



TUNNELS BEACHES
est. 1823

Food Choices...



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Starters

(Choose 1 of the following dishes...)

We need exact numbers/choices for any Vegetarian/Vegan guests.

Classic Prawn Cocktail (DF, G, Cr)

Tiger Prawns, Homemade Marie Rose Sauce & Salad Leaves Served
with Crusty Bread & Lemon Wedge

Smoked Salmon Salad (GF, DF, F)

Smoked Salmon, Roasted Beetroot & Wild Rocket
Served with Raspberry Vinaigrette

Caprese Salad (V, GF)

Buffalo Mozzarella, Tomato & Fresh Basil
Served with Olive Oil & Balsamic Vinegar

Antipasto (DF, G) GF by request

Cured Meats, Sun Blushed Tomatoes, Wild Rocket & Olives Served with
Homemade Focaccia

Homemade Vegetable Soup (Vg, DF, G, C) GF by request Served
with Crusty Bread

Chicken Liver & Mushroom Pâté (G, M)

Served with Grilled Toast & Salad Garnish

Goats Cheese Tart (V, G, E)

Served with Homemade Chutney & Micro Herbs

**Caramelised Onion, Heritage Tomatoes
& Vegan Cheese Tart** (Vg, GF, DF)

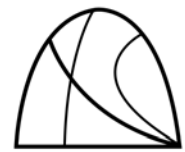
Served with Homemade Chutney & Micro Herbs

£8.50

(per person)

Food Allergy & Intolerance Symbol Guide...

V : Vegetarian | Vg : Vegan | GF : Gluten Free | DF : Dairy Free G :
Gluten | F : Fish | Cr : Crustaceans | C : Celery | M : Mustard



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Gourmet BBQ Buffet

Relaxed, informal BBQ buffet...

We are happy to customise menus to suit your own taste, please see options available on the following pages. All food is freshly prepared in-house by our team of talented Chefs, on the day of your wedding.

We can help you to create your own bespoke menu...

- 1) Let us know your budget
- 2) Choose 5 main dishes
- 3) Choose 5 salads/sides

Each dish ordered is catered for every guest.

We will price your chosen menu for you and advise of possible changes if your budget hasn't been met! Prices obviously depend on your chosen options, seasonality/availability and current cost of ingredients .

As a rough guide, menu choices with (*) are options available within our 'Standard' food package. Choices such as Steak, Sea Bass, or Mussels tend to push BBQ prices up - these dishes are marked with (**) & are options available within our 'Luxe' food package. Our 'Ultimate' food package (***) has no limit to options but offers 'premium' choices such as Duck & Tuna.

If you have several guests with special dietary requirements, try to consider this when making your menu choices.

We have included a 'Sample Gourmet BBQ Menu', which works really well, at a guide price of £40, on the following page. Many wedding couples use this menu as a guide and just swap a few of the choices to suit.

Please discuss your menu with us a few months before your wedding date...

BBQ prices range from £40 to £70
(per person)



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Sample Gourmet BBQ Menu

Main Dishes (x5)...

Tiger Prawn & Monkfish Skewers (GF, DF, SO₂, Cr)

Grilled Local Hake with Mango (GF, DF, F)

Halloumi & Sweet Chilli Skewers (V, GF)

Prime Local Beef Burgers with Salad Leaves,
Cheddar Cheese & House Relish (G, SO₂, MI) GF & DF by request

Pulled BBQ Pork (GF, DF, C, M, SO₂)

Side Dishes (x5)...

Mini Jacket Potatoes with Rosemary & Sea Salt (Vg, GF, DF)

Classic Greek Salad (V, GF, SO₂, MI)

Couscous with Fresh Mint & Summer Vegetables (Vg, DF, G)

Chargrilled Vegetables in Pesto (Vg, GF, DF)

Mixed Green Salad (Vg, GF, DF)

***Guide price £40**
(per person)

+ Add Homemade Bread (Vg, DF, G) for an extra £1 (p/p)

*Subject to availability of local produce.

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Poultry Main Dishes...

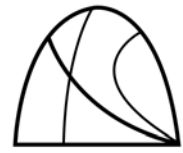
- * Lime & Coriander Chicken Breasts (GF, DF)
- * Jerk Chicken Thighs (GF, DF)
- * Cajun Chicken Skewers (GF, DF)
- * Garlic & Lemon Chicken Skewers (GF, DF)
- * Chilli & Lime Chicken Skewers (GF, DF)
- * Peri Peri Chicken Burgers (DF, G) GF by request
- ** Chicken Satay Skewers with Peanut Dipping Sauce (GF, DF, N, P) *** 5
- Spiced Duck Breast (GF, DF, M)

Beef Main Dishes...

- * Prime Local Beef Burgers with Salad Leaves,
Cheddar Cheese & House Relish (G, SO₂, MI) GF & DF by request
- * Peppered Steak Skewers (GF, DF)
- * Thai Beef Noodle Salad (GF, E)
- ** Charred Slow Cooked Beef Brisket (GF, DF SO₂, C) **
- Seared Bistro Steaks (GF, DF)
- *** Seared Sirloin Steaks (GF, DF)

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Fish Main Dishes...

- * Grilled Local Hake with Mango (GF, DF, F)
- * Grilled Fish Burger with Salad Leaves & Chilli Mayo (DF, G, F, E)
- * Monkfish & Vegetable Skewers (GF, DF, F)
- * Grilled Sardines, Chorizo, Toamato & Coriander (GF, DF, SO₂, F, M)
- ** Grilled Local Mackerel with Salsa Verde (GF, DF, F)
- ** Grilled Sea Bass Fillets with Garlic (GF, DF, F)
- *** Charred Tuna Steaks, Petit Nicoise Salad (GF, DF, F, E) ***
- Lemongrass Glazed Salmon Fillets (GF, DF, F)

Shellfish Main Dishes...

- * Tiger Prawn & Monkfish Skewers (GF, DF, SO₂, Cr)
- * Honey Glazed Tiger Prawn Skewers (GF, DF, F)
- * Tiger Prawns with Chilli & Coriander (GF, DF, SO₂, Cr)
- ** Moules Marinière (GF, SO₂, Mo, MI)
- ** Thai Red Curry Mussels (GF, SO₂, Mo, MI)
- ** Mussels with Local Cider & Cream (GF, SO₂, Mo, MI)

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Lamb Main Dishes...

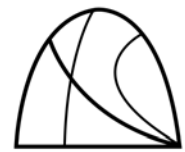
- * Moroccan Style Lamb Burgers, Harissa & Mint Yoghurt (SO₂, G, MI) GF by request
 - * Mediterranean Lamb Kebabs (GF, DF)
 - * Sweet & Spicy Lamb Kebabs (GF, DF, SO₂)
 - ** Rosemary Lamb Chops (GF, DF)
 - ** Pulled Shoulder of Minted Lamb (GF, DF, SO₂) ***
 - Lamb Steaks with Caper Butter (GF, MI)
-

Pork Main Dishes...

- * Local Pork Sausages with Apple Sauce (GF, DF)
 - * Pulled BBQ Pork (GF, DF, SO₂)
 - * Pulled Pork with Cider Glaze (GF, DF, SO₂)
 - ** BBQ Sticky Ribs (GF, DF, SO₂)
 - ** Spicy BBQ Ribs (GF, DF, SO₂)
 - *** Whole Rolled Pork Loin with Honey & Soy (GF, DF, SO₂)
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Gourmet Burger Main Dishes...

All our burgers are made using the finest local ingredients, served in a freshly baked flour bun & presented on rustic boards...

(All burgers can be Gluten Free by request).

* Prime Local Beef (G, SO₂, MI)

Salad Leaves, Cheddar Cheese & House Relish

* Peri Peri Chicken (DF, G)

Salad Leaves & Zesty Mayo

* Classic Chicken (DF, G)

Salad Leaves & Zesty Mayo

* Moroccan Style Lamb (SO₂, G, MI)

Harissa & Mint Yoghurt

* Grilled Fish (DF, G, F, E)

Salad Leaves & Chilli Mayo

* Grilled Halloumi (V, G)

Roasted Red Peppers, Salad Leaves & Sweet Chilli Relish

* Falafel (Vg, DF, G)

Salad Leaves, Harissa & Mint Yoghurt

* Vegan Bean (Vg, DF, G)

Salad Leaves & Sweet Chilli Relish

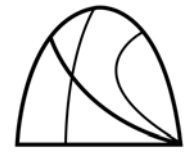
*** Local Venison (DF, G, E)

Salad Leaves, Cheddar Cheese & House Relish

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Salads & Sides...

Classic Greek Salad (V, GF, SO₂, MI)

Mozzarella, Tomato, Red Onion & Basil Salad (V, GF)

Chicken Caesar Salad (GF, SO₂, F, MI) without F by request

Sweet Chilli Chicken & Noodle Salad (DF, SO₂, G, E)

Chargrilled Vegetables in Pesto (Vg, GF, DF)

Couscous with Fresh Mint & Summer Vegetables (Vg, DF, G)

Sweet Chilli Noodle Salad (V, DF, SO₂, G, E)

Middle Eastern Couscous (Vg, DF, G)

Grilled Vegetable Pasta Salad (Vg, DF, G) GF by request

Seafood Pasta Salad (G, F, MI) GF by request

Chicken Pasta Salad (G, E, MI) GF by request

Three Bean Pasta Salad (Vg, DF, G) GF by request

Mini Jacket Potatoes with Rosemary & Sea Salt (Vg, GF, DF)

Cajun Spiced Potato Wedges (Vg, GF, DF)

Corn on the Cob (Vg, GF, DF)

Mixed Green Leaf Salad (Vg, GF, DF)

Homemade Coleslaw (Vg, GF, DF)

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Vegetarian Main Dishes...

- * Halloumi & Sweet Chilli Skewers (V, GF)
- * Veggie Bean Burgers with Salad Leaves
& Sweet Chilli Relish (V, DF, G)
- * Grilled Mushrooms stuffed with Goats Cheese
& Red Onion (V, GF, MI)
- * Falafel Burgers with Salad Leaves,
Harissa & Mint Yoghurt (Vg, DF, G)
- * Roasted Sweet Potato & Goats Cheese Tart (V, G, E)
- * Vegan Sausages (Vg, DF)
- * Spiced Beetroot & Feta Tart (V, E)
- * Tandoori Aubergine Steak, with Curried
Aubergine Caviar (Vg, GF, DF)
- * Halloumi Burgers with Roasted Red Peppers,
Salad Leaves & Sweet Chilli Relish (V, G, S)
- * Tandoori Tofu Skewers (Vg, GF)
- ** Confit Tomato & Red Onion Tart Tatin
with Rocket Salad (V, G, E)
- ** Thai Satay Tofu Skewers with Lemongrass, Ginger
& Roasted Peanut Satay (Vg, GF, DF, M, N, P)

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Vegan Main Dishes...

- * Falafel Burgers with Salad Leaves,
Harissa & Mint Yoghurt (Vg, DF, G)
- * Vegan Sausages (Vg, DF)
- * Vegan Bean Burgers with Salad Leaves
& Sweet Chilli Relish (Vg, DF, G)
- * Tandoori Aubergine Steak, with Curried
Aubergine Caviar (Vg, GF, DF)
- * Tandoori Tofu Skewers (Vg, GF, DF)
- ** Thai Satay Tofu Skewers with Lemongrass, Ginger
& Roasted Peanut Satay (Vg, GF, DF, M, N, P)

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