

NHS Retirement Fellowship Conference & AGM 2025

Making your retirement work for you.

ARRIVAL DAY MENU

Enjoy your first night at Conference with a waiter served meal, followed by coffee and entertainment on Friday 17th October (arrival day) to make the opening of your Conference Weekend run smoothly.

This needs pre-ordering at Point of Booking by putting the corresponding number of your choice on the booking form. There are gluten free, vegan and diabetic options available, please indicate this in the notes section. Any queries, please contact the Team at IOW Tours - 01983 405116. www.iowtours.com

Starters

- 1. Curried Parsnip Soup, Crusty Roll (VG,GF)
- 2. Ham Hock & Pea Terrine, Toasted Ciabatta, Onion Chutney (GFA)
 - 3. Beetroot & Feta Cheese Salad, Walnuts & Rocket (VG)

Main Courses

- 1. Slow Cooked Beef Brisket, Honey Coated Parsnips Thyme Roasted Potatoes & Red Wine Jus
 - 2. Sea Bass, Rosti Potato, Grilled Asparagus, Spinach, Tomato & Caper Salsa (GF)
 - 3. Wild Mushroom Risotto, Parmesan Crisp & Basil Oil (VG,GF)

All Served with Autumn Vegetables

Puddings

- 1. Mini Chocolate Profiteroles, drenched in Chocolate Sauce
 - Sticky Toffee Pudding, Toffee Sauce
 - 3. Lemon Tart, Raspberry Coulis
 - 4. Tropical Fruit Salad

Please indicate any dietary requirements on your booking form.

GF – Gluten Free ♦ GFA – Gluten Free is advised in advance

VB - Vegetarian ♦ VG - Vegan

DB – Diabetic