

# CONVENTION MENU

## Stirling 2022

*(NB vegan, gluten free, sauces, allergy choices served separately)*

*\*Our allotted places in the dining area are taken on the first comes, first served basis. Please be welcoming to each other, especially to our newcomers 😊*

### MAIN MENU

Friday 26.08.2022

#### **Dinner 18:00 – 19:30**

##### **Starters**

tomato & basil soup

liver parfait with traditional oatcakes and chutney

##### **Main**

daube of beef with peppercorn sauce  
baked fillet of salmon

aubergine & goats cheese tartlet

chefs choice of steamed vegetables & potatoes

selection of salads

a basket of fruits (incl. apples and oranges)

Saturday 27.08.2022

**Breakfast 7:00 – 8:00**

**Cooked breakfast:**

grilled sausage  
grilled back bacon (DF)  
\*\*salt cured bacon – without sugar  
(available on request)

grilled black pudding  
haggis  
fresh tomatoes (v)  
mushrooms (v)  
baked beans (v)

eggs - boiled, fried, scrambled, omelette

toast

**Continental breakfast:**

choice of Scottish bread and rolls  
(GF available)  
croissants  
jams and preserves (v)  
fruit bowl  
fresh fruit salad (vegan)

**Lighter options:**

Scottish porridge (on request)  
cereals

natural yoghurt  
fresh fruit juices (vegan)

a basket of fruits (incl. apples and oranges)

## **Lunch 12:30 – 14:00**

### **Starters**

chef's homemade lentil soup

### **Main**

lemon & thyme scented chicken with cream sauce

smoked haddock & spring onion fish cakes

butternut squash, spinach & lentil dahl with steamed rice

chefs choice of steamed vegetables & potatoes

selection of salads

a basket of fruits (incl. apples and oranges)

## **Dinner 18:00 – 19:30**

### **Main**

leg of lamb steak with tomato and olive compote

seared fillet of seabass with sea vegetables

summer vegetable wellington

chefs choice of steamed vegetables & potatoes

selection of salads

### **Dessert**

New York style baked vanilla cheesecake with summer compote

raspberry and toasted honey cranachan

fresh fruit platter

a basket of fruits (incl. apples and oranges)

**Sunday 28.08.2022**

**Breakfast 7:00 – 8:00**

**Cooked breakfast:**

grilled sausage  
grilled back bacon (DF)  
\*\*salt cured bacon – without sugar  
(available on request)

grilled black pudding  
haggis  
fresh tomatoes (v)  
mushrooms (v)  
baked beans (v)

eggs - boiled, fried, scrambled, omelette

toast

**Continental breakfast:**

choice of Scottish bread and rolls  
(GF available)  
croissants  
jams and preserves (v)  
fruit bowl  
fresh fruit salad (vegan)

**Lighter options:**

Scottish porridge (on request)  
cereals

natural yoghurt  
fresh fruit juices (vegan)

a basket of fruits (incl. apples and oranges)

## **Lunch 12:30 – 14:00**

### **Starter**

leek and potato soup

### **Main**

medallion of pork loin with pesto and mozzarella

steak and mushroom pie

asparagus and pea girasole pasta

chefs choice of steamed vegetables & potatoes

selection of salads

a basket of fruits (incl. apples and oranges)

## GSA MENU

Friday 26.08.2022

### **Dinner 18:00 – 19:30**

#### **Protein 6oz**

- cooked - served separately

rump of lamb

fillet of haddock

#### **Cooked Vegetables 8oz**

- cooked - served separately

carrot

green beans

swede

courgette

onion

peppers

#### **Selection of Raw Vegetable 16oz**

- served separately

lettuce

tomato

beetroot

courgettes

grated carrot

peppers

#### **Fruit - medium size – 1 fruit per person**

orange

apple

Saturday 27.08.2022

**Breakfast 8:00 – 8:30**

**Protein** 6oz

eggs - boiled, scrambled, omelette

cheese

Greek style yoghurt – natural - soy and  
natural (full fat)

**Fruit** - medium size - 1 fruit per person

orange

apple

**Lunch 12:30 – 14:00**

**Protein 6oz**

- cooked - served separately

plain roast chicken breast fillet – boneless

**Cooked Vegetables 8oz**

- cooked - served separately

broccoli

mixed peppers

**Selection of Raw Vegetable 8oz**

- served separately

tomato

cucumber

grated carrot

onion

mixed leaves

baby spinach

**Fruit** - medium size – 1 fruit per person

orange

apple

**Dinner 18:00 – 19:00**



**Protein** 6oz

- cooked - served separately

braised beef  
salmon fillet

**Cooked Vegetables** 8oz

- cooked - served separately

cauliflower  
carrots  
brussels sprouts

**Selection of Raw Vegetable** 16oz

- served separately

tomato  
cucumber  
grated carrot  
onion  
mixed leaves  
baby spinach

**Fruit** - medium size – 1 fruit per person

orange  
apple

**Sunday 28.08.2022**

## **Breakfast 8:00 – 8:30**

### **Protein** 6oz

eggs - boiled, scrambled, omelette  
cheese  
Greek style yoghurt – natural - soy and  
natural (full fat)

### **Fruit** - medium size- 1 fruit per person

orange  
apple

## **Lunch 12:30 – 14:00**

### **Protein** 6oz

- cooked - served separately

roast pork

### **Cooked Vegetables** 8oz

- cooked - served separately

broccoli

### **Selection of Raw Vegetable** 8oz

- served separately

tomato  
cucumber  
grated carrot  
onion  
mixed leaves  
baby spinach

### **Fruit** - medium size – 1 fruit per person

orange  
apple

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