

Seasonal fruit salad or whole fruit (one choice per group)

Cherry Bakewell tart

Cucumber and mint flavoured water

Light lunch add-ons

Why not enhance your guests' lunches with one or two of the following?

Carrot and humus pots	£5.50 per person
Falafel and tzatziki pot	£5.50 per person
Borders biscuits	£1.95 per person
Plant based brownie	£2.95 per person
Summer berry flapjack	£2.95 per person

All items are pre-packaged and served fully covered or with appropriate lids.

Working lunch

Bento boxes - £26.00 per person

London themed bento boxes with a mini three-course lunch packed full of flavour. You may select two types of bento box per day.

Hackney Wick (plant-based)

Sweet potato falafel, coconut tzatziki

Beetroot, balsamic and rocket salad

Spiced carrot, raisins, toasted cumin

Almond, honey cake, candied lemon

Billingsgate

Hot smoked salmon, crème fraîche, chives

Spinach, raw fennel salad

Baby potatoes, dill, shallots

Lemon, blueberry cheesecake

Covent Garden

Chargrilled chicken, Grana Padano, gem lettuce

Super grains, sweat peas, mint, parsley

Mixed baby leaves, vine tomatoes

Chocolate brownie, vanilla cream

Salad jars - £27.50 per person

Scrumptious salads built in lidded Mason jars and offered with a selection of dressings in bottles so that your guests can add to and enhance as they wish.

You may select three types of jars for each day of your event.

- Caesar salad, shaved parmesan, focaccia croutons, oak smoked chicken
- Ricotta cheese, rocket, air dried ham, avocado, macerated tomatoes
- Red quinoa, roasted beets, aged feta, edamame beans
- Toasted spelt, heritage carrots, iron bark pumpkin, tomato jam (plant based)
- Asian greens, kimchi, crispy noodles, spiced salmon
- Roasted peppers, burrata, wild rocket, avocado, black olive crumb

Asian-inspired lunch pots - £23.95 per person

Asian-inspired lunches, served in compostable lidded pots, that can either be served hot by adding a flavoured broth or cold by adding a delicious dressing.

You can select two types of Asian-inspired pots for each day of your event.

- Tofu, mushroom, buckwheat noodles, chilli, ginger coriander
- Shredded chicken, rice noodles, galangal, lime, mint, snow peas
- Coriander salmon, soba noodles, pak choi, Asian basil, green chilli
- Roasted mushrooms, pak choi, egg noodles, spring onions, coriander, sesame seeds

Our working lunches are freshly produced by our on-site catering team, CH&CO.