

# In-Room Dining Food Bible & Allergen Matrix Workbook

Heathrow August 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.

#### Breakfast

Monday to Sunday 06:30 – 10:30

#### Steak & Lobster

Lunch Service Closed

Dinner Service Monday to Sunday 17:00 - 20:30

Last reservation: 20:30 Last orders: 20:45

All guests must vacate the premises by 21:45

\*Please note that these operational hours are subject to change.

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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.

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

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	
<b>Starters</b> 2 x chicken dishes 3 x vegetarian dishes	<b>Classics</b> 1 x chicken dish 1 x chicken and pork dish 1 x fish dish 1 x beef dish 1 x vegetarian dish
<b>Oven-Baked Brioche Rolls</b> 1 x beef dish 1 x vegetarian dish	Charcoal Grill 3 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	7
Chicken lollipops with blue cheese dressing	8
Chargrilled chicken, avocado and smoked crispy bacon salad	9
Spinach, apple and pecan salad with maple dressing	7
Wild mushroom arancini with creamy spicy mayo	7
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	12
CLASSICS	
Lemon-infused Scottish salmon with garlic and paprika-roasted kale	16
British beef burger with Lancashire Bomb melted cheese, smoked streaky bacon and chilli mayo, served with hand-cut chips	14
<b>Our chicken shawarma</b> Tabbouleh, Batta Hara (spicy potatoes), garlic mayo and chilli sauce	12
Our club sandwich with hand-cut chips	14
Penne with cherry tomato crème and green chillies	10
CHARCOAL GRILL	
Our steaks are served with baby vine tomatoes, tenderstem broccoli and a sauce of your choice.	
25 lg rib-eye	22

#### SAUCES Blue cheese 3 2 Chimichurri Jalapeño 2 Green peppercorn 2 SIDES Hand-cut chips 4 Steamed tenderstem broccoli 4 Heritage tomato and feta salad 4 DESSERTS Keylime cheesecake 6 Our Mason jar 8 Honeycomb, chocolate fudge brownie, vanilla ice cream and toffee caramel sauce Colston Bassett Stilton and Barber's Vintage Cheddar 8 with pears and pickled walnuts AFTER-HOURS TOASTIES Available from 11pm – 6am Served with salad and hand-cooked sea salt and crushed black pepper crisps 10 Tuna with spicy lemon mayo 14 Steak and cheese with horseradish mayo Honey roast ham and Lancashire Bomb cheese 10 Barber's Vintage Cheddar cheese and red onion 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.

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226g fillet

ltem	Starters	Picture	Description for guests	
Roasted vine tomato soup served with warm	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: tangy, sweet, comforting	
f Allergens:	Suggestions Mains: British beef burger, Chicken shawarma, Steak roll Desserts: Our Mason Jar, Keylime cheesecake Wine: Fantinel Pinot Grigio, Tenuta Rapitalà Grillo, Tenuta Rapitalà Nero d'Avola			
	Comments			
<b>Chicken lollipops</b> with blue cheese	Crispy chicken wings marinated overnight then fried. Served with a creamy sauce of gorgonzola and stilton cheeses with milk and garlic.		Crispy chicken lollipops marinated to perfection, served with a blue cheese dipping sauce. Keywords: spiced, crunchy, cream	
dressing f Allergens:	Suggestions Mains: British beef burger, Chick Desserts: Our Mason Jar, Keylim Wine: Fantinel Pinot Grigio, Tenu	ne cheesecake	pitalà Nero d'Avola	
	Comments			

ltem	Starters	Picture	Description for guests	
Chargrilled chicken, avocado and smoked	Poussin marinated in lemon thyme and rapeseed oil, with smoked streaky bacon and avocado. Served on a bed of mixed leaf and baby spinach and dressed with <b>spicy lemon</b> <b>dressing</b> .		Tender chicken with mixed leaves and spinach, creamy avocado and a spicy lemon dressing. Keywords: spicy, salty, light	
crispy bacon salad	Suggestions			
£ Allergens:	Mains: Our club sandwich, Scottish salmon Desserts: Keylime cheesecake, Colston Bassett Stilton and vintage cheddar Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo			
	Comments			
	Apples thinly sliced, toasted pecans and spinach tossed in a <b>maple dressing</b> .		Thinly sliced apples, roasted pecans topping spinach leaves. The dressing is a sweet, spicy and smoky maple dressing.	
Spinach, apple and pecan salad			Keywords: light, sweet, crunch	
with maple dressing	Suggestions			
£ Allergens:	Mains: Steak roll, Our chicken shawarma, Veggie Philly cheese steak Desserts: Our mason jar, Keylime cheesecake Wine: Veramonte Chardonnay, Fantinel Pinot Grigio, Tenuta Rapitalà Grillo			
Wild mushroom arancini with creamy spicy	Deep fried small balls of rice, stuffed with parmesan cheese, mozzarella, chives, parsley, garlic and sliced mushroom The wild mushroom arancini are served on top of a <b>chilli</b> <b>mayo.</b>		Italian wild mushroom arancini filled with a melted heart of warm parmesan cheese and wild mushroom, served on a spicy mayonnaise. Keywords: spicy, creamy, crunch	
mayo	Suggestions			
£ Allergens:	Starters: Club sandwich, Veggie Philly cheese steak, Penne with cherry tomato creme Desserts: Keylime cheesecake, Our Mason Jar Wine: Fantinel Prosecco, Fantinel Pinot Grigio, Gavi di Gavi			
	Comments			

ltem	Oven-baked brioche rolls	Picture	Description for guests
Steak brioche roll Philly cheese steak with creamy spicy mayo f 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 <b>creamy spicy mayo</b> into the bun and add the meat and cheese. Served with a <b>spicy lemon</b> <b>salad</b> . <b>Suggestions</b> Mains: Our club sandwich, Scotti Desserts: Keylime cheesecake, O Wine: Veramonte Chardonnay, F <b>Comments</b>	Colston Bassett Stilton & Che	
Veggie brioche roll Veggie Philly cheese steak with creamy spicy mayo f 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 <b>creamy spicy mayo</b> into the bun and add the meat and cheese. <b>Suggestions</b> Starters: Spinach, apple and pec Desserts: Keylime cheesecake, C Wine: Veramonte Carménère, Te <b>Comments</b>	Our Mason Jar, Colston Basse <sup>:</sup>	

ltem	Classics	Picture	Description for guests		
Lemon-infused Scottish salmon	Salmon marinated in lemon and rapeseed oil, served with roasted kale in a spicy lemon dressing and garnished with a dusting of paprika.		Lightly seared Scottish salmon marinated in lemon and rapeseed oil, served with a small salad of roasted kale seasoned with garlic and paprika. Keywords: soft, lemony, crunchy		
with garlic and paprika £ Allergens:	Suggestions Starters: Chicken Iollipop, Wild mushroom Wild mushroom arancini, Chicken salad Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection Wine: Veramonte Chardonnay, Dashwood Sauvignon, Tenuta Rapitalà Grillo				
	Comments				
British beef burger with Lancashire Bomb melted cheese, smoked streaky bacon and chilly mayo, served with hand-cut chips f Allergens:	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. We cannot serve our burgers any less than medium-well, for further information refer to section 7.1 of the Food Safety Management System.		Our beef patty smoked streaky bacon and chilli mayo, on a soft brioche bun with crispy lettuce and Lancashire Bomb cheese. Keywords: mature, soft meaty		
	Suggestions Starters: Chargrilled chicken, Ro Desserts: Our Mason Jar, Colsto Wine: Veramonte Carménère, Te	n Bassett Stilton & Cheddar se			
	Comments				

ltem	Classics	Picture	Description for guests		
Our Chicken Shawarma Tabboleh, Batta	<b>Marinated chicken</b> is served in a wrap with tabbouleh, spicy potatoes, <b>garlic mayo</b> and chilli sauce.		A wrap with marinated chicken thighs, spicy with a creamy garlic finish. Keywords: creamy, spicy, filling		
Hara (spicy potatoes), garlic mayo and chilli sauce <b>f</b>	Suggestions Starters: Wild mushroom arancini, Spinach apple pecan salad Desserts: Our Mason Jar, Keylime cheesecake Wine: Veramonte Chardonnay, Gavi di Gavi, Tenuta Rapitalà Nero d'Avola				
Allergens:	Comments				
Our club sandwich with hand-cut chips £ Allergens:	Sourdough toast bread served with marinated chargrilled Poussin and spinach with a truffle lime dressing, fried duck egg, topped with bacon chilli mayo. 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. Starters: Roasted vine tomato so Desserts: Our Mason Jar, Colsto Wine: Veramonte Chardonnay, Te Comments	n Bassett Stilton & Cheddar s			

Our dish is a twist on the classic arrabbiata sauce with the addition of tomato crème and green chillies.			
This gives the dish a spicy warmth with the sweetness of the tomato. Olive oil give a smoothness to the sauce.		Penne pasta with a tomato- based sauce with spicy warmth and depth Keywords: Spicy, silky	
Suggestions			
Starters: Spinach, apple and pecan salad, Chargrilled chicken salad Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar selection, Keylime cheesecake Wine: Fantinel Pinot Grigio, Tenuta Rapitalà Grillo, Tenuta Rapitalà Nero d'Avola			
Comments			
o a S C V	varmth with the sweetness of the tomato. Olive oil give smoothness to the sauce. uggestions tarters: Spinach, apple and peca Desserts: Our Mason Jar, Colston Vine: Fantinel Pinot Grigio, Tenu	varmth with the sweetness of the tomato. Olive oil give smoothness to the sauce. uggestions tarters: Spinach, apple and pecan salad, Chargrilled chicken s Desserts: Our Mason Jar, Colston Bassett Stilton & Cheddar s Vine: Fantinel Pinot Grigio, Tenuta Rapitalà Grillo, Tenuta Rap	

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

ltem	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	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
£ Allergens:	Comments		
	Green chilli emulsion, the following ingredients are blended:		A smooth and spicy sauce that has sharpness to balance rich and fatty steaks.
Jalapeño £ Allergens:	Whole jalapeño chilli seeded, jalapeño chilli, rice wine vinegar, grapeseed oil, garlic, salt.		Keywords: smooth, spicy, sharp
	Comments		
	<b>Veal jus</b> is added to brandy, green peppercorns, banana shallots and double cream.		A rich and spiced sauce with depth from the jus and red wine.
Green peppercorn £			Keywords: creamy, peppery, bold
Allergens:	Comments		

ltem	Sides	Picture	Description for guests
Steamed tenderstem broccoli £	Tenderstem broccoli is steamed to al dente and seasoned.		Al dente steamed tenderstem with Maldon's sea salt. Keywords: tender, salty, healthy, light
Allergens:	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 £	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
Allergens:	Comments		

ltem	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 curb, 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.	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
£ Allergens:	Comments	I	
Colston Bassett Stilton and Barber's Vintage Cheddar with pear and picked walnuts	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
£ Allergens:	Comments		

#### In-Room Dining – Sauces and Marinades

Menu Item	Ingredients	Menu Item	Ingredients			
Bacon Chilli Mayo	Hellman's mayonnaise Chilli garlic sauce Smoked streaky bacon Balsamic vinegar	Lemon Garlic Butter	Unsalted butter Lemon zest Lemon juice Garlic Salt			
Balsamic Mustard Dressing	Colman's English Mustard Garlic Olive oil Salt Ground black pepper Lemon juice Soy sauce	Maple Dressing	Apple cider Ground black pepper Maple syrup Salt Colman's English mustard Garlic Cayenne pepper Smoked paprika			
Béchamel	Unsalted butter Salt Ground black pepper Milk		Brown sugar Pineapple juice Water			
Chicken Lellinger	Tempura flour Corn flour Curry powder Chilli powder Cumin powder	Maple Glaze	Teriyaki sauce Soy sauce reduction Lemon juice White onion Jack Daniels Cayenne pepper			
Marinade	Fenugreek Turmeric Salt		Grapeseed oil Lemon Thyme Salt			
Chimichurri butter	Ground black pepper Rice vinegar Parsley Coriander Banana shallots Dried oregano Peeled garlic	Shawarma Marinade	Cumin Ground coriander Chilli powder Ground cardamom Turmeric Smoked sweet paprika Olive oil			
	Chilli flakes Lemon butter Salt Unsalted butter	Spicy Lemon Dressing	Grapeseed oil Lemon juice Soy sauce Salt			
Garlic and Rosemary Butter	Garlic Salt Rosemary		Ground black pepper Cayenne pepper Garlic puree			
Garlic Mayo	Mayo Garlic	Steak Marinade	Grapeseed oil Garlic Thyme			
Green Chilli Emulsion	Jalapeño Rice wine vinegar Grapeseed oil		Salt Ground pepper			
	Garlic Salt	Truffle Lime dressing	Grapeseed oil Maple Syrup White truffle oil			
Jalapeño Mayo	Green chilli emulsion Mayo		Salt Lime			

#### In-Room Dining – Sauces and Marinades

Menu Item	Ingredients
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



Pasta or Indian Hot Kitchen	Pasta or Indian and Dessert

#### In-Room Dining – À la Carte Allergen Matrix

							Alle	rgen						
	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														
Spinach, apple and pecan salad with maple dressing														
Chicken lollipops with blue cheese dressing														
Wild mushroom arancini with creamy spicy mayo														
Chragrilled chicken, avocado and smoked crispy bacon salad														
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

							Alle	rgen						
	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 chicken shawarma Tabbouleh, Batta Hara (spicy potatoes), garlic mayo and chilli sauce														
Our club sandwich with hand-cut chips														
Penne with cherry tomato crème and green chillies														
Charcoal Grill														
251g Rib-eye														
226g Fillet														

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# In-Room Dining – À la Carte Allergen Matrix

							Alle	rgen						
	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							

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 - Q & A

What are the serv	ving times of t	he In-Room D	ining menu?				
Option/Offering	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Are there options for guests outside of outlet serving periods?

What sections does the À la carte menu contain?

List the items within one of the sections?

Choose a starter dish a	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

