



# Engine Rooms

## **COLD FORK MENUS**

### **Cold Fork Menu 1 @ £18.50 per person**

Cajun spiced char - grilled chicken breasts  
Avocado, tomato, chilli, parsley & cucumber salad  
Smoked mackerel, pea & dill quiches  
Pinto bean & coriander salad  
Brown basmati rice salad  
Grilled pitta served with a spicy bloody Mary salsa  
Passion fruit fool pots

### **Cold Fork Menu 2 @ £18.50 per person**

Roasted salmon fillets with salsa verde  
Puy lentil, grilled halloumi & cherry tomato salad  
Honey chicken cous cous with almonds & sultanas & fresh mint yogurt dressing  
Courgette, pea & rocket spring time salad  
New potato salad with spring onions & a light mayo dressing  
British cheese selection served with biscuits & quince jelly  
Sparkling elderflower jelly pots topped with whipped mascarpone

### **Cold Fork Menu 3 (All vegetarian) @ £18.50 per person**

Feta cheese lemon orange & dill tarts  
Spanish potato & onion tortilla  
Chick pea salad with char grilled peppers & mixed herbs  
Gazpacho salad of ripe tomatoes, peppers, celery, black olives, basil & parsley with roasted ciabatta croutons  
Bulgur wheat salad with beetroot, fresh chives & mint served with crème fraiche, lemon & olive oil dressing  
Walnut & rye bread served with butter  
Raspberry ripple white chocolate mousse pots

### **Cold Fork Menu 4 @ £19 per person**

Roasted chicken breasts stuffed with pesto cream cheese served with fresh tomato salsa  
Smoked salmon, horseradish & dill fish cakes  
White Italian cannellini bean salad with rocket leaves & fresh Parmesan  
Mozzarella, tomato & fresh basil salad  
New potato salad with caper berry crème fraiche dressing  
French bread crostini topped with brie cheese & sundried tomato paste  
Cappuccino coffee chocolate mocha pots topped with grated chocolate & toasted nuts

### **Cold Fork Menu 5 @ £19 per person**

Roast pork loin slices with sweet orange fresh ginger coriander dressing  
Mushroom, fresh fennel grilled polenta & chick pea salad  
Pea shoot salad with petit pois & feta cheese  
Pasta, king prawn & grilled chorizo salad  
Nutty brown rice salad  
Grilled pitta served with chickpea & paprika houmous  
Morello cherry pots topped with vanilla crème fraiche

### **Cold Fork Menu 6 @ £19 per person**

Classic cold meat platter selection served with a selection of pickles  
Grilled salmon fillets topped with minted pea & olive oil mash  
Grilled vegetable platter served with rocket, Parmesan & balsamic dressing  
Greek salad with black olives  
Italian style pasta salad with pesto & toasted pinenuts  
Crusty bread selection  
Cheese & biscuits  
Fruit platter



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## Fancy something a little more indulgent...?

### **Executive Cold Fork Menu A @ £20.50 per person**

Salad of steamed asparagus, semi soft boiled hen's eggs & goats cheese crostini  
Grilled seabass served with orange, parsley & fennel salad  
Grilled marinated chicken & toasted polenta with baby pea shoots  
Charred red peppers with a balsamic dressing  
New potato salad with spring onions, & light mayo dressing  
Manchego cheese served with sweet onion jam & biscuits  
Home made crusty baguettes & butter pots  
Passion fruit crème fraiche pots

### **Executive Cold Fork Menu B @ £20.50 per person**

Grilled aubergines stuffed with her feta served with fresh tomato salsa  
Sticky Teriyaki chicken breast fillets  
Miso marinated salmon fillets  
Jasmine rice salad with toasted almonds & fresh lime  
Crunchy green bean & soya bean salad with toasted hazelnut  
A selection of sushi inside out rolls with soya sauce & wasabi  
Pancakes served with fresh lemon, sugar & runny honey

### **Executive Cold Fork Menu C @ £21.00 per person**

Smoked salmon plate served with king prawns & horseradish crème fraiche  
Chargrilled tuna with lemon & watercress  
Basmati rice salad with Puy lentils & chervil  
Grilled & spicy marinated steak salad on a bed of rice noodles  
Crunchy vegetable salad with fresh ginger & soy vinaigrette  
Chick pea houmous served with toasted breads  
Cheese selection with grapes  
White & dark chocolate pots

### **Executive Cold Fork Menu D @ £21.00 per person**

Smoked peppered mackerel served with a dill dressing  
Mixed bean & lentil salad with fresh herb  
Grilled spicy ginger chicken salad with walnuts, avocado & baby spinach  
Brown rice salad with steamed broccoli & raw mushrooms  
Goat's cheese wholemeal crostini with chervil & balsamic dressing  
Ripe tomato, semi soft boiled egg & anchovy salad  
Roasted spiced apples & sultanas served with vanilla crème fraiche