

## A Selection of Light Lunches-

Lunches can be selected from these suggestions or we would be happy to discuss a Menu tailored to your exact needs

### Sample Menu L1a

*Your Choice of Chilled Fruit Juice* VE  
*(Orange, Grapefruit, Tomato, Apple, Pineapple)*  
*Tomato and Pasta Soup*  
*served with Herb and Parmesan Croutons* V  
*Sautéed Mushroom Caps Served in a Vol au Vent*  
*topped with a Blue Cheese Sauce* V

~~~~~  
*Escalope of Turkey Italianne*  
*(Coated in a pesto marinade and oven baked)*  
*Thai Style Fish Cakes Served on a Salad of Mixed Leaves*  
*topped with a Lemon Dressing*

*Sweet and Sour Oriental Style Vegetables*  
*served with Wild and White Rice* VE  
*Broccoli and Cauliflower Cheese Quiche Served with*  
*tossed salad dressed with a Light Chilli Oil* V  
*Selection of Cold Meats and Seasonal Salads*  
*from the Salad Bar*

**All served with Chefs Selection of Seasonal Vegetable, Potatoes and French Fries**

~~~~~  
*Tea / Coffee*

### Sample Menu LLb

*Your Choice of Chilled Fruit Juice* VE  
*(Orange, Grapefruit, Tomato, Apple, Pineapple)*  
*Potato and Leek Soup with Tarragon Cream* VE  
*Melon Fingers Accompanied with Fruit Sorbet*  
*and topped with Grated Lemon Zest* VE

~~~~~  
*Supreme of Chicken Oven baked Chicken*  
*with a Red Wine and Mushroom Sauce*  
*Rainbow Trout Fillets served with Shrimp and Herb Butter*  
*Mussaman Curried Vegetables with Peanuts and Wild Rice*  
*accompanied with Crisp Poppadoms* VE  
*A Generous Slice of Spanish Style Potato Tortilla served with*  
*A Salad of Leaves, Olives and Peppers*  
*garnished with a Tomato salsa* V  
*Selection of Cold Meats and Seasonal Salads*  
*from the Salad Bar*

**All served with Chefs Selection of Seasonal Vegetable, Potatoes and French Fries**

~~~~~  
*Tea / Coffee*

### Sample Menu LLc

*Your Choice of Chilled Fruit Juice* VE  
*(Orange, Grapefruit, Tomato, Apple, Pineapple)*  
*Cream of Cauliflower Soup*  
*Garnished with Roast Cumin Seeds* V  
*A Warm Bacon Salad Served with Plum Tomatoes*

~~~~~  
*Chicken Kebabs*  
*Served with a Teriyaki Sauce and Savoury Rice*  
*Oven Baked Hake Steak with Lemon, Capers and Anchovy Butter*  
*Baby Corn and Courgettes Served with Oyster Mushroom,*  
*Water Chestnut and Bamboo Shoots*  
*in a Black Bean Sauce with Cous Cous* VE  
*Vegetarian Chilli Served in Roast Peppers*  
*on a nest of Tagglatelli* V  
*Selection of Cold Meats and Seasonal Salads*  
*from the Salad Bar*

**All served with Chefs Selection of Seasonal Vegetable, Potatoes and French Fries**

~~~~~  
*Tea / Coffee*

### Sample Menu LLd

*Your Choice of Chilled Fruit Juice* VE  
*(Orange, Grapefruit, Tomato, Apple, Pineapple)*  
*Clear Chicken and Spring Onion Soup*  
*Flavoured with Ginger*  
*Pasta Shells Cooked in a Smoked Cheese Sauce*  
*with Chopped Walnuts* V

~~~~~  
*Braised Rump Steak Carbonnade*  
*Served with Roast Root Vegetables*  
*Goujons of Lemon Sole Served with*  
*An Oyster Flavoured Dipping sauce*  
*Grilled Goats Cheese Salad served with Sweet Onion*  
*Marmalade and topped with Roast Pepper* V  
*Mushroom and Quorn Goulash Served on Buttered Noodles* V  
*Selection of Cold Meats and Seasonal Salads*  
*From the Salad Bar*

**All served with Chefs Selection of Seasonal Vegetable, Potatoes and French Fries**

~~~~~  
*Tea / Coffee*

### Sample Menu L1e

*Your Choice of Chilled Fruit Juice* VE  
*(Orange, Grapefruit, Tomato, Apple, Pineapple)*  
*Lentil and Smoked Bacon Soup with Snipped Chives and Crème Fraiche*  
*A Sunburst of Citrus and Other Fruits topped with a Mint and Ginger Syrup* VE

~~~~~  
*Layers Of Spinach Pasta interleaved with Minced Beef and a Creamy Cheese Sauce Served with Garlic Bread*  
*Supreme of Scottish Salmon*

*Poached in Court Bouillon and Served with a Pink Peppercorn Sauce accompanied by Onion Cous Cous*  
*Button Mushroom and Guinness Wellington* V

*(Cultivated Mushrooms Sautéed with Stout enveloped in Puff Pastry and Oven Baked)*  
*Croque Monsieur* V

*(A Sandwich of Smoked Gruyere Cheese and Red Onion Between Two Slices of Cottage Loaf dipped in Egg Yolk and Gently Fried Until Golden Served with Tossed Salad Leaves Drizzled with a Balsamic Vinaigrette.)*

*Selection of Cold Meats and Seasonal Salads From The Salad Bar*

**All served with Chefs Selection of Seasonal Vegetable, Potatoes and French Fries**

~~~~~  
*Tea / Coffee*

***Genetically Modified Foods, Allergies etc. Please see over.***

## **Food Ingredients**

**GM Foods.** It is the Kings Manors policy to avoid, wherever possible, Genetically Modified foods. However since some items are purchased by the hotel in a partially prepared state and with the risk of contact between foods we cannot guarantee that any foods are totally 'GM free'.

## **Vegetarians**

**Vegetarian** items are marked with "V"  
**Vegan** items are marked "VE"

## **Nuts and Allergies**

Many dishes may contain nuts. Guests with an allergy to nut products should exercise care and discuss any allergies with the Duty Manager so that we can guide you towards foods with minimal risks..

## **Hygiene**

All Suppliers of food products to the Kings Manor must hold current food hygiene certificates and are subject to statutory inspections. All staff involved in handling and preparation of food in the Kings Manor hold food hygiene qualifications and undergo regular updated training to maximize your food safety.



**The Kings Manor Hotel**  
**100 Milton Road East Edinburgh**  
**EH15 2NP**  
**Tel 0131 669 0444**  
**Fax 0131 669 6650**  
**Email [lunches@kingsmanor.com](mailto:lunches@kingsmanor.com)**