# Food Bible \& Allergen Matrix Workbook 

Steak \& Lobster Heathrow<br>December 2020



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This workbook is to be completed by the employee as part of the learning process. All answers required are contained within the pages of the document.

## Opening Times

## Breakfast

Monday to Sunday
06:30-10:30

## Steak \& Lobster

Lunch Service
Sunday
12:30-17:00
Monday - Saturday
Closed
Dinner Service
Monday to Sunday
17:00-21:30
Last reservation: 21:30
Last orders: 21:45
All guests must vacate the premises by 22:45
*Please note that these operational hours are subject to change.

## Annayu

Closed

## Bijou Lounge Bar

Closed

In-Room Dining
24 hours

Please note that outside of restaurant \& bar operational hours, guests can enjoy complimentary items from the Residence Cart offering tea, coffee and Sicilian lemonade.

The items should be served by the reception team and should not be accessible for guests.

## Brand ethos

We aspire to be the very best in what we do: delivering the finest steak and freshest lobster to your plate. We believe simplicity is key and let the food speak for itself.

With freshly caught lobster and steak from County Antrim in Northern Ireland, we understand the importance of provenance and quality.

Celebrating the finest from land and sea, our signature cuts and lobsters can be enjoyed in their purest form straight from the charcoal grill, in a baked brioche roll or through other exquisite combinations.

## Concept Explanation

The concept is simple, to have a select number of dishes that showcase the quality ingredients of steak and lobster. We have a selection of starters and salads that are fantastic individually or shared, the Crispy Steak Rolls are a great choice for the table.

We then have our brioche roll selection, our signature items from the Charcoal Grill as well as The Rest, with highlights such as our Fettucine Alfredo with Lobster.

## Menu Composition

## Steak and Lobster - À la carte

| Starters | Oven-Baked Brioche Rolls |
| :--- | :--- |
| $3 \times$ beef dishes | $1 \times$ beef dish |
| $2 \times$ vegetarian | $1 \times$ beef and lobster dish |
| $1 \times$ beef and lobster dish | $1 \times$ vegetarian dish |
| Charcoal Grill | The Rest |
| $3 \times$ beef dishes | $2 \times$ lobster dish |
| $1 \times$ lobster | $1 \times$ vegetarian dish |
| $1 \times$ beef and lobster dish |  |

## À La Carte Menu




## Set Menu



Set Menu
2 courses - 28 per guest
3 courses - 34 per guest


Smoked beef flat tacos with lime and crème fraîche Surf and turf croquettes with jalapeño mayo

Warm veggie mince lettuce cups
Spinach, apple and pecan salad with maple dressing


All served with paprika fries, spicy lemon salad, steamed tenderstem broccoli and peppercorn sauce

Grilled llb lobster with garlic butter
$25 \lg$ rib-eye
Lobster macaroni cheese
Veggie steak macaroni cheese


The mason jar
Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce
Keylime cheesecake

If you have a food allergy or intolerance, please speak to a member of our staff before you order or consume any food or beverage.
A discretionary service charge of $12.5 \%$ will be added to your bill. All prices are inclusive of VAT.


Vegan Menu
Baby spinach and almond salad with
thyme and shallot dressing
Eggless pasta with cherry tomato crème
and green chillies

If you have a food allergy or intolerance, please speak to a member of our staff before you order or consume any food or beverage. A discretionary service charge of $12.5 \%$ will be added to your bill. All prices are inclusive of VAT.

Steak \& Lobster - À La Carte Tasting Bible


Steak \& Lobster - À La Carte Tasting Bible


Steak \& Lobster - À La Carte Tasting Bible


Steak \& Lobster - À La Carte Tasting Bible


Steak \& Lobster - À La Carte Tasting Bible

| Item | Charcoal grill | Picture | Description for guests |
| :---: | :---: | :---: | :---: |
| All grills are served with a choice of paprika fries or spicy lemon salad |  |  |  |
| 1lb lobster Grilled with butter f <br> Allergens: | Lobsters are steamed, then cut in half and cleaned. <br> During service they are either finished fully in the steamer, or partially before being chargrilled for 30 seconds to finish. <br> Finished with lemon garlic butter. |  | Whole lobster cut in half, grilled on the chargrill with lemon garlic butter. <br> Keywords: meaty, soft, lemon buttery, sweet |
|  | Comments |  |  |
| Surf ' $n$ ' turf <br> Grilled steak and half lobster with spicy roasted garlic and chimichurri butter <br> £ <br> Allergens: | Lobsters are steamed, then cut in half and cleaned. <br> During service they are either finished fully in the steamer, or partially before being chargrilled for 30 seconds to finish. <br> Rib eye is marinated for a minimum of 4 hours then chargrilled to taste. <br> Both topped with chimichurri butter. <br> A garlic bulb is cut in half and grilled. |  | The best of land and sea together, with the added herb and spice flavours of a delicious chimichurri butter. Best enjoyed with a squeeze of fresh lemon juice. <br> Keywords: herby, meaty, sweet |
|  | Comments |  |  |

Steak \& Lobster - À La Carte Tasting Bible


| Item | Sauce | Picture | Description for guests |
| :---: | :---: | :---: | :---: |
| Blue cheese <br> f <br> Allergens: | Heat milk, garlic, gorgonzola and stilton. Make a roux with butter and flour and add to the hot cheese and milk and season. |  | A strong and flavourful sauce to enhance any steak <br> Keywords: strong, full-flavoured |
|  | Comments |  |  |
| Chimichurri <br> f <br> Allergens: | Chop the parsley, coriander, shallots, garlic, oregano, chilli flakes, mix and season. Add lemon juice and oil and mix. |  | A herbaceous and spicy mix with a balance of lemon juice Keywords: herby, citrus, spice |
|  | Comments |  |  |
| Jalapeño <br> f <br> Allergens: | Green chili emulsion, the following ingredients are blended: <br> Whole jalapeño chilli seeded, jalapeño chili, rice wine vinegar, grapeseed oil, garlic, salt. |  | A smooth and spicy sauce that has sharpness to balance rich and fatty steaks. <br> Keywords: smooth, spicy, sharp |
|  | Comments |  |  |
| Green peppercorn <br> f <br> Allergens: | Veal jus is added to brandy, green peppercorns, banana shallots and double cream. |  | A rich and spiced sauce with depth from the jus and red wine. <br> Keywords: creamy, peppery, bold |
|  | Comments |  |  |

Steak \& Lobster - À La Carte Tasting Bible


Steak \& Lobster - À La Carte Tasting Bible


## Steak \& Lobster - Vegan Tasting Bible

| Item | Vegan | Picture | Description for guests |
| :---: | :---: | :---: | :---: |
| Baby spinach and almond salad with thyme and shallot dressing <br> £ <br> Allergens: | Spinach leaves and almonds are tossed in a dressing of grapeseed oil, thyme, fennel and apple cider vinegar. |  | Light and nutty salad <br> Keywords: light, herby, healthy |
|  | Comments |  |  |
| Eggless pasta with cherry tomato crème and green chillies £ <br> Allergens: | Trofie pasta is coated in a light arrabbiata sauce made from roasted San Marzano and cherry tomatoes, with garlic, oregano and salt. |  | Trofie pasta in a silky and tangy tomato sauce with fresh green chillies. <br> Keywords: spicy, tangy, light |
|  | Comments |  |  |
| Sticky toffee and poached pear pudding <br> f <br> Allergens: | Half a deseeded pear is poached in sugar, cinnamon, star anise, cloves and citrus zest. <br> A sponge base containing dates, flaxseed, almond milk and dried fruits. Once baked the pear and poaching sauce is poured over. <br> Served with vegan ice cream. |  | A delicious vegan sponge cake with a poached pear and toffee sauce. <br> Served with vegan ice cream. <br> Keywords: soft, caramel, warm, pear |
|  | Comments |  |  |

Steak \& Lobster - Sauces and Marinades

| Menu Item | Ingredients | Menu Item | Ingredients |
| :---: | :---: | :---: | :---: |
| Balsamic Mustard Dressing | Balsamic vinegar <br> Colman's English mustard <br> Garlic <br> Olive oil <br> Salt <br> Ground black pepper <br> Lemon juice <br> Soy sauce | Maple Dressing | Ground black pepper <br> Maple syrup <br> Salt <br> Colman's English mustard <br> Garlic <br> Cayenne pepper <br> Smoked paprika |
| Béchamel | Plain flour <br> Unsalted butter <br> Salt <br> Ground black pepper Milk | Maple Glaze | Brown sugar <br> Pineapple juice <br> Water <br> Teriyaki sauce Soy sauce reduction <br> Lemon juice <br> White onion <br> Jack Daniels <br> Cayenne pepper |
| Beef Short Rib Marinade | Cumin powder <br> Salt <br> Chilli powder <br> Cayenne pepper <br> Soy sauce <br> Garlic <br> Honey <br> Red wine vinegar <br> Ground black pepper |  |  |
|  |  | Spicy Lemon Dressing | Grapeseed oil <br> Lemon juice <br> Soy sauce <br> Salt <br> Ground black pepper <br> Cayenne pepper <br> Garlic puree |
| Chimichurri butter | Parsley Coriander Banana shallots Dried oregano Peeled garlic Chilli flakes Lemon butter Salt | Steak Marinade | Grapeseed oil Garlic Thyme Salt Ground pepper |
|  |  | Veal Jus | Onions <br> Carrot <br> Celery <br> Veal bones <br> Chicken bones <br> Red wine <br> Salt <br> Ground black pepper |
| Garlic and Rosemary Butter | Unsalted butter Garlic Salt Rosemary |  |  |
| Green Chilli Emulsion | Jalapeno <br> Rice wine vinegar <br> Grapeseed oil <br> Garlic <br> Salt |  |  |
|  |  | Veggie Steak Marinade | Grapeseed oil Garlic <br> Thyme Salt <br> Ground pepper |
| Jalapeño Mayo | Green chilli emulsion Mayo |  |  |
| Lemon Garlic Butter | Unsalted butter <br> Lemon zest <br> Lemon juice <br> Garlic <br> Salt |  |  |



## Our Baked Brioche Rolls

Steak brioche roll - Philly cheese steak with creamy spicy mayo
Surf and turf brioche roll - Sliced steak and lobster dressed with horseradish garlic mayo

Veggie Philly cheese steak with creamy spicy mayo



All of our dishes are prepared in areas where allergenic ingredients are present.
The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are $100 \%$ free from ingredients due to the preparation process.

|  | Allergen |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | $\frac{\frac{\pi}{\omega}}{0}$ |  |  | $\begin{aligned} & \text { n } \\ & \text { O } \end{aligned}$ | $\frac{\frac{\bar{U}}{\frac{\underline{L}}{1}}}{}$ | $\frac{\stackrel{ᅳ}{0}}{3}$ | $\frac{\underline{Y}}{\underline{\Sigma}}$ |  | $\begin{aligned} & \text { o } \\ & \frac{0}{n} \\ & \stackrel{N}{n} \\ & \Sigma \end{aligned}$ |  |  | $\stackrel{\rightharpoonup}{i}$ |  |  |
| The rest |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lobster macaroni cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fettuccini Alfredo with lobster |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Veggie steak macaroni cheese |  |  |  |  |  |  |  |  |  |  |  |  |  |  |




All of our dishes are prepared in areas where allergenic ingredients are present.
The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are $100 \%$ free from ingredients due to the preparation process.

Steak \& Lobster - Dessert Allergen Matrix


All of our dishes are prepared in areas where allergenic ingredients are present.
The Allergen Matrix shows dishes that do not contain allergenic ingredients as intentional ingredients, however we cannot guarantee that they are $100 \%$ free from ingredients due to the preparation process.

Steak \& Lobster - Glossary

| Glossary | Descriptions |
| :--- | :--- |
| Croquettes | In a cylinder shape, bread crumbed and fried. This can have various fillings. |
| Jalapeño | A hot medium sized chilli pepper. |
| Veal | A young calf. |
| Semolina | Hard grains with a pale yellow colour, high in gluten content. |
| Gratin | A dish with a lightly browned crust of breadcrumbs or melted cheese |
| Monterey Jack | An American white cheese that resembles cheddar |
| Heritage tomato | Tomatoes that are full of flavour and comes in a large variety of shapes, sizes and <br> colours. |

## Steak \& Lobster - Q \& A

What are the lunch and dinner options within the property?

| What time are the lunch \& dinner options served within the property on each day? |
| :--- |
| Option/Offering | Monday $\quad$ Tuesday $\quad$ Wednesday |  | Thursday | Friday | Saturday | Sunday |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |  |

Are there options for guests outside of outlet serving periods?

What is the dining style and type of cuisine?

How would you explain the concept to a first-time guest?

What sections does the à la carte menu contain?

## Steak \& Lobster - Q \& A

List the items within one of the sections


How would you describe and recommend a seafood dish to start to a guest?

Choose two dishes to start, and explain how you would describe and recommend these to a guest (not including the seafood choice above):

What food item would you recommend with an aperitif while the guest is browsing the menu?

What is the most expensive dish on the menu?

What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert):
Doesn't eat seafood and has a gluten allergy

## Steak \& Lobster - Q \& A

What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert):
Doesn't eat meat, has high expectations of value for money

What dishes would you recommend to a guest who had the following requirements, (this needs to cover the full experience from start to dessert):
Eats everything, is not concerned with value for money as they want to try a large variety of options
$\square$

Are any of our dishes $100 \%$ free from allergens?

What are Our Brioche Rolls and Charcoal Grill dishes served with?

What are Our Brioche Rolls and Charcoal Grill dishes served with?

## Steak \& Lobster - Q \& A

| Name the Brioche Rolls and how you would describe these to the guest |  |
| :--- | :--- |
| 1 |  |
| 2 |  |
| What options are available from the Charcoal Grill and what are they priced at? |  |
| 1 |  |
| 2 |  |
| 3 |  |
| 4 |  |
| 5 |  |

[^0]What dishes are available from The Rest and what are they priced at?

## 1

2
3

Steak \& Lobster - Q \& A

| Name the sauces we have and the allergens within each one |  |
| :--- | :--- |
| Sauce | Allergen |
|  |  |
|  |  |

Is the peppercorn sauce suitable for vegetarian guests?

What dishes contain both steak and lobster?
1

2

3

Name the side dishes, are they all suitable for guests with a gluten allergy?

Choose one dessert, how would you describe and recommend this to a guest?

Steak \& Lobster - Q \& A

What ingredients are in the steak marinade?

What ingredients are in the balsamic mustard dressing?

What dishes are suitable for vegans?

EDWARDIAN HOTELS


[^0]:    What items are an upsell to the Charcoal Grill dishes?

