

events by Marriott



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breaks



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crafted for you

London Marriott West India Quay Hotel

and Executive Apartments

22 Hertsmere Road, Canary Wharf, London E14 4ED

www.londonmarriottwestindiaquay.co.uk

The London Marriott West India Quay Hotel
and Executive Apartments
22 Hertsmere Road, Canary Wharf, London E14 4ED
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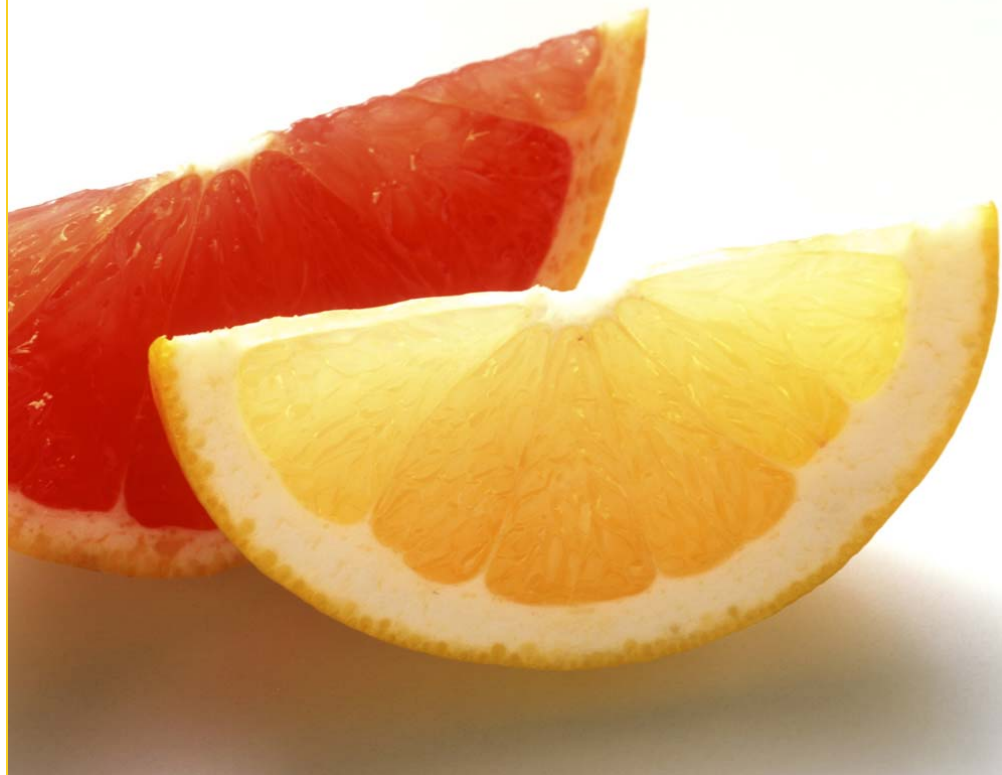
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SEASON

[CONTINENTAL BREAKFAST](#)

[ENGLISH BREAKFAST](#)

['FIT FOR YOU' BREAKFAST](#)



Continental Breakfast

- Assorted Fruit Juices to Include Orange, Pink Grapefruit and Cranberry
- A Selection of Fruit and Natural Yoghurts
 - A Selection of Kellogg's Cereals with Skimmed or Semi-Skimmed Milk
 - Seasonal Fresh Fruit Platters
- Crunchy Granola, Greek Yoghurt and Fresh Fruit Cocktails
- Selection of Cold Meats and Cheeses from the deli
- A Bakery Selection to Include Croissants, Danish Pastries, Pain au Chocolat, and American Muffins
 - Served with Butter, Preserves and Marmalade
 - Tea and Coffee

CONTINENTAL BREAKFAST | £16.95 per person

[> breakfast](#)



English Breakfast

- Assorted Fruit Juices to Include Orange, Pink Grapefruit and Cranberry
- A Selection of Fruit and Natural Yoghurts
- Seasonal Fresh Fruit Platters
- Crunchy Granola, Greek Yoghurt and Fresh Fruit Cocktails
- A Bakery Selection to Include Croissants, Danish Pastries, Pain au Chocolat, and American Muffins Served with Butter, Preserves and Marmalade
- Scrambled Eggs
- Grilled Back Bacon
- Cumberland Sausages
- Grilled Tomato
- Sautéed Field Mushrooms
- Tea and Coffee

ENGLISH BREAKFAST | £20.95 per person

'Fit for You' Breakfast

Cold Items

Assorted Fruit Juices to Include
Orange, Pink Grapefruit and
Cranberry ^{2 3}

A Selection of Fruit Brochettes with
Vanilla Yoghurt Dipping Sauce ^{1 2 3}

A Selection of Kellogg's Cereals with
Skimmed or Semi-Skimmed Milk ^{2 3}

Baked Apple and Raisin Oat Meal ^{2 3}

A Selection of Sliced Meats from the
deli ¹

A Selection of Sliced local and
European Cheeses ¹

Tea and Coffee

Hot Items

*Please chose one of the
following hot breakfast items*

Spanish Egg white Omelette
Tian with Potatoes, Piquillo
Peppers, Sliced Onions and
Green Beans ³

Steak 'n Eggs

Grilled Vine Tomatoes,
Mushroom and Pepper Hash ¹

Spiced Egg White Pancake
Sweet Potato and Back Bacon ¹



Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

'FIT FOR YOU' BREAKFAST | £20.95 per person

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DELIGHT

ARRIVAL REFRESHMENTS
MID-MORNING REFRESHMENTS
AFTERNOON REFRESHMENTS

> arrival, mid-morning & afternoon

ONE

Arrival Refreshments

Mini Croissants with Scrambled Eggs
Lemon Poppy Seed Muffins
Sliced Fruit Platter
Orange Juice
Coffee and International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Sausage and Tomato Wrap
Home-baked Chewy Fruit and Nut Bar
Mango Juice
Coffee and International Teas

Afternoon Refreshments

Sesame and Ginger Slice
Strawberry Gazpacho ¹
Coffee and International Teas



Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

Some items may contain traces of nuts

REFRESHMENTS | If not included in the Day Delegate Rate | **£7.50 per break** | **per person**

> arrival, mid-morning & afternoon

TWO

Arrival Refreshments

Croque Monsieur
Mini Fruit Danish
Pineapple, Orange and Mango Salad
Orange Juice
Coffee and International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Tomato and Basil Bruschetta with Balsamic Dressing ²
Vanilla and Blueberry Yogurt
Strawberry and Banana Juice
Coffee and International Teas

Afternoon Refreshments

Peanut Toffee Shortbreads
Mango Smoothies ¹
Coffee and International Teas



Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

Some items may contain traces of nuts

REFRESHMENTS | If not included in the Day Delegate Rate | **£7.50 per break** | **per person**

> arrival, mid-morning & afternoon

THREE

Arrival Refreshments

Mini Eggs Benedict
Plain and Almond Croissants
Melon Medley
Orange Juice
Coffee and International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Sausage Bitox ¹
Homemade Cookies
Guava Juice
Coffee and International Teas

Afternoon Refreshments

Carrot Cake
Sultana and Bran Muffins ¹
Coffee and International Teas



Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

Some items may contain traces of nuts

REFRESHMENTS | If not included in the Day Delegate Rate | **£7.50 per break** | **per person**

> arrival, mid-morning & afternoon

FOUR

Arrival Refreshments

Mini Breakfast Kebabs ¹
Oat, Apple and Cinnamon Muffins
Red Berry Salad
Orange Juice
Coffee and International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Smoked Salmon and Cream Cheese Bagels
Honey and Pecan Slice
Golden Pineapple Juice
Coffee and International Teas

Afternoon Refreshments

Chocolate and Espresso Bars
Melon Skewer ¹
Coffee and International Teas



Fit for You

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REFRESHMENTS | If not included in the Day Delegate Rate | **£7.50 per break** | **per person**

> arrival, mid-morning & afternoon

FIVE

Arrival Refreshments

Roasted Flat Cap
Mushrooms with
Scrambled Eggs
Pain Au Chocolate
Fruit Skewers with
Honey Greek Yogurt
Orange Juice
Coffee and
International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Vegetable Frittata
Coconut and
Oatmeal Flapjacks
Apple Juice
Coffee and
International Teas

Afternoon Refreshments

Macadamia Nut
Blondies
Mixed Berry
Smoothies ¹
Coffee and
International Teas



Fit for You

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REFRESHMENTS | If not included in the Day Delegate Rate | **£7.50 per break** | **per person**

> arrival, mid-morning & afternoon

SIX

Arrival Refreshments

Bacon Baps
Pear and Ginger Crumble Muffins
Lychee and Pineapple Salad
Orange Juice
Coffee and International Teas
Fruit Bowl ¹

Mid Morning Refreshments

Corn Tortilla with Guacamole and Sour Cream
Dried Apple and Pecan with Low Fat Yogurt ¹
Cranberry Juice
Coffee and International Teas

Afternoon Refreshments

Malt Chocolate Slice
Trio of Melon ¹
Coffee and International Teas



Fit for You

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ESSENCE

- LUNCH BUFFET MENUS
- PLATED LUNCH MENUS
- VEGETARIAN MENUS
- SANDWICH MENUS

> lunch



Lunch Buffet O N E

Starters

Seafood Medley with
Saffron and Fennel
Dressing ²

▪

Carrot and Cucumber
Salad with Cumin
Yogurt Dressing (v)

▪

Thai Beef Salad with
Cherry Tomatoes and
Lemongrass Dressing ¹

Main Courses

Braised Lamb with Black
Eyed Beans and Red
Wine Sauce

▪

Roast Chicken with Lentils
and White Wine Sauce

▪

Mediterranean
Vegetable and Polenta
Cake with Roasted
Pepper Sauce (v)

▪

Crushed Potatoes ³ (v)

▪

Fresh Market Vegetables
^{2 3} (v)

Desserts

Mango
Cheesecake

▪

Fruit Cocktails

▪

Coffee and
International
Teas

Fit for You

¹ Low Carbohydrates

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³ Low Cholesterol

(v) Vegetarian

Some items may contain traces of nuts

LUNCH BUFFET | If not included in the Day Delegate Rate | **£32.00 per person**

> lunch



Lunch Buffet T W O

Starters

Smoked Chicken
and Sweet Corn
with Baby Greens ¹

▪

Caesar Salad (v)

▪

Assorted Crudities
with Salsa (v)

Main Courses

Indonesian Spiced Beef
Brochettes with Peanut
Sauce

▪

Grilled Salmon with
Champagne and Prawn
Sauce

▪

Wild Mushroom and Herb
Risotto Beignet (v)

▪

Parsley New Potatoes ³ (v)

▪

Fresh Market Vegetables
^{2 3} (v)

Desserts

Coconut Brulee

▪

Apricot Glazed
Fruit Tartlets

▪

Coffee and
International
Teas

Fit for You

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(v) Vegetarian

Some items may contain traces of nuts

LUNCH BUFFET | If not included in the Day Delegate Rate | £32.00 per person

> lunch



Lunch Buffet THREE

Starters

Rolls of Cured and
Fresh Salmon with
Saffron Dressing

▪

Couscous Salad
with Char-grilled
Vegetables ² (v)

▪

Aubergine,
Tomato and
Mozzarella Tarts
with Rocket (v)

Main Courses

Pan-seared Red Mullet with
Savoy Cabbage

▪

Wild Mushroom and
Spinach Casserole with
Rice and Paprika Cream (v)

▪

Grilled Chicken with
Asparagus and Lemon
Sauce ¹

▪

Potato and Carrot Gratin
(v)

▪

Fresh Market Vegetables
^{2 3} (v)

Desserts

Apple and Plum
Crumble

▪

Soft set
Raspberry
Yoghurt
Panacotta

▪

Coffee and
International
Teas

Fit for You

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LUNCH BUFFET | If not included in the Day Delegate Rate | £32.00 per person

> lunch



Lunch Buffet FOUR

Starters

Grilled Mediterranean
Vegetable Salad ³ (v)

▪

Red Onion and Tomato
Tartlets with Red Pepper
Pesto (v)

▪

Seared Tuna Nicoise

Main Courses

Bangers and Mash
with Onion Gravy

▪

Seared Seabass on
a Bed of Buttered
Spinach ¹

▪

Roast Butternut
Squash Risotto (v)

▪

Fresh Market
Vegetables ^{2 3} (v)

Desserts

Baked Lemon
and Lime Tarts

▪

Dark Chocolate
and Orange
Cups

▪

Coffee and
International
Teas

Fit for You

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(v) Vegetarian

Some items may contain traces of nuts

LUNCH BUFFET | If not included in the Day Delegate Rate | **£32.00 per person**

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Lunch Buffet FIVE

Starters

Duck and Orange
Terrine with
Red Onion Compote
and Toasted Brioche

▪

Country Greek Salad
with Feta and
Kalamata Olives ¹ (v)

▪

Classic Smoked
Salmon with
Dill and Capers

Main Courses

Filet of Sole with Leek,
Tomato and Tarragon
Sauce ³

▪

Herb Crusted Chicken
with Grain Mustard
Cream

▪

Farfalle Pasta with
Char-grilled Vegetables,
Mozzarella and Pesto (v)

▪

Rosemary Roasted
New Potatoes ² (v)

▪

Fresh Market Vegetables
^{2 3} (v)

Desserts

Passion Fruit
Bavarois

▪

Pistachio
Financier

▪

Coffee and
International Teas

Fit for You

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LUNCH BUFFET | If not included in the Day Delegate Rate | **£32.00 per person**

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Starters

Prawn Caesar Salad
with Saffron Aioli ¹

▪

Red Onion and
Goat's Cheese
Tart (v)

▪

Gazpacho Shots ²
(v)

Lunch Buffet SIX

Main Courses

Thai Chicken Curry

▪

Caramelized Haddock
with Lentil Ragout

▪

Baked Spinach and
Ricotta Cannelloni with
Tomato and Basil Sauce
(v)

▪

Steamed White Rice (v)

▪

Fresh Market Vegetables
^{2 3} (v)

Desserts

Apricot and
Frangipani Slice

▪

Strawberry
Meringue

▪

Coffee and
International Teas

Fit for You

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(v) Vegetarian

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LUNCH BUFFET | If not included in the Day Delegate Rate | **£32.00 per person**

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Starters

Ballontine of Scottish Salmon, Tempura Dublin Bay Prawns, Puy Lentils and Herb Vinaigrette

Smoked Fish Hors D'Oeuvre
Salmon Tartar and Caviar, Smoked Trout and Oven Roast Tomato, Horseradish, Smoked Tuna Sushi, Wasabi

Mille Feuille of Buffalo Mozzarella, Avocado, Tomato Fondue, Asparagus and Pesto (v)

Croustini of Marinated Goats Cheese, Grilled Vegetable Salad, Lemon Vincotta (v)

Assiette of Mediterranean Appetiser
Piquillo Pepper and Feta, Vine Tomatoes with Crab and Chilli, Chorizo Risotto Croquettes with Salmoriglio Dressing

Confit of Duck Spring Rolls
Sweet and Sour Plums,
Green and Red Onion Slaw

Fit for You

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Plated Lunch Menu STARTERS | £32.00 per person for a 3-course lunch

[> lunch](#)

Main Courses

Roast Breast Of Free Range Chicken
filled Tallegio Cheese, Basil And Tomato Risotto
with Lemon Butter Sauce

Char Grilled Breast of Marinated Corn-Fed Chicken
Crushed Sage New Potatoes, Crisp Pancetta
Lime and Chilli Salsa

Roast Saddle of Southdown Lamb
Garlic Gratin and Leaf Spinach
with a Tomato Jam Balsamic Jus

Grilled Filet of Tay Salmon
Artichoke and Spinach Mash, Tomatoes,
Thyme and Seafood Chowder

Pan Seared Filets of Red Bream
Fried Calamari, Marinated Peppers,
Potato Gnocchi, Antiboise Sauce

Breast of Chicken filled with Mozzarella Cheese
Italian Mash, Tempura of Asparagus
Tomato Emulsion

Fit for You

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Plated Lunch Menu MAIN COURSES | £32.00 per person for a 3-course lunch



Desserts

Summer Cheesecake with Raspberry Crush
Glass Tuilles

Vanilla Panacotta
Coconut Melon Soup, Fortune Cookies

Spicy Warm Plum Compote
Butter Streusel, Macadamia Ice and Plum Shot

Burn Sugar Citrus Tart
Cherry Ragout and Lemon Cream

Strawberry Gaspachio with Its Own Sorbet
Lemon Infused Olive Oil, Szechuan
Peppercorn Crouton

Valrohna Jivara Chocolate Mousse
Thin Chocolate Waffle & Cinnamon Bomb

Our Pastry Chef's Dish of the Day
Using Only the Freshest and Finest Ingredients
from the Market

Some items may contain traces of nuts

Plated Lunch Menu DESSERTS | £32.00 per person for a 3-course lunch

> lunch



Sandwich Menus

Menu 1

Focaccia Smoked Austrian Cheese, Baby Spinach, Char grilled Onions & Pepper Mayo

▪

Chicken Schwarma, Tahini and Chilli Dressing

▪

Smoked Mackerel, Celery, Raisin & Walnut Salad with Apple Crisp on Artie Bread

▪

Blue Cheese Quiche with Sun Blushed Tomatoes

▪

Nicoise Salad with Virgin Olive Oil & Quail Eggs

▪

Tea and Coffee

Menu 2

Four Tomato; Tomato Focaccia, Roast Tomato Pesto, Tomato Tartar and Tomato Crisp

▪

Smoked Duck Breast Ciabatta with Nicoise Salad

▪

Crab Celery and Ginger in Arabic bread, Iceberg lettuce, Green Onion Crème Fraiche

▪

Mozzarella, Pepper and Sage Turnover

▪

Tea and Coffee

Menu 3

Hummus, Tabulleh and Falafel with Cumin Yoghurt in Arabic Pita

▪

Roast Cod Welsh Rarebit with Chorizo Oil in Rye Bread

▪

Foie Gras with Grape Compote and Onion Puree in Artie Bread

▪

Marinated Italian Vegetable Brochette with Red Pesto Dressing

▪

Potato and Bacon Salad, Whole Grain Mustard Crème Fraiche

▪

Tea and Coffee

Fit for You
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³ Low Cholesterol

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SANDWICH MENU | £20.95 per person

> lunch



Fit for You
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Some items may contain traces of nuts

Sandwich Menus

Menu 4

Roast Vegetable Wraps,
Mint Pesto & Crème
Fraiche

▪

Slow Cooked Warm Beef
Ciabatta with Roasted
Garlic Puree, Cabernet
Sauvignon Onions &
Parsley Cream

▪

Poached Smoked
Haddock & Spinach
Tartlet with Whole Grain
Mustard Sabayon

▪

Orrechietta with Sun
Blushed Tomatoes, Olives
and Caper Berries

▪

Tea and Coffee

Menu 5

Salted Beef Bagel, Dill
Pickle & English Mustard

▪

Pressed Roast vegetable
& Basil "Terrine" Ciabatta

▪

Marinated Seafood,
Focaccia Rocket Salad
& Coriander Leaf &
Lemon Dressing

▪

Open Tomatoes and
Tahina Tart with Grilled
Hallumi

▪

Grilled Vegetables with
Marinated Open
Mushrooms

▪

Tea and Coffee

Menu 6

Slow Cooked Warm Beef
Ciabatta, with Roasted
Garlic Puree, Cabernet
Sauvignon Onions and
Parsley Cream

▪

Parma Ham, Dolce Latte
Cheese Wrap, Mache
leaf & Picked Walnut

▪

New York Deli Bagel with
Smoked Turkey, Virginia
Ham, Cheese, Tomato
and Miracle Whip

▪

Tempura Vegetable
Skewers, Sesame & Soy
Dip

▪

Greek Salad with Lemon
Dressing

▪

Tea and Coffee

SANDWICH MENU | £20.95 per person

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ESSENCE

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> canapés

COCKTAIL CANAPES

Please select 6 cold and 6 hot canapés from the selections below

Cold

- Chilled Pea Soup with Mint and Crème Fraiche (v)
- Fresh Salmon Sushi with Wasabi
- Roast figs with Parma Ham and Parmesan on Toasted Focaccia
- Creamed Goat's Cheese with Poppy Seed and Apple Salad on Toasted Rye (v)
- Rosemary Muffin with Smoked Duck and Mango Salsa
- Roast Red Piquillo Pepper and Mozzarella Tart (v)
- Oak Smoked Salmon on Corn Pancakes with Green Onion Mascarpone
- Feta Cheese and Green Olive Brochettes (v)
- Mini Pitas with Hummus and Grilled Lemon Chicken
- Mini Prawn Caesar with Anchovies and Parmesan
- Rillets of Smoked Mackerel and Young Leeks with Peppercorn Mayonnaise
- Fried Tortilla with Grilled Chicken, Guacamole, Tomato and Chilli Salsa
- Seared Thai Beef with Asian Slaw



(v) Vegetarian

COCKTAIL CANAPES | £20.50 per person | page 1 of 2

> canapés

Hot

- Chicken and Beef Satay with Malay Dipping Sauce
- Chilli-Coconut Panko Prawns
- Mini Fish and Chips
- Moroccan Kofta with Harissa Yoghurt
- Red Onion and Goat's Cheese Quichettes (v)
- Mini Glazed Creole Crab Tarts
- Tortillas of Chorizo, Feta and Potato
- Mini Pizzas
- Thai Fried Pork Balls Brochettes
- Pork Belly Skewers with BBQ Dipping Sauce
- Mini Sliders with Bacon and Cheese
- Rock Salmon Beignets Garlic Aioli
- Bubble and Squeak with Cumberland Sausage



(v) Vegetarian

COCKTAIL CANAPES | £22.50 per person | page 2 of 2

> canapés

Please select 6 cold, 6 hot plus 2 desserts canapés from the selections below

Cold

- Smoked Salmon Blini with Caviar and Crème Fraiche
- Assorted Sushi and Californian Rolls
- Chilled Gazpachio Soup (v)
- Grilled Vegetable and Mozzarella Brochettes (v)
- Tartar of Salmon with Wasabi and Japanese Seaweed
- Seared Tuna Nicoise
- Smoked Salmon Frittata with Orange and Cumin
- Smoked Duck with Roquefort and Fig Toasts
- Croustade of Ratatouille with Pesto and Parmesan (v)
- Cornish Crab and Saffron Tartlets
- Foie Gras on Walnut Shortbread with Raisin Jam
- Bresola with Ricotta Mint and Mango
- Aubergine and Goat's Cheese Terrine with Chilli Jam (v)



(v) Vegetarian

COCKTAIL CANAPES | £22.50 per person | page 1 of 2

> canapés

Hot

- Chicken and Beef Satay with Malay Dipping Sauce
- Chilli-Coconut Panko Prawns
- Mini Fish and Chips
- Moroccan Kofta with Harissa Yoghurt
- Red Onion and Goat's Cheese Quichettes (v)
- Mini Glazed Creole Crab Tarts
- Tortillas of Chorizo, Feta and Potato
- Mini Pizzas
- Thai Fried Pork Balls Brochettes
- Pork Belly Skewers with BBQ Dipping Sauce
- Mini Sliders with Bacon and Cheese
- Rock Salmon Beignets Garlic Aioli
- Bubble and Squeak with Cumberland Sausage

Desserts

- Champagne Jelly with Apricot Punch
- Jivara Chocolate Dome with Sablé Breton,
- Mango and Kalamansi
- Vanilla Panacotta with Plum Compote
- Baked Cheesecake Kumquat Confit
- Banana Spring Roll
- Cinnamon Churros with Zip
- Pistachio Financier
- Raspberry Almond Tart
- Baked Lemon Tart
- Raspberry Cheesecake Brownie
- Mini Doughnuts
- Mini Almond Éclair with Coffee Fondant



(v) Vegetarian

COCKTAIL CANAPES | £22.50 per person | page 2 of 2

> canapés

Please select 6 cold, 6 hot plus 4 desserts canapés
from the selections below:

Cold

- Crab and Mango Wraps Chilli Crème Fraiche
- Seared Tuna Brochette with Lemon and Sesame Dipping
Sauces
- Smoked Salmon Caesar with Anchovies and Parmesan
- Chilled Celeriac and Truffle Soup (v)
- Lobster Cocktail with Lemon and Horseradish
- Chilled Melon Soup with Parma Ham Skewers
- Bresola with Fig and Truffle Oil
- Mini Tomatoes with Asian Crab
- Smoked Tuna with Apples, Horseradish and Beetroot
- Cherry Tomato Clafoutis with Goat's Cheese Pesto (v)
- Rosemary Muffin with Smoked Duck and Mango Salsa
- Roast Red Piquillo Pepper and Mozzarella Tart (v)
- Oak Smoked Salmon on Corn Pancakes with Green
Onion Mascarpone



(v) Vegetarian

COCKTAIL CANAPES | £24.50 per person | page 1 of 2

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> canapés

Hot

- Crispy Peking Duck Spring Rolls
- Paella Cakes with Smoked Paprika Mayonnaise
- Mini Venison Burgers with Pineapple and Chilli
- Thai Lobster Risotto
- Truffle Croque Monsieur with Parma and Swiss Cheese
- Grilled Lamb Arayes with Parsley and Lemon
- Sesame Coated Green Asparagus (v)
- Oyster Fritters with Garlic Mayonnaise
- Coconut Encrusted Sea Prawns
- Hungarian Beef Brochettes with Dipping Sauces
- Mini Pizza
- Mini Fish and Chips
- Chicken and Beef Satay with Malay Dipping Sauce

Desserts

- Champagne Jelly with Apricot Punch
- Jivara Chocolate Dome with Sablé Breton
- Vanilla Panacotta with Plum Compote
- Mango and Kalamansi
- Baked Cheesecake Kumquat Confit
- Banana Spring Roll
- Cinnamon Churros with Zip
- Pistachio Financier
- Raspberry Almond Tart
- Baked Lemon Tart
- Raspberry Cheesecake Brownie
- Mini Doughnuts
- Mini Almond Éclair with Coffee Fondant
- Frozen Mini Desserts



(v) Vegetarian

COCKTAIL CANAPES | £24.50 per person | page 2 of 2

Pre-Dinner Canapé Menus

Please select 6 canapés from your selected price range

Cold

- Chilled Pea Soup with Mint and Crème Fraiche (v)
- Fresh Salmon Sushi with Wasabi
- Roast Figs with Parma Ham and Parmesan on Toasted Focaccia
- Creamed Goats Cheese with Poppy Seed and Apple Salad on Toasted Rye (v)
- Rosemary Muffin with Smoked Duck and Mango Salsa
- Roast Red Piquillo Pepper and Mozzarella Tart (v)
- Oak Smoked Salmon on Corn Pancakes with Green Onion Mascarpone
- Feta Cheese and Green Olive Brochettes (v)
- Mini Pitas with Hummus and Grilled Lemon Chicken
- Mini Prawn Caesar with Anchovies and Parmesan

Hot

- Mini Onion Bahjjs with Cucumber Raita (v)
- Grilled Lamb Koftas with Tzatziki
- Vegetable Spring Rolls (v)
- Tempura of Mushrooms with Saffron Aioli (v)
- Spicy Thai Fish Cake with Sweet Chilli Sauce
- Deep Fried Prawn Puffs with Chilli Mayonnaise
- Sesame Chicken Skewers with Ponzu Dipping Sauce
- Deep-Fried Cajun Chicken Goujons with Jalapeno Dipping Sauce
- Toad in the Hole with Mustard Mayonnaise
- Malay Chicken Satay with Dipping Sauce



(v) Vegetarian

PRE-DINNER CANAPES | £12.95 per person

[> canapés](#)

Pre-Dinner Canapé Menus

Please select 6 canapés from your selected price range

Cold

- Smoked Salmon Blini with Caviar and Crème Fraîche
- Assorted Sushi and Californian Rolls
- Chilled Gazpachio Soup (v)
- Grilled Vegetable and Mozzarella Brochettes (v)
- Tartar of Salmon with Wasabi and Japanese Seaweed
- Seared Tuna Nicoise
- Smoked Salmon Frittata with Orange and Cumin
- Smoked Duck, Roquefort and Fig Toasts
- Croustade of Ratatouille with Pesto and Parmesan (v)
- Cornish Crab and Saffron Tartlets
- Foie Gras on Walnut Shortbread with Raisin Jam

Hot

- Chicken and Beef Satay with Malay Dipping Sauce
- Chilli-Coconut Panko Prawns
- Mini Fish and Chips
- Moroccan Kofta with Harissa Yoghurt
- Red Onion and Goat's Cheese Quichettes (v)
- Mini Glazed Creole Crab Tarts
- Tortillas of Chorizo, Feta and Potato
- Mini Pizzas
- Thai Fried Pork Balls Brochettes
- Pork Belly Skewers with BBQ Dipping Sauce



(v) Vegetarian

PRE-DINNER CANAPES | £13.95 per person

> canapés

Pre-Dinner Canapé Menus

Please select 6 canapés from your selected price range

Cold

Hot



- Crab and Mango Wraps with Chilli Crème Fraiche
- Seared Tuna Brochette with Lemon and Sesame Dipping Sauces
- Smoked Salmon Caesar with Anchovies and Parmesan
- Chilled Celeriac and Truffle Soup (v)
- Lobster Cocktail with Lemon and Horseradish
- Chilled Melon Soup with Parma Ham Skewers
- Bresaola with Fig and Truffle Oil
- Mini Tomatoes with Asian Crab
- Smoked Tuna with Apples, Horseradish and Beetroot
- Cherry Tomato Clafoutis with Goat's Cheese Pesto (v)

- Crispy Peking Duck Spring Rolls
- Paella Cakes with Smoked Paprika Mayonnaise
- Mini Venison Burgers with Pineapple and Chilli
- Thai Lobster Risotto
- Truffle Croque Monsieur with Parma and Swiss Cheese
- Grilled Lamb Arayes with Parsley and Lemon
- Sesame Coated Green Asparagus (v)
- Oyster Fritters with Garlic Mayonnaise
- Coconut Encrusted Sea Prawns
- Hungarian Beef Brochettes with Dipping Sauces

(v) Vegetarian

PRE-DINNER CANAPES | £14.95 per person

> canapés



'Fit for You' Cocktail Canapés

Cold

- Ham and Mango Wraps with Chilli Crème Fraiche ³
- Seared Tuna with Lemon and Dipping Sauces¹
- Chilled Celeriac and Truffle Soup ¹
- Crudities with Tzatziki ²
- Smoked Haddock Tartar with Lemon and Olive Oil ³
- Croustade of Ratatouille with Pesto ²

Hot

- Sesame Coated Green Asparagus ³
- Grilled Vegetables Brochettes, Tomato Pesto ²
- Chicken Skewers, Chilli, Sweet Soy and Coriander ²
- Vine Tomato and Pancetta Skewers, Dijonnaise ¹
- Quail Egg and Pepper Hash, Oregano and Chillis ¹

Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

(v) Vegetarian Option

'FIT FOR YOU' CANAPES | £19.50 per person

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and Executive Apartments
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FLAVOR

PLATED DINNER

FORK BUFFET

> dinner

Starters

Wild Mushroom and Chilled Asparagus Soup, Red Onion, Parmesan Salad, Hollandaise Sauce (v)

Chilli Spiced Crab, Tomatoes and Sesame Wafers, Onion Bahjis with Raita, Chickens Satay Peanut Sauce

Warm Tart of Young Leeks and Apple Wood Cheese, Spiced Ruby Pear, Hazelnut and Herb Salad (v)

£10.00 per person

Home Smoked Salmon with Celeriac and Dill Remoulade, Leek and Potato Soup Shot, Warm Asparagus Tart

Seared Ahi Tuna with Chinese Black Beans, Pickled Cucumber and Golden Miso, Sesame Biscuits

Tay Smoked Salmon, New Potato and Chive Salad Poached Salmon Spring Roll, Keta, Lemon Dressing

San Danielle Parma Ham Potato and Goat's Cheese Muffin, Pear Chutney and Rocket

£12.00 per person

Salmon "Falafel" Moroccan Marinated Salmon, Crispy Chickpea Cake, Lemon and Yoghurt

Carpaccio of Smoked Duck, Asian Slaw, Spiced Plum Chutney, Pastille of Crispy Duck

Chicken Liver Parfait Toasted Brioche, Roasted Peppered Figs, Champagne Foie Gras Jelly

£14.00 per person



*(v) Vegetarian Option
Some items may contain traces of nuts*

[DINNER MENU](#) [STARTERS](#)

> dinner

Soups

Cream of Cauliflower with
Ribbons of Smoked
Salmon

Cream of Asparagus
Soup, Mint Mascarpone
Croutons (v)

Roast Tuscan Tomato
Soup with Deep Fried
Mozzarella and Pesto (v)

Shellfish Bisque with
Coconut Prawn Skewers

£4.00 per person

Intermediates

Saffron Risotto Tempura of
Seafood, Chilli Lemon
Dressing

Penne Pasta with Peas,
Artichokes, Asparagus and
Crisp Pancetta

Cornish Crab and Ricotta
Tart with Saffron, Crab
Beignets, Herb Salad

Roast Pumpkin Ravioli with
Fried Sweet Breads,
Pancetta and Sage

Seared Fillet Red Mullet

Artichoke Puree, Broad
Beans, Candied Tomatoes,
Chive Cream

£6.00 per person

Selection of Iced Sorbets

Mango and Kalamansi

Pink Champagne

Raspberry Crush

Sicilian Lemon and Lime

Coconut and Passion Fruit

£3.00 per person



DINNER MENU SOUPS, INTERMEDIATES, SORBETS

(v) Vegetarian Option

*Some items may contain
traces of nuts*

> dinner

Main Courses

Roast Corn Fed Chicken
Creamed Spinach and
Pumpkin Tart
Crushed Potato, Oregano Jus
Roast Jambonette of Spring
Chicken

Wild Mushroom and Sweet
Pea Risotto, Confit of Garlic
and Tomato Ballotine of Tay
Salmon

Mediterranean Crushed
Potato, French Beans, Parma
Ham, Gazpachio Dressing

Slow Roast Free-Range
Chicken Creamed Tarragon
Polenta, Wild Mushrooms,
Roast Pumpkin, Garlic and
Lemon Jus

£28.00 per person

Roast Noisettes of Lamb
Fondant Potatoes, Grilled
Vegetables, Pesto and
Balsamic jus

Pan-fried Guinea Fowl
Caerphilly Cheese and
Young Leeks Pan
Haggerty, Fondant
Carrots

Roast Sirloin of Beef
"Forestiere" Buttered
Spinach, Sweet Roast
Shallots, Smoked
Cheddar Gratin, Truffle
Jus

£30.00 per person

Roast Rack of Welsh
Lamb Marinated in
Cumin and Garlic with
Gratin Potato, Rosace
of Aubergine and
Tomato, Mint Vincotta
Jus

Roast Peppered Fillet of
Beef, Mushroom
Pithivier, Leaf Spinach,
Horseradish Gratin,
Tarragon and Dijon Jus
with Hollandaise Sauce

Pan-Fried Filet of Sea
Bass, Jerusalem
Artichoke Mash, Wild
Mushrooms, Fine Beans,
Spiced Prawn Wonton,
Chive Velouté

£32.00 per person

(v) Vegetarian Option

*Some items may contain
traces of nuts*



DINNER MENU MAIN COURSES

> dinner



Some items may contain traces of nuts

Desserts

Warm Fine Apple Tart Calvados
Crème Fraiche, Golden
Caramel Sauce

▪

Baby Banana Bread Pudding
Macadamia Semi-Freddo,
Toffee Sauce

▪

Armagnac Prune Crème Bruleé

▪

Oven Roasted Pistachio,
Cheesecake Bar Grand Marnier
Strawberries, Orange Confit,
Spicy Orange Sauce

▪

Nougatine Parfait Honey Lace
with Fudge Sauce

▪

Soft Creamy Lime Tart, Citrus
Fruit Salsa, Tropical Sorbet

Chocolate, Chocolate,
Chocolate

Chocolate Three Ways –
White, Milk, Bitter

▪

Baked Vintage Chocolate
Mousse, Vanilla Pod Ice,
Red Wine Reduction

▪

Mascarpone Cheese Tian
Essence of Berry,
Champagne Jelly

▪

Zingy Raspberry & Mango
Dome With Kalamansi
Sauce

£7.00 per person

£8.00 per person

DINNER MENU DESSERTS

> dinner

Vegetarian Menu

Starters

Buffalo Mozzarella, Tomato, and
Aubergine Tian
Basil Mascarpone with a Lemon
Dressing

Courgette Cannelloni
Provençal Vegetables, Herb Salad
and Cauliflower Beignets

Goat's Cheese Potato Salad
Vegetable Tempura with Chilli Oil

Red Piquillo Pepper Tart
Carpaccio of Tomatoes and
Courgettes with Rocket Oil

Brochette of Wild Mushrooms
Rocket, Parmesan, Tomatoes & Pesto

Deep Fried Saffron Risotto
Roast Vegetable Piperade, Coriander
and Lime Vinaigrette

Main Courses

Crustade of Roast Mediterranean
Vegetables, Mozzarella Cheese
Tomato, Pepper Fondue with Basil Oil

Caramelised White Onion Tart, Goat's
Cheese, Tempura of Asparagus
with Beetroot Dressing

Grilled Vegetable and Feta Cheese
Moussaka with Deep Fried Tofu
and Tzatziki

Fresh Egg Gnocchi, Roast Vine
Tomatoes, Artichokes, Olives and
Mozzarella
Drizzled with Olive Oil Salsa Verdi

Young Leek and Wild Mushroom Risotto
Beignets
Butter Spinach, Roast Pumpkin and
Truffle Sabayon

Carrot, Raisin and Peanut Spring Rolls
Sticky Rice, Stir Fried Chinese
Mushrooms with a Sweet and Sour
Sauce



VEGETARIAN MENU | £45.00 per person for a 3-course meal

Some items may contain traces of nuts

Fork Buffet Dinner Menu 1

Starters

Marinated Calamari With a Piperade
of Vegetables, Garlic & Parsley
Dressing ¹

Grilled Asparagus with Parma Ham
Crème Fraiche, Grated Egg,
Truffled Pecorino Cheese

Prawn & Mango Shooters With
Smoked Paprika & Piquillo Aioli

Roast Vegetable and Feta Cheese
With Olive Oil & Garlic ³

Selection of Fresh Baked Breads With
Butter & Olive Oil

Salads

Carrot & Cucumber Salad With
Lemon, Sesame & Greek Yoghurt
Dressing ¹

Plum Tomato & Mozzarella Salad

Tuscan Salami, Roast Red Onions

Green Leaf Salad With Lemon &
Olive Oil ³

Main Courses

Breast of Free Range Chicken,
Roast Vegetable Risotto Tarragon
& Dijon Jus ²

Tay Salmon Fish Cakes With
Buttered Spinach & Saffron Aioli ¹

Aubergine & Tomato Tart With
Sweet Basil Pesto

Roast Vegetable Risotto Olive Oil
& Parmesan

Desserts

Treacle Pudding With Vanilla Bean
Sauce

Citrus Cheesecake With Kumquat
Sauce

Chilled Yoghurt Mousse With
Spiced Berries Honey Charlotte



Fork Buffet Dinner Menu 1 | £42.00 per person

Fit for You
¹ Low Carbohydrates
² Low Fat
³ Low Cholesterol

> dinner

Fork Buffet Dinner Menu 2



Starters

Beetroot Cured Gravalax New
Potato & Chive Salad,
Orange Dill Dressing ²

Roast Tomato, Aubergine &
Mozzarella Terrine

Sweet Chilli Jam ¹Wild
Mushroom & Parsley Tart
Pumpkin Glaze

Roast Vegetable Couscous
Coriander & Rose Harris ³
Selection of Fresh Baked
Breads Butter & Olive Oil

Salads

Classic Caesar Salad Cajun
Chicken

Tuscan Bean Salad Tomatoes,
Basil & Pancetta

Green Leaf Salad Lemon &
Olive Oil ¹

Main Courses

Braised Shoulder of Lamb
Artichokes, Lemon & Olives

Grilled Tay Salmon
Buttered Spinach &
Seafood Nage ¹

Potato & Watercress
Croquettes ³

Carrot, Raisin & Peanut
Spring Rolls Stir Fried
Chinese Mushrooms, Sweet
& Sour Dipping Sauce ³

Desserts

Ivory Chocolate Bavaois
Lightly Caramelised Apple
Tart, Toffee Sauce

Jasmine Crème Brule
Marbled Cheesecake
Brownie

Fit for You
¹ Low Carbohydrates
² Low Fat
³ Low Cholesterol

Fork Buffet Dinner Menu 2 | £44.00 per person

> dinner

Fork Buffet Dinner Menus 3

Starters

Smoked Salmon & Spinach Terrine with
Wilted Red Onions ¹

Selection of Antipasti
Cured Italian Meats, Pickles & Relishes

Crispy Beef Teriyaki Salad
with Asian Vegetables & Egg Noodles ²

Salads

Traditional Greek Salad
with Olives & Feta ¹

Baby Corn & Roast Pumpkin Salad
Cajun Chicken & Spicy Vinaigrette

Green Leaf Salad
with Olive Oil ³

Main Courses

Marinated Lamb & Chicken
Brochettes
with Garlic Lemon & Parsley ¹

Pan-fried Fillets of Bream
Fennel, Asparagus & Tomato Tart
Basil Hollandaise

Roast Vegetable Paella ²

Fresh Egg Gnocchi With Tomatoes,
Spinach & Garlic Butter

Desserts

Pinacolada Crème Bruleé
Soft Macaroon Tart With Pistachio
Sauce

Fruit Wontons With Exotic Fruit
Flourless Chocolate Cake
Griottine Cherries, Crème Fraiche



Fork Buffet Dinner Menu 3 | £46.00 per person

Fit for You
¹ Low Carbohydrates
² Low Fat
³ Low Cholesterol

> dinner

Fork Buffet Dinner Menus 4

Starters

Hot Smoked Salmon With celeriac
Remoulade Lemon Keta Dressing ¹

Shaved Bresola with Sun Choke
Forest Mushroom, Shaved Pecorino
and Truffle Oil

Glazed Honey Baked Ham Terrine
With Spiced Vegetables & Mustard

Salads

Potato, Red Onion, Tuscan Salami
Salad

Tabulleh Salad with Lemon Mint
and Bulgar Wheat ³

Italian Panzanella Salad ¹

Green Leaf Salad

Main Courses

Roast Lump of Lamb With Sweet Pea
Puree & Tzatziki ¹

Pan Fried Sea Bream with Spinach,
Tomatoes & Deep Fried Calamari ^{2 3}

Steamed Baby Potatoes With Lemon,
Garlic & Parsley Butter ^{2 3}

Young Leek & Wild Mushroom Risotto
Beignets With Spinach, Pumpkin,
Herb Sabayon

Desserts

Langon & Lychee Milk Jelly

Fresh Fruit Brochettes with Grand
Marnier Chantilly

Valrohna Chocolate Pudding,
Warm Berry Compote

Key Lime Pie



Fork Buffet Dinner Menu 4 | £48.00 per person

Fit for You
¹ Low Carbohydrates
² Low Fat
³ Low Cholesterol

> dinner



Starters

Seared Red Mullet, Coriander and Spinach with Carrot and Ginger Sauce

Corn Fed Chicken, & Puy Lentils, with Grape Compote-Lemon Vinaigrette ¹

Smoked Halibut & Cauliflower beignet with Red Wine Reduction ³

Soups

Oriental Chicken Consommé with Asian Greens and Chinese Firecrackers ¹

Roast Pumpkin and Cumin Soup with Sweet Chilli Croutons (v) ³

£4.00 per person

Intermediates

Smoked Salmon and Cream Cheese Frittata

with Cucumber, Minted and Yoghurt ¹

Plum Tomato and Mozzarella Tian

with Green Asparagus and Pinto Bean Ragout (v) ²

£6.00 per person

Main Courses

Slow Roasted Beef, Herb and Green bean Ragout

With Confit Garlic ¹

Tomato & Pea Risotto, Roasted Vegetables

Wilted Pea shoot & Red Chilli Puree (v) ²

Canon Monkfish, Warm Shaved Fennel & Olive Salad

With Tomato Tartar & Sesame ³

Desserts

Raspberry Pavlova

With Exotic Sauce ³

Fresh Fruit Salad

With Vanilla Sorbet ²

Fit for You

¹ Low Carbohydrates

² Low Fat

³ Low Cholesterol

(v) Vegetarian Option

'FIT FOR YOU' Menu | £38.00 per person

The London Marriott West India Quay Hotel
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WHITE WINES Page 1

Marsanne-Chardonnay, La Campagne, Vin de Pays d'Oc, France
Rich and full-bodied using Marsanne and Chardonnay grown in the south of France
£21.50

Chenin Blanc, Kleine Zalze Bush Vines, Stellenbosch, South Africa
Soft and creamy with a hint of tropical fruit flavours on the finish
£23.50

Sauvignon Blanc, Short Mile Bay, Australia
Crisp and refreshing, displaying grapefruit and citrus characters and a clean, lingering finish
£24.00

Pinot Grigio, Friulvini, Italy
A crisp, fruity white wine with a delightful, spicy, floral aroma
£25.00

Sauvignon Blanc, Caliterra, Chile
Intense tropical fruit characters and well balanced citrus notes with fresh and vibrant flavours
£25.50

Macon-Blanc-Villages, Domaine de la Grange Magnien, Louis Jadot, France
Softer in style than the wines from the northern part of Burgundy, this Chardonnay is fresh, dry and full-flavoured
£27.50

Chardonnay-Viognier, Fetzer, Hopland Ranches, California
A dry, yet full-bodied wine with delicious apricot and creamy flavours, typical of these two popular grape varieties
£28.00



WHITE WINES Page 2

Sauvignon Blanc, Nobilo, Marlborough, New Zealand

A cocktail of passion fruit, tangerine and ripe peach characters with a crisp, dry, lingering finish

£29.00

Chardonnay, Penfolds Thomas Hyland, Australia

Full flavoured and rich with excellent varietal fruit and perfectly balanced oak integration

£29.50

Chardonnay, Robert Mondavi Coastal, California

An elegant and refreshing chardonnay with layers of tropical fruit, melon and citrus character, accented by flowers and spice

£31.00

Chablis, Gloire de Chablis, J. Moreau et Fils, France

A dry fruit Chablis with typical crisp almost steely Chardonnay fruit

£34.00

Chardonnay, Plaisir de Merle, South Africa

With aromas of toasted almonds and honey, this wine has a great mouth feel, a freshness of caramelised lemons and a tropical sweetness balanced by subtle toasted wood flavours

£36.50

Pouilly Fume, Les Pierrefeux' Domaine Langlois Chateau, France

Crisp, fresh, dry Loire Valley Sauvignon Blanc with hints of gooseberry, grapefruit and minerals. A full, elegant wine, with a great depth of lively fruit flavour

£40.00

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Cabernet Sauvignon, La Campagne, Vin de Pays d'Oc, France

A rich blackcurranty wine with soft tannins

£21.50

Merlot-Cabernet, La Diva Vin de Pays d'Oc, France

Elegant, full-bodied red with ripe berry fruit character and firm tannins

£23.50

Shiraz-Cabernet, The Riddle, Australia

Smooth with spicy pepper, raspberry and cherry fruit flavours

£23.50

Cabernet Sauvignon, Kleine Zalze, Coastal Region, South Africa

A deep-coloured and rich blackcurranty red wine, in the typical new world mould

£25.00

Merlot, Caliterra, Chile

Elegant and velvety with layers of wild blackberry, sundried cherry, vanilla and toasty oak

£25.50

Shiraz, Cullinan View, Robertson, South Africa

A deep-coloured, spicy wine with warm, toasty oak flavours

£27.00

RED WINES Page 1



Tempranillo, Monticello Crianza Rioja Tinto, Spain

Complex aromas of mature fruit, perfectly balanced by a touch of oak. Medium-bodied, rich, excellent balance, big powerful and concentrated flavours with cherry and blackberry hints

£28.00

Bourgogne Pinot Noir, Couvent des Jacobins, Louis Jadot, France

Light-bodied with a classic fresh strawberry aroma and soft silky texture

£30.00

Pinot Noir, Robert Mondavi Coastal Private Selection, California

Silky layers of wild cherry and violet intertwine with fragrant accents of nutmeg and clove. Aging in small, French oak barrels has added subtle smoke and cedar nuances that continue through the lingering finish

£32.00

Cabernet-Malbec, Leasingham Bin 56, Clare Valley, Australia

A rich berry fruit and spicy oak flavour

£38.00

Cabernet Sauvignon, Chateau Los Vascos, Chile

This Cabernet is old world in style with a mature and fruity quality, fresh aromas, and a supple and fleshy structure. In three words, soft, ripe and complex

£42.00

RED WINES Page 2



SPARKLING WINE AND CHAMPAGNE

Tempranillo Bouquet d'Or Chardonnay Brut, France

A light, fresh, dry French sparkling wine made using only the classic Chardonnay grape
£29.50

Piper-Heidsieck Brut Young

A lively fruit flavours and a fresh, vivid aroma characterise this attractive Champagne
£45.00

Taittinger Brut Reserve

Dry and elegant with subtle biscuity flavours
£56.00

Veve Clicquot Yellow Label Brut

Rich and dry with creamy, biscuity flavours
£62.50

Moet & Chandon Brut Imperial

A fine mousse and a full yeasty nose are the hallmarks of this excellent, mature Champagne
£75.00

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SPIRITS AND LIQUEURS

> beverages

	Measure 50ml	Bottle 70cl
IRISH WHISKEY		
Jameson	£6.00	£52.50
Black Bush	£7.00	£55.00
Old Bushmills, 10 years	£8.00	£70.00
SCOTTISH WHISKEY		
J&B	£6.00	£52.50
Johnnie Walker Red Label	£7.00	£55.00
Chivas Regal	£8.00	£70.00
MALT WHISKEY		
Glenfiddich	£8.00	£70.00
Glenlivet, 12 years	£8.00	£70.00
Glenmorangie	£8.00	£70.00
BOURBON		
Jim Beam	£6.00	£52.50
Jack Daniel's	£7.00	£55.00
Knob Creek	£7.50	£65.00
VODKA		
Smirnoff	£6.00	£52.50
Absolut	£7.00	£55.00
GIN		
Gordon's	£6.00	£52.50
Beefeater	£7.00	£55.00
Bombay Sapphire	£7.00	£55.00
RUM		
Bacardi	£6.00	£52.50
Captain Morgan	£7.00	£55.00

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> beverages



SPIRITS AND LIQUEURS

	Measure 50ml	Bottle 70cl
COGNAC & ARMAGNAC		
Courvoisier VS	£6.00	£55.00
Hennessy	£7.00	£70.00
Remy Martin VSOP	£9.00	£110.00
Courvoisier VSOP	£9.00	£110.00
Janneau VSOP	£7.00	£70.00
TEQUILA		
Jose Cuervo Gold	£6.00	£52.50
Olmecca Silver	£6.00	£52.50
VERMOUTH & APERITIFS		
Pernot	£6.00	£52.50
Campari	£6.00	£52.50
Martini Rosso	£5.00	£35.00
Martini Extra Dry	£5.00	£35.00
Pimm's	£6.00	£40.00
LIQUEURS		
Amaretto	£6.50	£55.00
Bailey's Irish Cream	£6.50	£55.00
Cointreau	£6.50	£55.00
Drambuie	£6.50	£55.00
Grand Manier	£6.50	£55.00
Southern Comfort	£6.50	£55.00
SHERRY		
Harvey's Bristol Crème	100ml £6.00	70cl £35.00
Tio Pepe	£6.50	£40.00
PORT		
Taylor's	£7.00	£52.50
Graham's Vintage	£8.00	£110.00

[> beverages](#)



BOTTLED BEER

Stella Artois (330ml)	£3.95
Heineken (330ml)	£3.95
Budweiser (330ml)	£3.95

MINERALS & SOFT DRINKS

Still or Sparkling (0.75lt)	£3.95
Still or Sparkling (330ml)	£2.50
Pepsi(180ml)	£2.50
Diet Pepsi (180ml)	£2.50
Lemonade (180ml)	£2.50
Mixers	£2.50

MINERALS AND SOFT DRINKS

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> 'fit for you'

'Fit for You' Breakfast

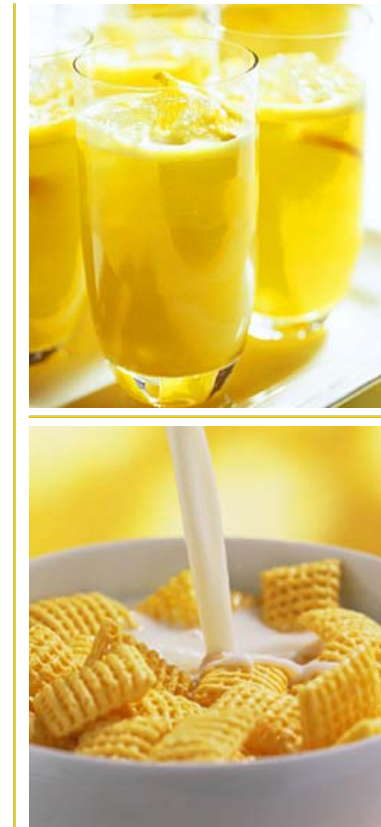
Cold Items

- Assorted Fruit Juices to Include Orange, Pink Grapefruit, Cranberry, Apple and Tomato ^{2 3}
- A Selection of Fruit Brochettes with Vanilla Yoghurt Dipping Sauce ^{1 2 3}
- A Selection of Kellogg's Cereals with Skimmed or Semi-Skimmed Milk ^{2 3}
- Baked Apple and Raisin Oat Meal ^{2 3}
- A Selection of Sliced Meats from the deli ¹
- A Selection of Sliced local and European Cheeses ¹
- Tea and Coffee

Hot Items

Please chose one of the following hot breakfast items

- Spanish Egg white Omelette Tian with Potatoes, Piquillo Peppers, Sliced Onions and Green Beans ³
- Steak 'n Eggs Grilled Vine Tomatoes, Mushroom and Pepper Hash ¹
- Spiced Egg White Pancake Sweet Potato and Back Bacon ¹



'FIT FOR YOU' BREAKFAST | £20.95 per person

Fit for You
¹ Low Carbohydrates
² Low Fat
³ Low Cholesterol

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> 'fit for you'

'Fit for You' Cocktail Canapés

Cold

Ham and Mango Wraps
with Chilli Crème Fraiche ³

Seared Tuna with Lemon
and Dipping Sauces¹

Chilled Celeriac and
Truffle Soup ¹

Crudities with Tzatziki ²

Smoked Haddock Tartar
with Lemon and Olive Oil ³

Croustade of Ratatouille
with Pesto ²

Hot

Sesame Coated Green
Asparagus ³

Grilled Vegetables
Brochettes, Tomato Pesto ²

Chicken Skewers, Chilli,
Sweet Soy and Coriander ²

Vine Tomato and Pancetta
Skewers, Dijonnaise ¹

Quail Egg and Pepper
Hash, Oregano and Chillis ¹

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(v) Vegetarian Option

'FIT FOR YOU' CANAPES | £19.50 per person

> 'fit for you'



Starters

Seared Red Mullet, Coriander and Spinach with Carrot and Ginger Sauce

Corn Fed Chicken, & Puy Lentils, with Grape Compote-Lemon Vinaigrette ¹

Smoked Halibut & Cauliflower beignet with Red Wine Reduction ³

Soups

Oriental Chicken Consommé with Asian Greens and Chinese Firecrackers ¹

Roast Pumpkin and Cumin Soup with Sweet Chilli Croutons (v) ³

£4.00 per person

Intermediates

Smoked Salmon and Cream Cheese Frittata

with Cucumber, Minted and Yoghurt ¹

Plum Tomato and Mozzarella Tian

with Green Asparagus and Pinto Bean Ragout (v) ²

£6.00 per person

Main Courses

Slow Roasted Beef, Herb and Green bean Ragout

With Confit Garlic ¹

Tomato & Pea Risotto, Roasted Vegetables

Wilted Pea shoot & Red Chilli Puree (v) ²

Canon Monkfish, Warm Shaved Fennel & Olive Salad

With Tomato Tartar & Sesame ³

Desserts

Raspberry Pavlova

With Exotic Sauce ³

Fresh Fruit Salad

With Vanilla Sorbet ²

'FIT FOR YOU' FORK BUFFET | £38.00 per person

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The London Marriott West India Quay Hotel
and Executive Apartments
22 Hertsme Road, Canary Wharf, London E14 4ED
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FLAWLESS

- MEETING ACCESSORIES
- CONNECTIVITY
- VIDEO EQUIPMENT
- PROJECTION SCREENS
- MICROPHONES
- OFFICE EQUIPMENT
- LIGHTING & DECORATIVE PACKAGES
- PARTY / DINNER PACKAGES
- INSTALLATION & AUDIO EQUIPMENT
- EVENT TECHNOLOGY PACKAGES

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Meeting Accessories

Laser pointer	£15.00
Remote Mouse	£20.00
Flipchart <i>with Markers and Pad</i>	£20.00
Mobile White/ Corkboard 4 ft x 3 ft	£20.00
Lectern/Podium	£30.00
AC Power Extension	£5.00
3-Phase Power	£125.00

Video Equipment

Monitor 29"	£55.00
Plasma Screen 50"	£250.00
VHS Video Cassette Recorder/Player PAL/SECAM/NTSC	£45.00
Trolley for Monitor/VCR	£15.00
4to1 VGA Computer Switcher	£35.00
DVD Player	£45.00
TV/VCR Combo PAL/SECAM/ NTSC	£75.00
Plasma/VCR Package	£270.00
Plasma/DVD Package	£270.00

Telephony / Connectivity

Extra Phone (excluding calls)	£25.00
Polycom Conference Phone	£45.00
Polycom Conference Phone Including 2 Additional Microphones	£55.00
Fax Machine	£POA
Video Conferencing	£POA

Projection Screens

Tripod Screen 7ft x 7ft	£55.00
Tripod Screen 6ft x 6 ft	\$45.00
Tripod Screen (Video Format) 5.5ft x 4.2ft	£45.00
Fast-fold Screen 9ft x 12ft With full Dress Kit (Rear or Front)	£110.00
Fast-fold Screen 8ftx6ft With full dress Kit (Rear or Front)	£90.00

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Microphones

Table Microphone with Stand	£40.00
Floor Standing Microphone With Stand	£40.00
UHF Wireless Microphone (handheld or lapel)	£55.00
VIP Lectern Microphone	£55.00

Office Equipment

PC Printer	£POA
Copy Machine	£POA
Fax Machine	£POA
Shredder	£45.00
Laptop	£125.00

Lighting & Decorative Packages

LDR Spot Light Including Stand	£60.00
LDR Light including custom made Gobo	£POA
PAR CAN 64 Uplighter including Colour Gels	£15.00
PAR CAN 64 Uplighter Package 8 Pieces including Colour Gels	£95.00
Pipe & Drape – 43ft	£200.00
Pin Spot Lighting in Ballroom (per Table)	£10.00

Party / Dinner Packages

Package includes in-house Sound System, CD Player and Wireless Microphone	£100.00
PAR CAN 64 Uplighter Package 8 Pieces including Colour Gel	£95.00



Installation and Assistance

Weekdays 08.00 – 16.30 hours
£25.00 per hour

Before 08.00 hours
£35.00 per hour

After 16.30 hours
£35.00 per hour

Saturday, Sunday and Special Day
£35.00 per hour

Audio Equipment

Cassette Player **£45.00**

CD Player (5Discs) **£45.00**

4 Channel Microphone Mixer
£75.00

Internet

Wired and Wireless Internet Lines
available from **£15.00 per line**

Self-service internet
£15.00 per line inclusive of VAT

Managed lines
£15.00 per line exclusive of VAT
plus £35 handling fee

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Event Technology Packages 1

Computer Data & Video / "Big Screen" Projection

Full Feature LCD Multimedia Projector

XGA (1024 x 768), 3000 ANSI Lumens,
(super bright), Data and Video Inputs.

Including adjustable Height

LCD/Laptop Trolley with 3 additional

AC Power Outlets (for Laptop etc)

And 25 ft VGA Extension Cable

Full Day Rental

£175.00

Half Day Rental (4Hours)

£125.00

XGA (1024 x 768), 4500 ANSI Lumens,

(super high bright), Data and Video Inputs.

Including adjustable Height

LCD/Laptop Trolley with 3 additional

AC Power Outlets (for Laptop etc)

and 25 ft VGA Extension Cable

£225.00



Event Technology Packages 2

Video VCR / Monitor

Multi Standard (PAL, Secam, NTSC) VHS Video Player or DVD & Monitor Package

Features a skirted Stand or Trolley, a 29" full-function Colour Video Monitor/Receiver with Cable Connections. AC Extension Cords safely taped

£90.00

DVD Player & Plasma Package

Features a skirted Stand or Trolley,

A 50" full-function Plasma Screen

Plasma/ Receiver with Cable Connections. AC Extension Cords Safely taped

£270.00

