

MEETINGS AND EVENT MENUS

tel: 0300 300 3123

<u>REFRESHMENTS:</u>	Price before VAT
Freshly brewed coffee, breakfast and speciality tea	£1.85
Freshly brewed coffee, breakfast and speciality tea with Welsh Cakes	£2.56
Freshly brewed coffee, breakfast and speciality tea with biscuits	£2.35
Still or sparkling water	£1.96 per carafe
Fruit Juice	£5.00 per jug
Fruit Squash	£2.75 per jug
Fruit bowl	76p per person
Croissant, muffins, Danish pastries, flapjacks	£1.41 per item
Sausage or bacon rolls	£3.24
Refreshment packs: Individual fruit salad pot and a bottle of still mineral water	£2.50



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cafeteria@sportwales.org.uk

BREAKFAST MENUS:

Business Breakfast

£7.50 per person

Grilled back bacon baguette

_____ or _____

Grilled pork sausage
baguette

Freshly baked croissant with
jam

Fresh fruit platter

Breakfast tea and freshly
brewed coffee

Continental Breakfast

£7.26 per person

Sliced gammon ham and
cheddar cheese with
freshly baked bread rolls

Blueberry muffins

Chilled fruit juice

Fresh fruit platter

Breakfast tea and freshly
brewed coffee



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LUNCH MENUS:

Sandwich Lunch

£6.50 per person

A selection of freshly prepared sandwiches with assorted seasonal fillings

Baked corn tortilla chips

Fruit Basket

Freshly brewed coffee, breakfast and speciality tea
Welsh cakes or fruit scone

Ploughman's lunch

£8.50 per person

Cheese and ham platter

Crusty bread rolls

Mixed leaf salad, coleslaw, pickle, apple or grapes

Soup and Sandwich Lunch

£6.76 per person

A selection of freshly prepared sandwiches with assorted fillings

A tureen of piping hot soup of the day

Fresh fruit bowl



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LUNCH MENUS:

Buffet lunch

£9.00 per person

Assorted filled baby
baguettes or sandwiches

3 items from the finger
buffet opposite

Fresh fruit hamper

Breakfast tea and freshly
brewed coffee

Buffet additions :

£1.75 per person, per item.

Any of the finger items below can be
added to your buffet

(V) Indian mix - vegetable samosa, onion
bhajee, tandoori yoghurt dip and
mango chutney.

Breaded garlic and herb salmon goujons

Piri-piri chicken skewers

Mini quiche

(V) Vegetarian Crolines

Tempura prawns with a sweet chilli
dipping sauce

(V) Mango and Brie filled filo parcels

Ham and (V) cheese bruschetta

(V) Crudités and dips

(V) Seasonal cut fruit platter



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HOT BUFFET MENUS:

Fork buffets

£9.25 per person

Choose from:

Lasagne al forno

(V) Roasted vegetable
lasagne

Chargrilled chicken breast
with mushroom sauce

Chicken Curry

(V) Mushroom Stroganoff

Chicken Chasseur

(V) Vegetable quiche

_____ * _____

Served with a selection of
mixed salads

boiled rice

or

Freshly baked bread rolls

or

flat breads.

Sample dinner menu

£22.50 per person

GOATS' CHEESE AND BEETROOT TART
with rocket and pine nut salad

_____ * _____

PROSCIUTTO WRAPPED CHICKEN BREAST
with spiced sun dried tomato sauce

— or —

WILD MUSHROOM RISOTTO
with roasted squash

— or —

POACHED DARN OF SALMON
with a dill mayonnaise sauce

_____ * _____

MIXED BERRY AND CHOCOLATE TOPPED
CHEESECAKE

— or —

PLATTER OF EUROPEAN CHEESES
with homemade chutney and oatcakes



MEETINGS AND EVENTS

Sport Wales National Centre
Sophia Gardens
Cardiff
CF11 9SW
tel. 0300 300 3123
www.sport.wales

Buffets and meals may be taken in the Dining Rooms , subject to availability. Buffets will be served in any pre-booked meeting room unless alternatives are requested by the event organiser prior to the event. Alternative/break out rooms can be booked but may be subject to room hire fees.

All products are freshly prepared using the highest quality and, where possible, low fat ingredients. If you or any of your party have specific dietary requirements or need assistance regarding allergy advice, please speak to a member of the catering team prior to your event.

All buffet requests are subject to minimum numbers.

Ingredients and dishes are subject to substitution as a result of seasonality, substantial cost increases and/or availability. Every effort will be made to notify customers of these changes whenever possible.

All prices are per person unless otherwise stated.
All prices are inclusive of service and VAT at 20%

Any queries can be sent to cafeteria@sportwales.org.uk or telephone 0300 300 3123

