

FREDRICK'S BANQUETING MENU SELECTION  
*Fine Dining*



FREDRICK'S



HOTEL RESTAURANT SPA

[www.fredricks-hotel.co.uk](http://www.fredricks-hotel.co.uk)

Fredrick's Hotel Restaurant Spa  
Shoppenhangers Road, Maidenhead SL6 2PZ  
Tel: 01628 581000 Fax: 01628 771054

# FREDRICK'S WORKING LUNCH BUFFET MENUS

++WORKING LUNCH MENUS 1, 2 OR 3 INCLUDED IN DELEGATE RATES++

\*\* ONE MENU SHOULD BE SELECTED FOR EVERYONE IN THE PARTY;  
WE CAN CATER FOR VEGETARIANS OR SPECIAL DIETS IF NOTIFIED IN ADVANCE \*\*

## *Working Lunch Menu 1*

Hot smoked salmon sandwich with  
lemon and dill mayonnaise

Roast beef with celery, apple and horseradish  
salad on walnut bread

Spinach and blue cheese; pepper and sun-dried  
tomato; olive and artichoke pizzas

Thai green curry chicken orientale

Prawn, ginger and vegetable spring rolls

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Fresh fruit and cheese

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Coffee and tea

**£28.50**

## *Working Lunch Menu 2*

Ratatouille and goat's cheese crostini

Open chicken and crispy bacon club sandwich

Classic caesar salad with garlic croutons

Goujons of seafood with remoulade sauce

Hot smoked lamb kebabs on couscous

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Fresh fruit and cheese

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Coffee and tea

**£31.50**

## *Working Lunch Menu 3*

Smoked salmon and prawns on rye bread

Avocado and tomato on ciabatta  
glazed with mozzarella

Traditional greek salad

Stir fried fillet of beef in oyster sauce with glass noodles

Fredrick's crab cakes with tomato and chilli salsa

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Fresh fruit and cheese

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Coffee and tea

**£34.50**

## *Vitality Lunch*

'Brainwave' – freshly pressed vegetable cocktail

Rohkost platter with marinated feta cheese

Seared tuna with celeriac, tomato and apple salad  
in sesame seed dressing

Sweet potato chips

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Fredrick's muesli with fresh berries

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Selection of herbal teas

**£37.50**

(£9.50 supplement on delegate rates)

# FREDRICK'S BUFFET SELECTION

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## *Buffet One*

Grilled mediterranean vegetables  
with italian antipasto

Fried Goujons of sole with sauce remoulade

Marinated chicken baked with  
honey and mustard

Strips of fillet beef with ginger

Penne with wild mushrooms, broccoli  
courgettes and asparagus

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Tossed mixed salad

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Beignets soufflé with  
fresh berries and oranges

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Coffee and tea

**£46.50**

## *Buffet Two*

Hot or cold vichyssoise

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Cold roast sirloin of beef

Cold supreme of chicken

Caesar salad with marinated seafood

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Warm smoked salmon and seared tuna  
on salad niçoise

Piccata of pork milanaise  
with saffron and asparagus risotto

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Seasonal salads

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Chocolate profiteroles

Cold lemon soufflé

English and continental cheeses

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Coffee

**£56.50**

## *Buffet Three*

Melon and prawn marie rose

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Cold fresh salmon

Cold roast sirloin of beef

Supreme and confit of duck  
with grilled vegetables

Assorted smoked fish with apple horseradish

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Paupiettes of sole with fresh crab  
in ginger sauce

Fillet of beef sauté stroganoff

Stir fried vegetables with noodles

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Seasonal salads

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Beignets soufflé

Fredrick's mousse au chocolat

Fresh fruit salad with yoghurt chantilly

English and continental cheeses

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Coffee

**£69.50**

# FREDRICK'S BANQUETING MENU SELECTION

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## *Menu 1*

Confit Salmon, Curried Lentils,  
Cauliflower Puree

Supreme of Free Range Chicken,  
Wild Mushroom Café Au Lait

Lemon Tart, Raspberry Sorbet

Coffee and petits fours

**£46.00**

## *Menu 2*

Cream of leek and potato soup

Roast Rump of Lamb, Tomato Jam,  
Chorizo Oil

Honey Comb Parfait

Coffee and petits fours

**£46.00**

## *Menu 3*

Smoked and Marinated Salmon Terrine  
with Crème Fraiche

Braised Feather Blade of Beef

Eton Mess, Citrus Sorbet

Coffee and petits fours

**£46.00**

## *Menu 4*

Chicken Liver Parfait,  
With Toasted Brioche

Fillet of Sea Trout,  
Crushed New Potatoes, Sauce Vierge

Dark Chocolate Tart, Orange Sorbet

Coffee and petits fours

**£46.00**

## *Menu 5*

Pressed Terrine of Ham Hock,  
Black Pudding and Foie Gras  
Spiced Pineapple Pickle, Mustard Dressing

Wild Mushroom Consommé

Fillet of Cod with Herb Crust,  
Pomme Ecrasse

Dark Chocolate Pavé, Hazelnut Ice Cream

Coffee and petits fours

**£56.00**

## *Menu 6*

Salad of Lobster on Apple Compote,  
Lemon Balm Mayonnaise

Tomato Consommé

Fillet of Beef Rossini, Port Jus

Pear and Raspberry Parfait

Coffee and petits fours

**£56.00**