A MEETING OF MINDS

Cardiff Meetings & Events Guide
At Radisson BLU Cardiff, our service is about flexibility, originality and speciality, and we hope that you will find our range of dining options reflect this.

**WHAT WE SERVE**

Brain Food is a new concept all about serving food that keeps blood sugar levels stable and supplies optimal nutrition for the brain. The right food at the right time helps improve our ability to learn and concentrate, promotes quicker reactions and even lowers stress levels — all factors that can impact on the quality of a meeting.

The six Brain Food Principles

1. Lots of fish, wholegrain products, fruit and vegetables.
2. Primarily fresh, locally sourced ingredients.
3. Pure ingredients with minimal industrial processing.
4. Less meat and always a maximum 10% fat content.
5. Natural sweeteners and never more than 10% added sugar.
6. Focus on good taste and satisfying the senses.

**WHERE TO EAT**

You may choose to dine in our restaurant — Filini — either a buffet selection, a la carte or table d’hôte. Filini serves a fusion of Italian cuisine in relaxed and informal surroundings.

**WHAT TO EAT**

Enclosed you will find four menu options to truly make your event an unforgettable experience with us.

For large events...
If you are planning a large sit-down style lunch in Filini, feel free to make use of our Lounge Bar seating area too. If you cannot find something that is just right, call our events team and we will do our best to find a menu solution to meet your requirements.

And for smaller groups...
Pick an option from the menus and we will be able to cater for you outside your meeting room or in our Azzurro Lounge.

For further information contact our meetings and events team
029 20 441 511 / meetingandevents.cardiff@radissonblu.com
RATES & MENUS

All of our menus are seasonal and change daily but will always include the following:

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**DAY DELEGATE RATES**

INCLUDE:

- Room hire
- Three servings of tea, coffee and accompaniments
- Nespresso machine
- Lunch
- Complimentary water, cordials and mints
- Flipchart, pads, pens and stationary box
- Digital screen
- Complimentary wireless internet access

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**24 HOUR RATES**

INCLUDE:

- Room hire
- Three servings of tea, coffee and accompaniments
- Nespresso machine
- Lunch
- Complimentary water, cordials and mints
- Flipchart, pads, pens and stationary box
- Digital screen
- Complimentary wireless internet access
- Overnight accommodation
- Full Welsh breakfast
- Three course dinner in Filini restaurant

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**Sandwich Lunch**

A light, build your own, lunch. Perfect if you just want a little pick-me-up and then get back into the meeting:

- Selected cold meats, cheeses and vegetable anti pasti
- Salads and condiments
- Bread basket, butter and oils
- Waters and fruit juices

**Working Lunch**

A slightly more substantial offering, with a couple of light hot bites thrown in, as well as a little sweet treat. Can be taken outside your room or in Filini; your call:

- Selected cold meats, cheeses and vegetable anti pasti
- Salads and condiments
- Two hot bites; a meat or fish and a vegetarian option
- Bread basket, butter and oils
- Fresh whole fruit
- Something sweet
- Waters and fruit juices

**Filini Lunch**

The perfect energy boost for a long day in meetings, we aim to give a substantial and healthy array in our buffet to set you up for the rest of the day:

- Selected cold meats, cheeses and vegetable anti pasti
- Build your own salad bar
- Classic mixed salads and condiments
- Selection of breads, loaves and rolls with butter and oils
- Choice of three main courses; fish, meat and vegetarian option, all served with vegetables, rice or potatoes
- Selection of Chef’s cheeses
- Fresh whole fruits
- Selection of sweet treats
- Fruit juices and waters

Minimum numbers to our buffets may apply, just ask us for more details.
CANAPÉS

Choose from the following selection:

Canapés
Why not finish your day in style or kick start your evening with some bubbly drinks and a selection of tasty treats

Cold
- Vegetarian Nori sushi rolls
- Sun dried tomato pastry swirls
- Grilled aubergine rolls, pesto, tomato
- Feta cheese, olive and cherry tomato spoon
- Marinated bocconcini with wine cherry tomato
- Chickpea tian with chili and mint
- Gravlax on rye with dill mustard sauce
- Smoked salmon roll with cream cheese and dill
- Prawn, mango and coriander spoon
- Smoked mackerel on avocado mousse
- Chicken ballotine, horse radish cream
- Polenta cake, prosciutto, parmesan
- Ham hock terrine with piccalilli

Hot
- Leek and mozzarella arancini
- Warm goats cheese and beetroot
- Ratatouille on puff pastry
- Sweet pepper frittata with hummus and black olives
- Devilled crab cakes with Dijon mayonnaise
- Salmon skewer rolled in herbs and toasted sesame seed
- Mini baked potato with smoked salmon and chive crème fraîche
- Salmon and dill croquette
- Crispy chicken thighs, hori sin sauce
- Skewered beef burger
- Mini steak sandwich in brioche
- Lamb kofta, mint yoghurt

Option 1 £ 7.00 per person
Choose four items from the list
Great for pre dinner or after meeting with drinks

Option 2 £ 11.00 per person
Choose seven items from the list
Great for wedding reception, longer drinks reception or instead of a sit down starter

Looking to impress?
Try our premiere package which offers you three canapés, one hot and two cold (from selected items) with a glass of fizz thrown in for £9.95.

Extend your selection for just £2.50 per dish.

MENU SELECTION

“One cannot think well, love well, sleep well, if one has not dined well”

<table>
<thead>
<tr>
<th>Standard Menu</th>
<th>£24 per person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled home made bruschetta</td>
<td>Topped with tomato, basil pesto and rocket lettuce</td>
</tr>
<tr>
<td>Pâté Ardennes</td>
<td>Coarse pork pate served on rye bread with red onion jam</td>
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<tr>
<td>Roast vegetable soup</td>
<td>With crusty bread and herbs</td>
</tr>
<tr>
<td>Oven roast Hake fillet</td>
<td>Topped with Dijon mustard, herbs and crumbs, served with leekie mash and lemongrass cream sauce</td>
</tr>
<tr>
<td>Grilled chicken fillet</td>
<td>Butternut squash mash, sautéed savory and thyme gravy</td>
</tr>
<tr>
<td>Lamb roulade</td>
<td>With roast potato wedges, sautéed beans and rosemary jus</td>
</tr>
<tr>
<td>Banoffee pie</td>
<td>With chocolate and hazelnut crumble, caramel sauce</td>
</tr>
<tr>
<td>Chocolate tart</td>
<td>On berry compote</td>
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<tr>
<td>Fresh fruit salad</td>
<td>With sweet cream</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>£24 Per Person</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Sweet potato soup</td>
<td>Topped with coconut cream and coriander</td>
</tr>
<tr>
<td>Citrus cured salmon</td>
<td>With dill pickled cucumber, avocado puree and lemon jelly</td>
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<tr>
<td>Pressed ham hock terrine</td>
<td>With curried piccalilli and cress</td>
</tr>
<tr>
<td>Oven roast salmon</td>
<td>Whole grain mustard and dill crust. Served with cumin roast vegetables and herb oil</td>
</tr>
<tr>
<td>Char grilled chicken supreme</td>
<td>Served on spinach and mushroom with truffle jus and crisp gnocchi</td>
</tr>
<tr>
<td>Roast loin of pork</td>
<td>With whole grain mustard mash, honey glazed carrots and apple cream sauce</td>
</tr>
<tr>
<td>Apricot and amaretto semifreddo</td>
<td>Caramel sauce, crushed chocolate and banana</td>
</tr>
<tr>
<td>Tiramisu</td>
<td>Berry compote, toasted almonds</td>
</tr>
<tr>
<td>Twin chocolate cheese cake</td>
<td>Mango crème fraîche, Kumquat compote</td>
</tr>
</tbody>
</table>

For further information contact our meetings and events team  02920 441511 / meetingandevents.cardiff@radissonblu.com
### MENU C
**£29 PER PERSON**

- Cream of woodland mushroom soup
  With cheddar straw
- Smoked salmon tartare
  Topped with dill ricotta and baby leaves, crisp crouton
- Buffalo mozzarella
  With ripe tomatoes, basil pesto and chunky croutons
- Roast loin of cod
  Butternut squash mash, sautéed broccoli, lemongrass cream sauce and tomato julienne
- Whole roast, herb crusted pork fillet
  With dauphinoise potato, steamed green beans, honey roast carrots and tarragon sauce
- Rump of lamb
  Slow roasted with garlic and herbs, served pink with leekie mash, glazed parsnips and red onion jus
- Double chocolate
  Chocolate crisp ice cream, fudge cake and chocolate sauce
- Berry flan
  Vanilla crème patissiere, raspberry coulis, toasted almonds
- Caramel cheese cake
  Caramelized pineapple and chocolate crunch

**Supplements for additional items to above menus (priced per person):**

- Soup: £4.50
- Sorbet: £2.50
- Steak: £5.00
- Cheese platter for parties of ten: £65

### MENU D
**£33 PER PERSON**

- Home made salmon and cod terrine
  Layered with dill, served with beetroot salad and lemon mayonnaise
- Cured meat and vegetable antipasti
  Milano salami, prosciutto, bresaola, grilled sweet peppers, balsamic onions, marinated courgette and olives, cherry tomatoes and crisp lettuce
- Roast vegetable terrine with buffalo mozzarella and basil
  Served with mesclun salad and truffle dressing
- Oven roast salmon
  Aberaeron mustard and dill crust. Served with cumin roast vegetables and herb oil
- Smokey chicken supreme
  Wrapped with basil pesto in smoked bacon, served on cumin roast carrots and turnip, red wine jus
- Grilled sirloin of beef
  Thyme scented vegetables, dauphinoise potato and creamy pepper sauce
- Welsh Cream panacotta
  Chocolate sauce and minted berries
- Irish coffee parfait
  Soft and creamy parfait flavoured with whisky and coffee, topped with sweet cream
- Chocolate praline
  Soft crumbles topped with smooth chocolate mousse
  Served with raspberry coulis

### SOCIAL BUTTERFLIES

We can create bespoke menus and packages for all occasions, so if you are watching the pennies or out to blow the budget we have something for you. Below are a few of our more popular packages which include our standard menu.

**All inclusive dinner packages**

- Three course meal
- Water on the table
- Half bottle of wine per person
- Table dressing and candles

Want to add a touch of sparkle to the occasion? Add a glass of Prosecco from £5.00 per person.

**School Proms**

- Three course meal
- Arrival non-alcoholic cocktail
- Water on the table
- Table dressing and candles
- DJ
- Master of Ceremony

**University Balls**

- Three course meal
- Half bottle of wine per person
- Water on the table
- Table dressing and candles
- Bucks fizz arrival drink
- Reduced entry to Cardiff nightlife

**Private Dining**

- Three course meal
- Water on the table
- Table dressing and candles
- Tea and coffee

**Wedding Packages**

From £38 per person

All inclusive packages available on request.

**Sporting hospitality**

Pre and post hospitality packages for small groups and large corporate events. Bespoke packages can be made to suit your requirements.

For further information contact our meetings and events team.
BUFFET MENU A
FILINI
£18 PER PERSON

Our chefs pick the best of what is in season. The perfect energy boost for a long day in meetings, we aim to give a substantial and healthy array in our buffet to set you up for the rest of the day.

- Selected cold meats, cheeses and vegetable anti pasti
- Build your own salad bar
- Classic mixed salads and condiments
- Selection of breads, loaves and rolls with butter and oils
- Choice of three main courses; fish, meat and vegetarian option, all served with vegetables, rice or potatoes
- Selection of Chefs cheeses
- Fresh whole fruits
- Selection of sweet treats
- Fruit juices and waters

BUFFET MENU B
MEDITERRANEAN
£25 PER PERSON

- Roasted red pepper and tomato soup
- Hummus with pita bread
- Tzatziki with crudités
- Grilled marinated vegetables
- Panzanella alla Toscana
- Greek salad
- Tuna Niçoise
- Spiced chickpeas with roast red peppers and mint
- Marinated seafood salad
- Sliced prosciutto ham and Mortadella sausage
- Salad Capresse
- Mixed olives with sun blushed tomato and herbs
- Chicken picatta with risotto Milanese
- Penne pasta puttanescas
- Seared Mediterranean fish with basil
- Ratatouille
- Roasted lamb with garlic
- Roasted rosemary potatoes
- French apple tart
- Tiramisu
- Crema Catalana
- Chocolate and orange mousse

BUFFET MENU C
SCANDINAVIAN
£29 PER PERSON

- Selection of breads and loaves
- Fish broth
- Gravalax and smoked salmon platter, honey and mustard dill sauce
- Whole poached fillet of salmon with lemon mayonnaise
- Prawn and cucumber salad
- Roast sirloin of beef with horseradish and crisp fried onions
- Chicken liver parfait red onion marmalade
- Beetroot salad and Swedish meatballs
- Potato salad with horseradish
- Cream cheese with garlic and herbs
- Crisp croutons
- Mixed leaves and herbs
- Beef “Lindstrom”; beef patties with beetroot and cornichons in mustard gravy
- Lamb and dill stew
- Baked cod with herb crust
- Janssons Temptation (potato gratin layered with anchovy and onion)
- Braised red cabbage
- Roasted root vegetables
- Mashed potato
- Creamed rice pudding with vanilla
- Chocolate mousse
- Red berry compote
- Fresh fruit salad

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### TRADITIONAL
- Steak pasty
- Sausage rolls
- Spicy potato wedges
- Selection of filled baguettes
- Honey roast ham / mature cheddar
- chicken salad / tomato and mozzarella
- Relish, pickled onions, ketchup, brown sauce, mustards, malt vinegar, mayonnaise, fried onions

### MEXICAN
- Cheesy nachos
- Roast vegetable quesadillas
- Fajitas
  - Chicken and mixed beans
  - Served with soft tortillas
- Salsa, mixed lettuce, jalapenos, guacamole, grated cheddar, tomato salad and sour cream

### ITALIAN
- Crostini and grissini
- Cured meat platter
- Anti pasti
  - Olives, roast sweet peppers, aubergine, artichokes
- Beef lasagne
- Selection of breads

### FAR EAST
- Hoi sin glazed spare ribs
- King prawn skewers
- Red chicken curry
- Steamed basmati rice
- Naan bread, poppadums
- Sweet chilli sauce, cucumber raita

### AMERICAN
- Cheese burgers
- Hot dogs
- Deep pan pizza
- Coleslaw
- Relish, pickled onions, ketchup, brown sauce, mustards, malt vinegar, mayonnaise, fried onions

### THE CHIPPY
- Fish & chip cones
- Battered sausages
- Mushy peas
- Relish, pickled onions, ketchup, brown sauce, mustards, malt vinegar, mayonnaise, fried onions

### BUTTIES
#### LATE NIGHT MUNCHIES
FROM £3.50 PP
- Pies
- Bacon rolls
- Pizza
- Drinks
- Pizza

### ALL BUFFETS BELOW: £17 PER PERSON
**Welcome drinks**
- Glass of Prosecco
- Bucks fizz
- Glass Champagne
- Kir Royale

**Sparkling wines**
- Jeio Prosecco Valdobboadene, Brut NV, Italy

**Champagne**
- Perrier Jouet, Grand Cuvee, NV
- GH Mumm Rose, NV
- Veuve Clicquot, Brut, NV
- Taittinger, Brut, NV
- Perrier Jouet Belle Epoque, 2004

**White wines**
- Il Banchetto, Trebbiano Chardonnay, Italy
- Argento Pinot Grigio, Italy
- Saam Mountain Chenin Blanc, South Africa
- Valdivieso Sauvignon Blanc, Chile
- Riva Leone Gavi, Italy
- Roero Arneis, Vietti, Italy

**Rose wine**
- Lamberti, Pinot Grigio delle Venezie
- Blush, Italy
- Terre Forti Sangiovese Rosato Rubicone, Italy

**Red wines**
- Il Banchetto, Sangiovese, Italy
- Castillo de Clavijo, Rioja Temparanillo, Spain
- Argento Malbec, Argentina
- Wandering Bear Merlot, USA
- Barolo ‘Riva del Bric, Paolo Conterno, Italy

Full pre order list to be available on request. Prices to be subject to change.

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“Time to drink Champagne and dance on the tables”
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