

Loughton Masonic Catering Ltd

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Introductions

All main courses are served with a choice of a potato dish and two vegetables appropriate to the main dish unless otherwise stated.

Tea/Coffee after the meal is included in the meal price. It does not need to be pre ordered.

Tea/Coffee required before a meeting or when called off is extra and must be pre ordered.

Free from Allergens Options are also available. Please contact us if required.

If you require meal options not shown on this menu, we will endeavour to accommodate if possible

Themed Meals are also now available. Curry, Thai or Chinese are the current options. Please contact for prices.

Costs shown are per head.

WE RESERVE THE RIGHT TO INCREASE OUR PRICES AS AND WHEN NECESSARY. IT MAY NOT ALWAYS BE POSSIBLE TO GIVE NOTICE OF THIS

The Cold Menu

Cold Starters

Egg Mayonnaise	£4.00
<i>Egg, Mayonnaise containing Lactose, Cereals containing Gluten</i>	
Melon Cocktail	£4.00
<i>No Allergens</i>	
Pear & Cheese Salad (Cheddar, Red Leicester or Blue)	£4.50
<i>Cheese containing Lactose</i>	
Pate & Toast	£4.75
<i>Cereals containing Gluten, Butter containing Lactose</i>	
Smoked Mackerel Fillet served with Brown Bread	£4.75
<i>Cereals containing Gluten, Butter containing Lactose, Fish</i>	
Smoked Mackerel Pate & Toast	£4.75
<i>Cereals containing Gluten, Butter containing Lactose, Fish</i>	
Prawn Cocktail	£4.50
<i>Cereals containing Gluten, Butter containing Lactose, Crustaceans</i>	
Mixed Hors D'Ouvres	£5.25
<i>Cheese & Butter containing Lactose, Cereals containing Gluten, Fish</i>	
Smoked Salmon	£5.75
<i>Cereals containing Gluten, Butter containing Lactose, Fish</i>	

Cold Main Courses

Poached Salmon with Dill Mayonnaise (Available April to October) (Served with New Potatoes, Pickles & Salad)	£24.00
<i>Mayonnaise containing Lactose, Fish</i>	
Cold Meats Medley (Ham, Chicken, Beef) (Available April to October) (Served with New Potatoes, Pickles & Salad)	£22.75
<i>Mayonnaise containing Lactose</i>	
All salads are served with Fresh Beetroot and Coleslaw	

Cold Desserts

Trifle	£3.50
<i>Cream containing Lactose</i>	

Seasonal Fresh Fruit Salad	£3.50
<i>No Allergens</i>	
Peach Melba	£3.50
<i>Ice Cream containing Lactose</i>	
Cheesecake	£3.50
<i>Cereals containing Gluten, Cream containing Lactose</i>	
Crème Caramel	£3.50
<i>Cream containing Gluten</i>	
Strawberry or Chocolate Gateaux	£3.50
<i>Cereals containing Gluten, Cream containing Lactose</i>	
Raspberry Cranachan (Traditional Scottish Dessert)	£4.00
<i>Cereals containing Gluten, Cream containing Lactose</i>	
Eton Mess (Available April to October)	£3.50
<i>Eggs, Cream containing Lactose</i>	
Summer Fruits Tart (Available April to October)	£3.50
<i>Cereals containing Gluten, Cream containing Lactose</i>	
Cheese & Biscuits (As an individual Dessert)	£4.50
<i>Cereals containing Gluten, Cheese & Butter containing Lactose, Celery</i>	
Cheese & Biscuits (Shared Platters 6-8 Persons)	£9.00
<i>Cereals containing Gluten, Cheese and Butter containing Lactose, Celery</i>	

The Hot Menu

Starters

Soups, all @	
Broccoli & Stilton, Cock a Leekie, French Onion, Leek & Potato, Lentil & Coriander, Minestrone, Mulligatawny, Mushroom, Oxtail, Tomato & Basil, Tomato, Vegetable	£3.75
<i>Some contain Lactose and Cereals containing Gluten. Please contact the Caterers for confirmation</i>	
Vegetable	£3.00
<i>May contain Lactose and Cereals containing Gluten. Please contact the Caterers for confirmation</i>	
Deep Fried Whitebait	£4.75
<i>Fish, Cereals containing Gluten, Milk containing Lactose, Eggs</i>	
Haggis, Neeps & Tatties (As a starter or an additional course)	£6.50
<i>Cereals containing Gluten, Butter containing Lactose</i>	

Fish Main Courses

Fish Pie & 2 Veg	£18.50
<i>Fish, Crustaceans, Milk & Butter containing Lactose, Cereals containing Gluten</i>	
Poached Cod Fillet, Parsley Sauce, Mash & Peas	£21.50
<i>Fish, Milk & Butter containing Lactose, Cereals containing Gluten</i>	
Poached Smoked Haddock, Mash & Peas	£20.00
<i>Fish, Butter containing Lactose</i>	
Crusted Baked Cod Fillet	£22.00
<i>Fish, Cereals containing Gluten</i>	
Battered Cod & Chips (Bulk orders only)	£22.50
<i>Fish, Cereals containing Gluten, Eggs, Milk</i>	
Pan Fried Sea Bass Fillet	£22.50
<i>Butter containing Lactose</i>	
Poached Salmon & New Potatoes	£23.00
<i>Fish, Butter containing Lactose</i>	
Salmon En Croute	£23.50
<i>Fish, Cereals containing Gluten, Butter containing Lactose</i>	

Beef Main Courses

Cottage Pie & 2 Veg	£16.75
<i>Butter containing Lactose</i>	

Braised Steak Garni, 8oz with Dumplings <i>Cereals containing Gluten, Celery</i>	£22.00
Steak & Kidney Pie or Pudding <i>Cereals containing Gluten</i>	£22.00
Steak & Ale Pie or Pudding <i>Cereals containing Gluten, Sulphites</i>	£22.00
Steak & Mushroom Pie or Pudding <i>Cereals containing Gluten</i>	£22.00
Beef Bourguignonne <i>Celery, Sulphites</i>	£22.50
Beef in Red Wine with Dumplings <i>Cereals containing Gluten, Celery, Sulphites</i>	£22.50
Roast Topside of Beef & Yorkshires <i>Cereals containing Gluten, Milk containing Lactose, Eggs</i>	£22.00
Beef Wellington <i>Cereals containing Gluten, Butter containing Lactose</i>	£27.75

Chicken/Turkey Main Courses

Roast Breast of Chicken & Stuffing <i>Cereals containing Gluten, Butter containing Lactose</i>	£20.00
Chicken & Ham Pie or Pudding <i>Cereals containing Gluten</i>	£20.00
Chicken & Leek Pie or Pudding <i>Cereals containing Gluten</i>	£20.00
Chicken & Mushroom Pie or Pudding <i>Cereals containing Gluten</i>	£20.00
Chicken & Vegetable Casserole <i>Cereals containing Gluten, Celery</i>	£19.50
Coq au Vin <i>Celery, Sulphites</i>	£20.50
Roast Turkey with Trimmings <i>Cereals containing Gluten, Butter containing Lactose</i>	£22.50

Lamb Main Courses *(Subject to market prices)*

Lancashire Hot Pot <i>Butter containing Lactose</i>	£21.75
3x 2oz Lamb Chops & Grilled Tomato <i>No Allergens</i>	£25.00
Roast Leg of Lamb & Mint Sauce <i>No Allergens</i>	£25.00
Traditional Lamb Shank <i>No Allergens</i>	£25.00
Moroccan Style Lamb Shank with Couscous <i>No Allergens</i>	£25.00
Rack of Lamb (3) <i>No Allergens</i>	£25.50

Bacon, Pork & Sausage Main Courses

Grilled Gammon, Pineapple & Tomato <i>No Allergens</i>	£20.00
Roast Gammon Joint with Honey or Mustard Glaze <i>No Allergens except Mustard</i>	£20.00
Sausage (3), Mash & Onion Gravy (Served with Peas & Carrots) <i>Butter containing Lactose</i>	£19.00
Sausage (3), Mash, Baked Beans & Onions <i>Butter containing Lactose</i>	£19.00
Grilled Pork Chop & Apple Sauce <i>No Allergens</i>	£20.00

Grilled Pork Loin Steak & Apple Sauce	£21.00
<i>No Allergens</i>	
Roast Loin of Pork & Apple Sauce	£22.00
<i>No Allergens</i>	

Other Main Courses

Omelette, Plain	£15.50
<i>Egg, Milk containing Lactose</i>	
Omelette, Any Filling	£17.50
<i>Egg, Milk containing Lactose, sometimes Cheese</i>	
Mixed Grill (Steak, Lamb Chop, Gammon, Sausage, Tomato & Mushroom)	£25.00
<i>Cereals containing Gluten</i>	
Christmas Menu (Any starter from the menu; Roast Turkey & Trimmings Served with Roast Potatoes, Sprouts, Parsnips, Swede; Christmas Pudding with a choice of Cream, Custard or Brandy Sauce & Mince Pies). (Only available from November till Christmas)	£27.50

See the relevant starter menus for any Allergens and the also Turkey entry above. All desserts contain Cereals containing Gluten, Milk containing Lactose and Eggs

Vegetarian or Vegan Main Courses

Vegetable Lasagne (with dairy or vegan dairy substitutes)	£19.50
<i>Cereals containing Gluten, Cheese & Milk containing Lactose. Vegan version will Contain Soya Milk but no Lactose</i>	
Vegetables Mornay (In cheese sauce or vegan dairy substitute)	£19.50
<i>As Vegetable Lasagne</i>	
Vegetable Risotto	£19.50
<i>Butter containing Lactose. Not in Vegan version</i>	
Vegetable Curry Served with Chutneys & Naan Bread	£19.50
<i>Cereals containing Gluten, Butter containing Lactose. Not in Vegan version</i>	
Mixed Mushroom Casserole with Vegan Herb Dumplings (Button, Chanterelle, Shiitake, Oyster)	£19.50
<i>No Allergens</i>	

Desserts

Fruit Pie (Apple, Rhubarb, Apple & Blackcurrant)	£3.50
<i>Cereals containing Gluten, Milk or Cream containing Lactose</i>	
Fruit Crumble (Apple, Rhubarb, Apple & Blackcurrant)	£3.50
<i>Cereals containing Gluten, Milk or Cream containing Lactose</i>	
Steamed Sponge Pudding (Jam, Treacle or Sultana)	£3.50
<i>Cereals containing Gluten, Milk or Cream containing Lactose</i>	
Jam Roly Poly & Custard	£3.50
<i>Cereals containing Gluten, Milk or Cream containing Lactose</i>	
Spotted Dick & Custard	£3.50
<i>Cereals containing Gluten, Milk or Cream containing Lactose</i>	
(All served with Custard or Cream or Ice Cream)	
Hot Cherries & Ice Cream	£3.25
<i>Cream containing Lactose</i>	
Belgian Waffles with Maple Syrup & Ice Cream	£3.75
<i>Cereals containing Gluten, Cream containing Lactose</i>	
Poached Pears in Red Wine	£3.75
<i>Sulphites</i>	
Baked Apple with Raisin & Sultana Stuffing & Ice Cream	£3.75
<i>Cream containing Lactose</i>	

Other

Tea/Coffee & Biscuits prior to the meeting or when called-off	£1.00
<i>Milk containing Lactose</i>	