

Alpine Plus Sample Menu



Day 1

Breakfast

Continental. V, GF

Evening Meal

Canapè: Smoked Salmon and cream cheese blini.

Starter: Tomato & Basil Soup. V, GF

Main: Beef Bourguignon, Mashed Potato and Green Beans. GF
V Chickpea, Vegetable Stew with Mashed Potatoes and Green Beans.

Dessert: Lemon Tart with Raspberry Sorbet.
V, GF Mixed Fruits with Raspberry Sorbet.

Freshly-brewed coffee and chocolates with a glass of Port.

Day 2

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Canapè: Hummus and crudites.

Starter: Caprese Salad. GF
Avocado, Tomato and Red Onion Salad. V

Main: Lasagna with Homemade Garlic Bread and Green Salad.
Spaghetti with Tomato and Lentil Sauce V
GF Gluten Free Spaghetti bolognese.

Dessert: Panna Cotta with Mango Coulis. V, GF

Freshly-brewed coffee and chocolates with a glass of Port.

Day 3

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Canapès: Baked Camembert with herby toasted baguette.

Starter: Tomato, Red Onion and Basil Bruschetta.
V Tomato, Red Onion and Basil Bruschetta.
GF Tomato, Red Onion and Basil Bruschetta served on Gluten Free bread.

Main: Honey Mustard Chicken, Roasted Potatoes and Steamed Winter Vegetables (mange tout, peas & carrots). GF
Quinoa & Tofu Stuffed Red Pepper, Roasted Potatoes and Steamed Winter Vegetables. V

Dessert: Chocolate Pecan Brownie with Vanilla Ice Cream.
Vegan Brownie with Vanilla Ice Cream. V
GF Brownie (made from Doves farm Chocolate Brownie mix)

Freshly-brewed coffee and chocolates with a glass of Port

Day 4

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Canapès: Pesto feta and tomato bites. V
GF Pesto feta and tomato bites on GF bread.

Starter: Butternut Squash soup. V, GF

Main: Duck Confit, Creamed Spinach, Sweet Potato Mash & Garlic Fried Brussel Sprouts. GF
V Baked Aubergine with Chickpeas, Creamed Spinach, Sweet Potato Mash and Garlic Fried Brussel Sprouts.

Dessert: Cherry Clafoutis with Vanilla Cream.
V Vegan crepe with Raspberry Sorbet.
GF Gluten Free crepe with berries ice cream.

Freshly-brewed coffee and chocolates with a glass of Port.

Day 5

Breakfast

Cooked. V, GF

Afternoon tea

Evening Meal

Canapès: Goats cheese and caramelised onion toasts.
GF Goats cheese and caramelised onion on GF toast.

Starter: French Onion Soup. V, GF

Main: Tartiflette with Charcuterie and Green Salad. GF
V Vegan Tartiflette and Green Salad.

Dessert: Lemon Posset with Raspberry Coulis. GF
V Banana pancakes with Dairy Free Vanilla Ice cream.

Freshly-brewed coffee and chocolates with a glass of Port.

Day 6

Breakfast

Continental. V, GF

Afternoon tea

Evening Meal

Canapès: Red pesto and emmental twists.
GF Red pesto and emmental twists on Gluten Free pastry

Starter: Warm Goats Cheese, Caramelised Pear, Walnut Salad and Balsamic syrup. GF
V Falafel, Hummus and Cucumber Salad.

Main: Pork Tenderloin, Carrot Puree, Gratin Potatoes, Broccoli and Red Wine Jus. GF
V Spinach and Quinoa Tortellini with Vegan Pesto.

Dessert: Apple Tart with Creme Anglaise.
V Crumble stuffed Baked Apple with DF Vanilla Ice cream.
GF Crumble stuffed Baked Apple with Vanilla Ice cream.

Freshly-brewed coffee and chocolates with a glass of Port.

V - Vegan option, GF - Gluten Free option

