

## Conference & Social Event Menus and allergens information

### Networking Event – Howard Assembly Rooms

Monday 25th March 6pm-8pm

#### **Fennel Seed Lavosh, Smoked Beetroot Tartar & Shallot (gf) (vg)**

Ingredients:

Fennel Seed / Gluten Free Flour / Rice Flour / Red Beetroot / Smoked Oil / Salt / Banana Shallot / Cider Vinegar.

Allergens: Celery, Soya

#### **Wild Mushroom Vol-Au-Vent, Roast Miatake & Crispy Shallot (v)**

Ingredients:

Puff Pastry / Chestnut Mushroom / Double Cream / Celery / Shallots / Plain Flour / Maitake Mushroom / Soy Sauce / Malt Vinegar / Honey.

Allergens: Celery/Celeriac, Gluten, Eggs, Milk, Mustard

#### **Popcorn Polenta Fries, Garlic Curd & Pumpkin Seed (gf) (vg) (n)**

Ingredients:

Popcorn / Fine Polenta / Vegetable Boullion / Vegan Parmesan / plant based cream cheese containing nuts / garlic / pumpkin seed.

Allergens: Celery, Mustard, Nuts, Peanuts, Soya

#### **Roast Butternut Squash Tart, Fried Chickpeas & Wild Rice (vg) (gf)**

Ingredients:

Gluten free pastry / butternut squash / tahini / lemon juice / black wild rice / chickpeas / curry powder / olive oil.

Allergies: Celery, Eggs, Milk, Mustard, Sesame, Soya

## Conference Party – Leeds Marriott Hotel

Tuesday 26th March 7.30pm-11.30pm

### **Vegetable Roast**

Ingredients:

Cooked brown rice (water, rice) / Mushroom / Onion / Rapeseed oil / Cornflour / Soya mince / Tamari (Soya bean, Water, Salt, Alcohol, Koji) / Vegetable gravy mix (modified Maize starch, Cornflour, Salt, Hydrolysed Soya & Maize protein, Flavouring, Yeast extract, Dried glucose syrup, Colour E150C, Sugar, Palm fat powder) / Garlic pureé / Salt / Parsley / Yeast extract / Pepper / Sage.

Allergens: Soya

### **Vegan pesto pasta**

Ingredients:

Gluten free pasta / Roasted mediterranean vegetables (no peppers) / Tomato sauce / Vegan pesto

Allergens:

### **Thai Green Curry**

Thai Green Curry Sauce / Coconut milk / Onions / Carrots / Ginger / Garlic (peeled) / Gluten free vegetable bouillon paste / Baby Spinach / Celery / Coriander / Courgette.

Allergens: Celery /Celeriac

### **Steamed rice**

### **Seasonal Vegetables**

### **Roast new potatoes**

### **Chocolate Brownie**

Ingredients:

Manadarin segments in juice / Cornflour / Brownie\*

Allergens: Soya