

Lunch

Harbour Deli

All lunches are accompanied by our Deli selection of cooked and cured meats, seasonal cheese, olives, pickles and marinated grilled vegetables, with dips and artisan bread

V vegetarian
VG vegan
GF gluten-free

If you are concerned about any food allergies or dietary requirements please speak to a member of the team who would be delighted to assist.

Ahoy there!

We're turning the tide, one meeting at a time. That's why all our Meeting & Event menus are now printed on recycled paper stock and our dishes highlight locally and sustainably sourced ingredients. To find out more about how we're turning the tide visit harbourhotels.co.uk

Hot Dishes

Braised Beef Short Ribs **GF**

Slow-cooked beef short ribs in a rich red wine reduction. Served with mashed sweet potatoes and buttered green beans

210 kcal per 100g

Spiced Salmon Fillets **GF**

Cucumber, fennel and grapefruit, green olive salsa

251 kcal per 100g

Coconut Curry Tofu **VG**

Fragrant coconut curry sauce with crispy lotus root and lemon grass. Served with steamed jasmine rice

77 kcal per 100g

Salads

Green Salad **VG, GF**

Dwarf beans, avocado, edamame, celery leaf, bibb lettuce, crispy onion

85 kcal per 100g

Roasted Butternut Squash & Quinoa Salad **V, GF**

Grilled halloumi, quinoa, baby spinach, and toasted pumpkin seeds, drizzled with a maple balsamic vinaigrette

198 kcal per 100g

Wraps & Sandwiches

Hoisin Duck Wrap

Cucumber, spring onion and coriander

238 kcal

Hummus & Grilled Vegetable Ciabatta **VG**

Courgette, aubergine, bell peppers, and red onion, layered with hummus on a toasted whole grain ciabatta

275 kcal

Sweet Treats

Lemon & Raspberry Posset **V**

278 kcal

Sticky Ginger Cake Slice

221 kcal