



EDWARDIAN
HOTELS

LONDON

In-Room Dining Food Bible & Allergen Matrix Workbook

Radisson Blu Edwardian Sussex

December 2020

Radisson **BLU**
EDWARDIAN, SUSSEX

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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

Steak & Lobster

Lunch Service

Closed

Dinner Service

Thursday to Saturday

17:00 - 21:30

Sunday to Wednesday

Closed

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.

Brand Ethos

Welcome to In-Room Dining at Radisson Blu Edwardian Grafton.

We are committed to ensuring that every dining experience is a memorable encounter. Available from 12pm - 6pm, our in-room dining menu features an exquisite selection of dishes to be enjoyed within the comfort and privacy of your room or suite.

Menu Composition

In-Room Dining	
Starters 1 x beef dish 2 x vegetarian dishes	Classics 1 x chicken and pork dish 2 x seafood dishes 1 x beef dish 2 x vegetarian dishes
Oven-Baked Brioche Rolls 1 x beef dish 1 x vegetarian dish	Charcoal Grill 2 x beef dishes
Sides 3 x vegetarian dishes	Classic Desserts 3 x desserts



WELCOME TO OUR IN-ROOM DINING MENU

Available from 12pm – 11pm

STARTERS

Roasted vine tomato soup served with warm crusty soda bread v	7
Spinach, apple and pecan salad with maple dressing v	7
Blackened steak salad with balsamic mustard	9

OVEN-BAKED BRIOCHE ROLLS

Philly cheese steak roll with creamy spicy mayo, served in a warm toasted brioche with hand-cut chips or a spicy lemon salad	15
Veggie Philly cheese steak roll with creamy spicy mayo, served in a warm toasted brioche with hand-cut chips or a spicy lemon salad v	12

CLASSICS

Lemon-infused Scottish salmon with garlic and paprika-roasted kale	16
Lobster macaroni cheese	18
British beef burger with Lancashire Bomb melted cheese, smoked streaky bacon and chilli mayo, served with hand-cut chips	14
Our club sandwich with hand-cut chips	14
Penne with cherry tomato crème and green chillies v	10
Veggie steak macaroni cheese v	12

CHARCOAL GRILL

Our steaks are served with baby vine tomatoes, tenderstem broccoli and a sauce of your choice.	
251g rib-eye	22
226g fillet	26

SAUCES

Blue cheese	3
Green peppercorn	2
Chimichurri v	2
Jalapeño v	2

SIDES

Hand-cut chips v	4
Steamed tenderstem broccoli v	4
Heritage tomato and feta salad v	4

DESSERTS



Keylime cheesecake v	6
Our Mason jar Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce v	8
Colston Bassett Stilton and Barber's Vintage Cheddar with pears and pickled walnuts v	8

AFTER-HOURS TOASTIES


Available from 11pm – 6am	
Served with salad and hand-cooked sea salt and crushed black pepper crisps	
Tuna with spicy lemon mayo	10
Steak and cheese with horseradish mayo	14
Honey roast ham and Lancashire Bomb cheese	10
Barber's Vintage Cheddar cheese and red onion v	8

All in-room dining orders will have an additional tray charge of £1.50 added to the bill. 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. v Suitable for vegetarians.



In-Room Dining – À La Carte Tasting Bible

Item	Starters	Picture	Description for guests
Roasted vine tomato soup served with warm crusty soda bread £ Allergens:	Cherry and San Marzano tomatoes are used to create this tomato soup, which is garnished with basil. This is served in a squashed mug with two slices of warmed soda bread and butter..		Delicious tomato soup that has a natural sweetness with tangy tomato flavours. Keywords: <i>tangy, sweet, comforting</i>
	Suggestions Mains: British beef burger, Lemon-infused Scottish salmon, Steak roll Desserts: Our Mason Jar, Keylime cheesecake Wine: Fantinel Pinot Grigio, Tenuta Rapitalà Grillo, Tenuta Rapitalà Nero d'Avola		
	Comments		
Blackened steak salad with balsamic mustard £ Allergens:	Rib eye steak is marinated for 4 hours; seasoned and covered in cracked black pepper then cooked on the chargrill to the required preference. Spinach leaves are tossed with the balsamic mustard dressing .		Marinated rib-eye steak is coated with pepper and chargrilled on a high heat. Tossed with spinach and a balsamic mustard dressing. Keywords: <i>warming, smoky, tart</i>
	Suggestions Mains: Lemon-infused Scottish salmon, Our club sandwich, Veggie steak macaroni cheese Desserts: Our Mason Jar, Keylime cheesecake Wine: Tenuta Rapitalà Nero d'Avola, Veramonte Carménère, Don Jacobo Rioja		
	Comments		



In-Room Dining – À La Carte Tasting Bible

Item	Starters	Picture	Description for guests
<p>Spinach, apple and pecan salad with maple dressing</p> <p>£</p> <p>Allergens:</p>	<p>Apples thinly sliced, toasted pecans and spinach tossed in a maple dressing.</p>		<p>Thinly sliced apples, roasted pecans topping spinach leaves.</p> <p>The dressing is a sweet, spicy and smoky maple dressing.</p> <p>Keywords: light, sweet, crunch</p>
	<p>Suggestions</p> <p>Mains: Steak roll, Lobster macaroni cheese, Veggie Philly cheese steak</p> <p>Desserts: Our mason jar, Keylime cheesecake</p> <p>Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo</p>		
	<p>Comments</p>		

In-Room Dining – À La Carte Tasting Bible

Item	Oven-baked brioche rolls	Picture	Description for guests
Steak brioche roll Philly cheese steak with creamy spicy mayo £ Allergens:	Slice the onions and jalapeños, heat the pan and then add the steak mince. Slice the Monterey Jack cheese and cover the steak. Grill until the cheese melts. Pipe creamy spicy mayo into the bun and add the meat and cheese. Served with a spicy lemon salad .		Warm steak mince with melted Monterey Jack cheese, in a soft brioche roll with jalapeños, onions and creamy spicy mayo. Keywords: grilled, creamy, spicy
	Suggestions Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Keylime cheesecake, Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Carménère, Tenuta Rapitalà Nero d'Avola, Don Jacobo Rioja, Salentein Malbec		
	Comments		
Veggie brioche roll Veggie Philly cheese steak with creamy spicy mayo £ Allergens:	Slice the onions and jalapeños, heat the pan and then add the veggie mince. Slice the Monterey Jack cheese and cover the steak. Grill until the cheese melts. Pipe creamy spicy mayo into the bun and add the meat and cheese.		Warm steak with melted Monterey Jack cheese, in a soft brioche roll with jalapeños, onions and creamy spicy mayo. Keywords: grilled, creamy, spicy
	Suggestions Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Keylime cheesecake, Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo		
	Comments		

In-Room Dining – À La Carte Tasting Bible

Item	Classics	Picture	Description for guests
<p>Lemon-infused Scottish salmon with garlic and paprika</p> <p>£</p> <p>Allergens:</p>	<p>Salmon marinated in lemon and rapeseed oil, served with roasted kale in a spicy lemon dressing and garnished with a dusting of paprika.</p>		<p>Lightly seared Scottish salmon marinated in lemon and rapeseed oil, served with a small salad of roasted kale seasoned with garlic and paprika.</p> <p>Keywords: <i>soft, lemony, crunchy</i></p>
	<p>Suggestions</p> <p>Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Dashwood Sauvignon, Tenuta Rapitalà Grillo</p>		
	<p>Comments</p>		
<p>British beef burger with Lancashire Bomb melted cheese, smoked streaky bacon and chilly mayo, served with hand-cut chips</p> <p>£</p> <p>Allergens:</p>	<p>Our burger is served in a bun with home-made chili mayo burger sauce, lollo bionda lettuce, smoked streaky bacon and Lancashire Bomb melted cheese. This is accompanied by twice cooked handmade chips.</p> <p>We cannot serve our burgers any less than medium-well, for further information refer to section 7.1 of the Food Safety Management System.</p>		<p>Our beef patty smoked streaky bacon and chilli mayo, on a soft brioche bun with crispy lettuce and Lancashire Bomb cheese.</p> <p>Keywords: <i>mature, soft meaty</i></p>
	<p>Suggestions</p> <p>Starters: Roasted vine tomato soup, Spinach, apple and pecan salad Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Carménère, Tenuta Rapitalà Nero d'Avola, Don Jacobo Rioja, Salentein Malbec</p>		
	<p>Comments</p>		



In-Room Dining – À La Carte Tasting Bible

Item	Classics	Picture	Description for guests
<p>Our club sandwich with hand-cut chips</p> <p>£</p> <p>Allergens:</p>	<p>Sourdough toast bread served with marinated chargrilled Poussin and spinach with a truffle lime dressing, fried duck egg, topped with bacon chilli mayo.</p> <p>To build the sandwich, start from the bottom, spread the bacon chilli mayo onto the toast. Add the chargrilled and sliced poussin, then add a layer of toast and more bacon chilli mayo, next is the fried duck egg and spinach dressed with lime dressing before the final layer of toast.</p>		<p>Our club sandwich, marinated poussin with a bacon mayo that brings spice and saltiness to the creamy duck egg.</p> <p>Served with hand-cut chips.</p> <p>Keywords: <i>crispy, creamy, balanced spice</i></p>
	<p>Suggestions</p> <p>Starters: Roasted vine tomato soup, Spinach, apple and pecan salad Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Tenuta Rapitalà Grillo, Gavi di Gavi</p>		
	<p>Comments</p>		
<p>Penne with cherry tomato crème and green chilli</p> <p>£</p> <p>Allergens:</p>	<p>Our dish is a twist on the classic arrabbiata sauce with the addition of tomato crème and green chillies.</p> <p>This gives the dish a spicy warmth with the sweetness of the tomato. Olive oil give a smoothness to the sauce.</p>		<p>Penne pasta with a tomato-based sauce with spicy warmth and depth</p> <p>Keywords: <i>Spicy, silky</i></p>
	<p>Suggestions</p> <p>Starters: Spinach, apple and pecan salad, Blackened steak salad Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection, Keylime cheesecake Wine: Fantinel Pinot Grigio, Tenuta Rapitalà Grillo, Tenuta Rapitalà Nero d'Avola</p>		
	<p>Comments</p>		

In-Room Dining – À La Carte Tasting Bible

Item	Classics	Picture	Description for guests
Lobster macaroni cheese £ Allergens:	Macaroni is cooked and added to béchamel and chives. Pieces of lobster tail and claw are mixed through then it is topped with a gratin mix and grilled until golden brown.		Served in an elegant cast iron dish, a rich mix of lobster and a flavourful cheese sauce. Served with a golden-brown top. Keywords: <i>creamy, indulgent, sweet</i>
	Suggestions Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Keylime cheesecake, Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo		
	Comments		
Veggie steak macaroni cheese £ Allergens:	Macaroni is cooked and added to béchamel and chives. Pieces of marinated veggie steak pieces are mixed through then it is topped with a gratin mix and grilled until golden brown.		Served in an elegant cast iron dish, a rich mix of lobster and a flavourful cheese sauce. Served with a golden-brown top. Keywords: <i>creamy, crispy</i>
	Suggestions Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Keylime cheesecake, Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo		
	Comments		




In-Room Dining – À La Carte Tasting Bible

Item	Charcoal grill	Picture	Description for guests
<p>251g rib-eye</p> <p>Our steaks are served with baby vine tomatoes, tenderstem broccoli and sauce of your choice</p> <p>£</p> <p>Allergens:</p>	<p>Rib eye is marinated for a minimum of 4 hours then chargrilled to taste.</p> <p>Recommend cooking temperature is med- rare, as this is enough to render the fat but keep the meat tender.</p>		<p>A cut of meat with natural fat throughout, full of flavour with a smoky chargrill taste.</p> <p>Keywords: Flavourful, full-bodied, buttery</p>
	<p>Suggestions</p> <p>Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection, Keylime cheesecake Wine: Don Jacobo Rioja, Salentein Malbec</p>		
	<p>Comments</p>		
<p>226g fillet</p> <p>Our steaks are served with baby vine tomatoes, tenderstem broccoli and sauce of your choice</p> <p>£</p> <p>Allergens:</p>	<p>The fillet is marinated for 4 hours then chargrilled to preference.</p> <p>Recommend cooking temperature is med- rare</p>		<p>From an area of the cow that is not weight bearing, it is naturally lean and soft.</p> <p>If cooked longer than med-rare, the meat will start to tighten.</p> <p>Keywords: Soft, buttery</p>
	<p>Suggestions</p> <p>Starters: Spinach, apple and pecan salad, Roasted vine tomato soup Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection, Keylime cheesecake Wine: Don Jacobo Rioja, Salentein Malbec</p>		
	<p>Comments</p>		

In-Room Dining – À La Carte Tasting Bible

Item	Sides	Picture	Description for guests
Blue cheese £ 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. Keywords: strong, full-flavoured
	Comments		
Chimichurri £ 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 £ Allergens:	Green chilli emulsion, the following ingredients are blended: Whole jalapeño chilli seeded, jalapeño chilli, rice wine vinegar, grapeseed oil, garlic, salt.		A smooth and spicy sauce that has sharpness to balance rich and fatty steaks. Keywords: smooth, spicy, sharp
	Comments		
Green peppercorn £ 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. Keywords: creamy, peppery, bold
	Comments		

In-Room Dining – À La Carte Tasting Bible

Item	Sides	Picture	Description for guests
Steamed tenderstem broccoli £ Allergens:	Tenderstem broccoli is steamed to al dente and seasoned.		Al dente steamed tenderstem with Maldon's sea salt. Keywords: tender, salty, healthy, light
	Comments		
Hand-cut chips £ Allergens:	Twice cooked, steamed and fried, to give a crunch on the outside and soft inside.		Soft and crunchy homemade chips. Keywords: soft, crunchy
	Comments		
Heritage tomato and feta salad £ Allergens:	Clean and prepare the heritage tomatoes, cube the feta cheese and combine, then add some olive oil and seasoning to taste.		Orange, yellow and green tomatoes mixed with cubed feta cheese and olive oil dressing. Keywords: light, fresh, tangy
	Comments		

In-Room Dining – À La Carte Tasting Bible

Item	Desserts	Picture	Description for guests
Keylime cheesecake £ Allergens:	Crumble base placed in a ring and topped with lime cheesecake mix. Lime cheesecake: Condensed milk, soft cheese, lemon curd, lime juice. Crumble: butter, Demerara sugar, plain flour, baking powder, salt, oats. Lime curd: Lime juice, whole egg, sugar and butter.		A buttery crumble base topped with a soft lime cheesecake mix. Keywords: light, soft and crunch textures
	Comments		
Our Mason jar Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee and caramel sauce. £ Allergens:	Brownie, caramel sauce, chocolate sauce and honeycomb are built in a mason jar and finished with one vanilla ice cream scoop.		Soft brownie, crunchy honeycomb, sweet caramel sauce and creamy vanilla ice cream together in a dessert. Keywords: creamy, sweet, crunchy, chocolatey
	Comments		
Colston Bassett Stilton and Barber's Vintage Cheddar with pear and pickled walnuts £ Allergens:	Water biscuits served with Colston Bassett Stilton Blue, Barbers 1833 Cheddar Cheese. Pickled walnuts, pear and salad leaves with a spicy lemon dressing.		Rich and mature cheeses contrast the pickled walnut, crunchy sweet pears and crispy biscuit. Keywords: mature, strong, pickled contrast
	Comments		

In-Room Dining – À La Carte Tasting Bible



Item	After-hours toasties Served with salad and hand-cooked sea salt and black pepper crisps
Tuna with spicy lemon mayo £ Allergens:	Panini with tuna and spicy lemon mayo . Mixed leaf and tomato salad with spicy lemon dressing is served hand-cooked sea salt and black pepper crisps.
Steak and cheese with horseradish mayo £ Allergens:	Panini with rib-eye steak with horseradish mayo . Mixed leaf and tomato salad with spicy lemon dressing is served hand-cooked sea salt and black pepper crisps.
Honey-roast ham with Lancashire Bomb cheese £ Allergens:	Panini with honey-roast ham slices and Lancashire Bomb cheese. Mixed leaf and tomato salad with spicy lemon dressing is served hand-cooked sea salt and black pepper crisps.
Barber's Vintage Cheddar cheese with red onion £ Allergens:	Panini with Barbers Vintage Cheddar and red onion. Mixed leaf and tomato salad with spicy lemon dressing is served hand-cooked sea salt and black pepper crisps.



In-Room Dining – Sauces and Marinades

Menu Item	Ingredients
Bacon Chilli Mayo	Hellman's mayonnaise Chilli garlic sauce Smoked streaky bacon
Balsamic Mustard Dressing	Balsamic vinegar Colman's English Mustard Garlic Olive oil Salt Ground black pepper Lemon juice Soy sauce
Béchamel	Plain flour Unsalted butter Salt Ground black pepper Milk
Chimichurri butter	Parsley Coriander Banana shallots Dried oregano Peeled garlic Chilli flakes Lemon butter Salt
Garlic and Rosemary Butter	Unsalted butter Garlic Salt Rosemary
Garlic Mayo	Mayo Garlic
Green Chilli Emulsion	Jalapeño Rice wine vinegar Grapeseed oil Garlic Salt
Jalapeño Mayo	Green chilli emulsion Mayo
Lemon Garlic Butter	Unsalted butter Lemon zest Lemon juice Garlic Salt
Maple Dressing	Apple cider Ground black pepper Maple syrup Salt Colman's English mustard Garlic Cayenne pepper Smoked paprika

Menu Item	Ingredients
Maple Glaze	Brown sugar Pineapple juice Water Teriyaki sauce Soy sauce reduction Lemon juice White onion Jack Daniels Cayenne pepper
Poussin Marinade	Grapeseed oil Lemon Thyme Salt
Spicy Lemon Dressing	Grapeseed oil Lemon juice Soy sauce Salt Ground black pepper Cayenne pepper Garlic puree
Steak Marinade	Grapeseed oil Garlic Thyme Salt Ground pepper
Truffle Lime dressing	Grapeseed oil Maple Syrup White truffle oil Salt Lime
Veal Jus	Onions Carrot Celery Veal bones Chicken bones Red wine Salt Ground black pepper
Veggie Steak Marinade	Grapeseed oil Garlic Thyme Salt Ground pepper

In-Room Dining – Cutlery Set-up

Starters, Main or Cheeseboard only	Main and Dessert	Starter, Main and Dessert
		

Pasta	Pasta and Dessert
	

In-Room Dining – À la Carte Allergen Matrix

	Allergen													
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Starters														
Roasted vine tomato soup, served with warm crusty soda bread v	■	■					■					■		
Chragrilled chicken, avocado and smoked crispy bacon salad		■										■	■	
Blackened steak salad with balsamic mustard		■							■			■	■	
Oven-Baked Brioche Rolls														
Philly cheese steak roll with creamy spicy mayo, served in warm toasted brioche with hand-cut chips or a spicy lemon salad		■		■			■					■		
Veggie Philly cheese steak roll with creamy spicy mayo, served in warm toasted brioche with hand-cut chips or a spicy lemon salad		■		■			■					■		

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.

In-Room Dining – À la Carte Allergen Matrix

	Allergen													
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Classics														
Lemon-infused Scottish Salmon with garlic and paprika roasted kale														
British beef burger with Lancashire Bomb melted cheese, smoked streaky bacon and chilli mayo with hand-cut chips														
Our club sandwich with hand-cut chips														
Penne with cherry tomato crème and green chillies														
Lobster macaroni cheese														
Veggie steak macaroni cheese														
Charcoal Grill														
251g Rib-eye														
226g Fillet														

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In-Room Dining – À la Carte Allergen Matrix

	Allergen													
	Celery	Cereals Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame Seeds	Soy	Sulphites	Tree Nuts
Sides														
Hand-cut chips														
Steamed tenderstem broccoli														
Heritage tomato and feta salad							■							
Chimichurri														
Jalapeño					■									
Blue cheese					■						■			
Green peppercorn				■		■					■			
Desserts														
Key Lime Cheesecake		■		■			■						■	■
Our mason jar - Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce		■		■			■					■	■	
Colston Bassett Stilton and Barber's Vintage Cheddar with pears and pickled walnuts		■					■					■	■	■

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In-Room Dining – Q & A

What are the serving times of the In-Room Dining menu?

Option/Offering	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Are there options for guests outside of outlet serving periods?

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What sections does the À la carte menu contain?

List the items within one of the sections?

Choose a starter dish and complete the following table

Dish Name	
Dish Description	
Recommended Mains	
Recommended Desserts	
Recommended Wines	
Allergens	

In-Room Dining – Q & A

Choose a starter dish and complete the following table

Dish Name	
Dish Description	
Recommended Mains	
Recommended Desserts	
Recommended Wines	
Allergens	

List 3 courses that are suitable for a guest that doesn't eat meat.

Can you sell a burger cooked medium-rare?

Describe the club sandwich

In-Room Dining – Q & A

Choose a main course dish and complete the following table.

Dish Name	
Dish Description	
Recommended Mains	
Recommended Desserts	
Recommended Wines	
Allergens	

Choose a main course dish and complete the following table.

Dish Name	
Dish Description	
Recommended Mains	
Recommended Desserts	
Recommended Wines	
Allergens	

Recommend 3 courses suitable for a guest with a gluten allergy



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