**COLD LUNCH**
- dressed salmon
- or
- coronation chicken
- or
- vegetarian quiche
- all served with a variety of salads
- fruity tiramisu

**HOT LUNCH**
- lasagne served with new potatoes and a variety of salads
- or
- curry served with rice
- or
- chilli served with rice
- red fruit salad served with cream or ice cream
- or
- cheeseboard
- coffee and mints included in lunches

**DINNER**
- served with a complimentary glass of wine

**Starter**
- soup of the day
- or
- white crab meat served with a citrus salad
- or
- mushroom with goats cheese served with caramalised onions

**Main course**
- sirloin with Shropshire cheese and pine nut sauce
- or
- duck breast served with plum sauce
- or
- aubergine bake

**Dessert**
- vanilla cheesecake served with coulis and fruits
- or
- meringue and ice cream served with cream, coulis and fruits
- or
- blackberry brulee
- coffee and mints included
- cheeseboard - optional extra £2.00pp

**REGULAR SANDWICH LUNCH**
sandwiches and potato crisps with a fresh fruit platter

**EXTRA SANDWICH LUNCH**
sandwiches, potato crisps, homemade quiche with a fresh fruit platter
Cheeseboard optional extra £1.50pp

**DELUXE SANDWICH LUNCH**
Sandwiches, potato crisps, dips, homemade quiche, cheeseboard with a fresh fruit platter

**Fruit juice, tea and coffee included in lunches**

**Price Options**
- Regular Lunch: £6.00
- Extra Lunch: £7.50
- Deluxe Lunch: £10.00
- Cold Lunch: £19.50
- Hot Lunch: £19.50
- Dinner: £35.00

**Tea/Coffee and biscuits per person** £2.00
**Packed Lunch per person** £8.00

Tea, coffee and biscuits per person £2.00
Packed Lunch per person £8.00

**Catering Options**
These menus are examples of catering provided by staff at the MBA. Please call Marilyn Nicholson (01752 426352) to discuss further options and any special dietary requirements.

**Marine Biological Association**

**The Marine Biological Association**

**MBAMENU**