

Talbot Carlow

A Talbot Hotel ★★☆☆



Conference & Hotel Information 2009

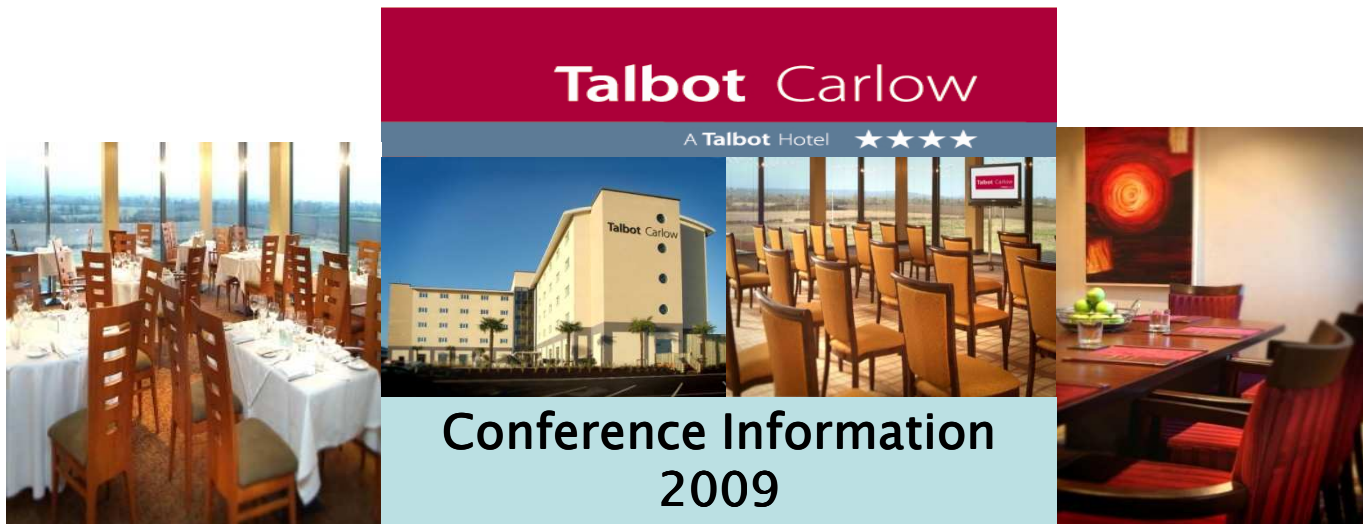


- Car parking
- Water & Cordials
- Professional service

Let us take the stress out of your arrangements



Leinster Room (Ground Floor)	€500
1/2 Day Rate Leinster Room	€250
Ashfield Room (2nd Floor)	€250
1/2 Day Rate Ashfield Room	€150
Wexford Boardroom (2nd Floor)	€150
1/2 Day Wexford Rate Boardroom	€90
Rossmore Room (3rd Floor)	€250
1/2 Day Rate Rossmore Room	€150
Stillorgan Room (3rd Floor)	€150
1/2 Day Rate Stillorgan Room	€90
Delegate Rates (min. 10 People required)	
8 Hour Delegate	€30
24 Hour Delegate	€179
24 Hour Delegate Sharing	€140
Conference Bedroom Rates	
Room Only Rates from	€59
Twin/Double B/B Rate -per person From	€45
Suite with Breakfast From	€250
Refreshment Rates	
Full Irish Breakfast	€15.00
Continental Breakfast	€10.00
One Course Carvery Lunch	€11.50
Table d'Hote Dinner (4 course)	€39.00
Tea/Coffee	€2.00
Flask Tea/Coffee	€2.20
Tea/Coffee & Biscuits	€2.95
Tea/Coffee Danish or Scones	€3.75
Selection of Sandwiches	€4.95
Tea/Coffee and Sandwiches	€5.95
Tea/Coffee/Soup and Sandwiches	€8.95
Fresh Orange Juice - per jug	€8.00
Dessert in Corries Bar & Bistro	€ 4.95
Soup	€ 3.95
Bottle of Mineral Water	€ 2.60
3 Course Lunch in Liberty Tree	€ 20



Suggested Extras (to make your conference the talk of the town)

Bagels

Tea/Coffee and Bagels

Please choose from the following fillings:

Ham & Cheese

Cream Cheese & Sundried Tomatoes

Fruit

Homemade fresh fruit salad cups

Chefs Homemade Scones

Tea/Coffee & a selection of Plain & Fruit Scones with Jam, Butter & Cream

Traditional Breakfast Baps

Tea/Coffee & Warm Bacon or Sausage Baps

Sausage Rolls

Tea/Coffee & Mini Sausage Rolls

Selection of Danish Pastries

Tea/Coffee & Apple Danish, Fruit Danish, Pan au Chocolate & Croissants

Selection of Finger Sandwiches

Tea/Coffee & a Selection of Finger Sandwiches including ham, cheese, tuna, salad & chicken

Warm Bruchetta

Tea/Coffee & a Croute of Bruchetta. Choice of the following: Tomato & Herb; Ham & Pineapple; Bacon & Cheese

All above @ €2.95 per person

Smoothies

Power Smoothies

Banana & Mango Smoothies

Strawberry & Guava Smoothies

Orange & Grapefruit Smoothies

A Selection of the above for €2.95 per person

Takeaway Lunch Box

Ham Sandwich, Apple, Fruit Yoghurt & Orange Juice @ €6.95 per person



- **Conferences & Events**

The Talbot Carlow offers a diverse selection of conference and meeting suites, from a major conference to a confidential board meeting and everything in between. Just over one hour from Dublin city our location is the ultimate for national and international events.

Our professional and dedicated team are on hand to assist you in every phase of your conference planning, working directly with you during your event overseeing every aspect of your conference requirements.

All 5 meeting suites offer you the following:
A first class state of the art conference experience

- Natural Daylight (some with blackout facilities)
- Complimentary WI-FI Access
- Audio visual equipment *
- Capacity from 2 to 400 persons
- Fully Air – conditioned
- Complimentary parking for all delegates
- A Screen and flipchart are provided in the room complimentary.

All additional requirements can be catered for and are hired in

Style of events that we can host:

Board meeting from 2 to 50 persons

- Theatre style meetings for up to 400 persons
- Banqueting events for up to 290 persons
- Exhibitions, property expo's, trade shows and team building events.



Conference Information 2008

8 Hour Delegate Rate

(Based on a minimum of 10 Delegates)

- Morning & Evening Newspapers
- Morning Tea/Coffee & Mini Pastries
- 1 Course Carvery Lunch with Tea/Coffee
- Afternoon Tea/Coffee & Cookies
- Room Hire A.V. Equipment
(Screen & Flipchart)
- Jugs of Water & Sweets & Stationary

€ 30.00 Per Delegate

24 Hour Delegate Rate

(Based on a minimum of 10 Delegates)

- Executive Accommodation
- Four Course Gourmet Dinner
(Private if required)
- Morning & Evening Newspapers
- Full Irish Breakfast
- Morning Tea/Coffee & Mini Pastries
- Soup/ Selection of Sandwiches/Tea/Coffee lunch
- Afternoon Tea/Coffee & Cookies
- Room Hire A.V. Equipment
(Screen & Flipchart)
- Jugs of Water & Sweets & Stationary

€ 140.00 Per Delegate Sharing

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Conference Information Fork Buffet Menu's

Menu 1

Chicken Tikka Masala with Savoury Rice

A Selection of Salads, Cold Meat Platter, Complimented with Crispy White Rolls

Chef's Selection of Desserts

Tea/Coffee

@ €15.00 per person

Menu 2

Roasted Breast of Chicken, Pesto Spaghetti, Roast Mediterranean Vegetable Sauce

A Selection of Salads, Cold Meat Platter, Complimented with Freshly Ciabatta Bread

Chef's Selection of Desserts

Tea/Coffee

@ €16.50 per person

Menu 3

Stir-Fry Pork Pieces, Shredded Vegetables, Egg-Fried Rice, Plum & Black Bean Sauce

A Selection of Salads, Cold Meat Platter, Complimented with Crispy White Rolls

Chef's Selection of Desserts

Tea/Coffee

@ €17.95 per person

Menu 4

Beef Stroganoff

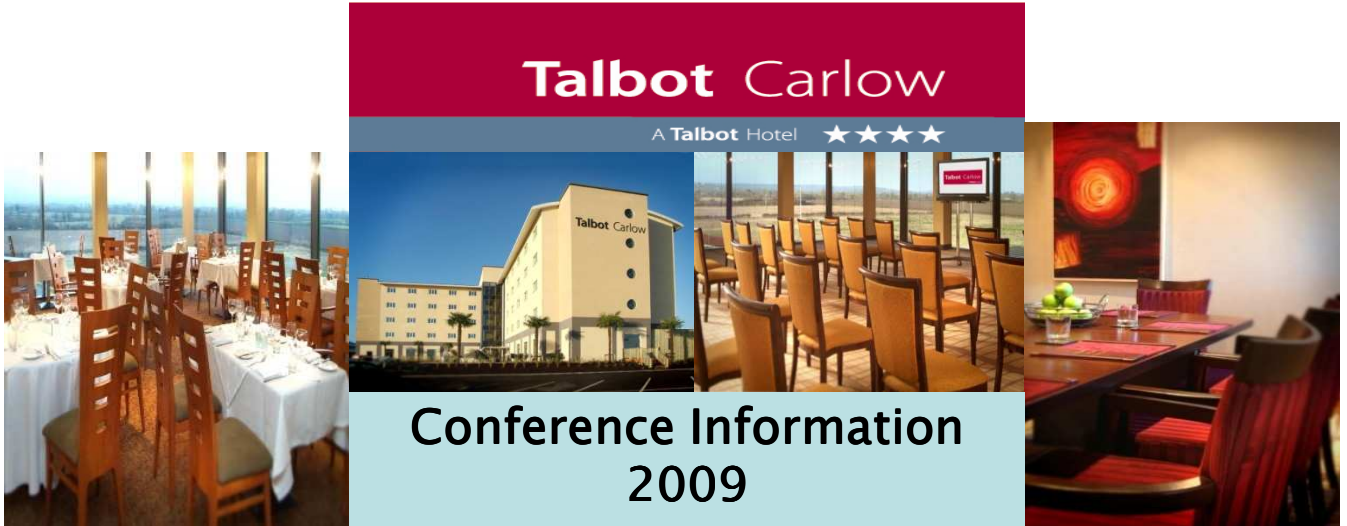
Sauteed Beef in a Rich Cream Sauce with Paprika, Onions & Julienne of Gherkins served with Saffron Rice

A Selection of Salads, Cold Meat Platter, Complimented with Freshly Baked Rolls

Chef's Selection of Desserts

Tea/Coffee

@ €18.50 per person



Dinner Menus

Menu 1

Chilled Fan Tail of Galia Melon, Seasonal Fruit & Raspberry Coulis

Cream of Mushroom Soup

Roast Supreme of Salmon on a Smoked Bacon & Mash served with a Madeira Wine Jus

Selection of Market Fresh Vegetables and Potatoes

Cream Filled Profiteroles with a Duo of Chocolate Sauces

Tea or Coffee

@ 23.00 per person

Menu 2

Caesar Salad with Bacon Lardons, Garlic Croutons, Toasted Pine Nuts with Traditional Dressing

Cream of Leek & Potato Soup with Spring Onions

Roast Stuffed Turkey and Baked Ham served with Cranberry Preserve

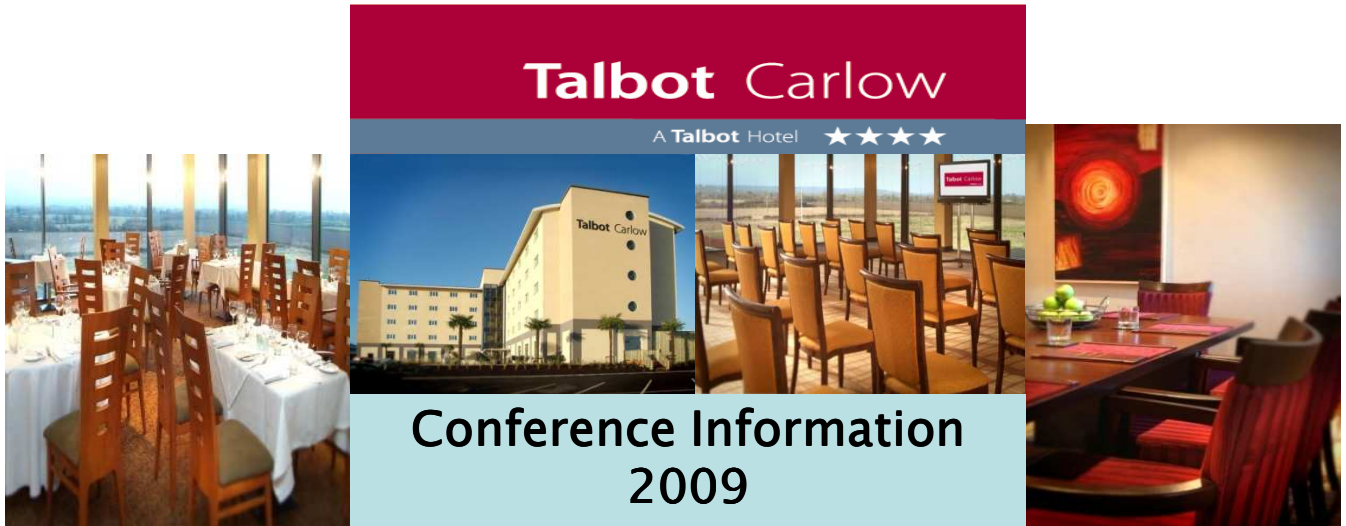
Selection of Market Fresh Vegetables and Potatoes

Assiette of Dessert

(Chocolate Tart, Warm Vanilla Bread & Butter Pudding and Homemade Ice Cream in a Wafer Basket)

Tea or Coffee

@ €25.50 per person



Menu 3

Talbot Cajun Strips with Sweet Bell Pepper, Cashew Nuts and Garlic Croutons

Cream of Vegetable Soup

Prime Roast Sirloin of Irish Beef served with Red Wine Jus

Or

Darne of Irish Salmon served with a Chive & White Wine Cream Sauce

Selection of Market Fresh Vegetables and Potatoes

Assiette of Dessert

(Lemon Cheesecake, Strawberry Pavlova and Vanilla Bean Ice Cream served in a Wafer Basket)

Tea or Coffee

@ €27.00 per person

Menu 4

Oak Smoked Irish Salmon Salad served with a Leaf Salad, Mini Caper and Red Onion Salsa

Cream of Broccoli & Cashel Blue Cheese Soup

Roast Rack of Wicklow Lamb served on a Garden Herb Mash with a Rosemary Jus

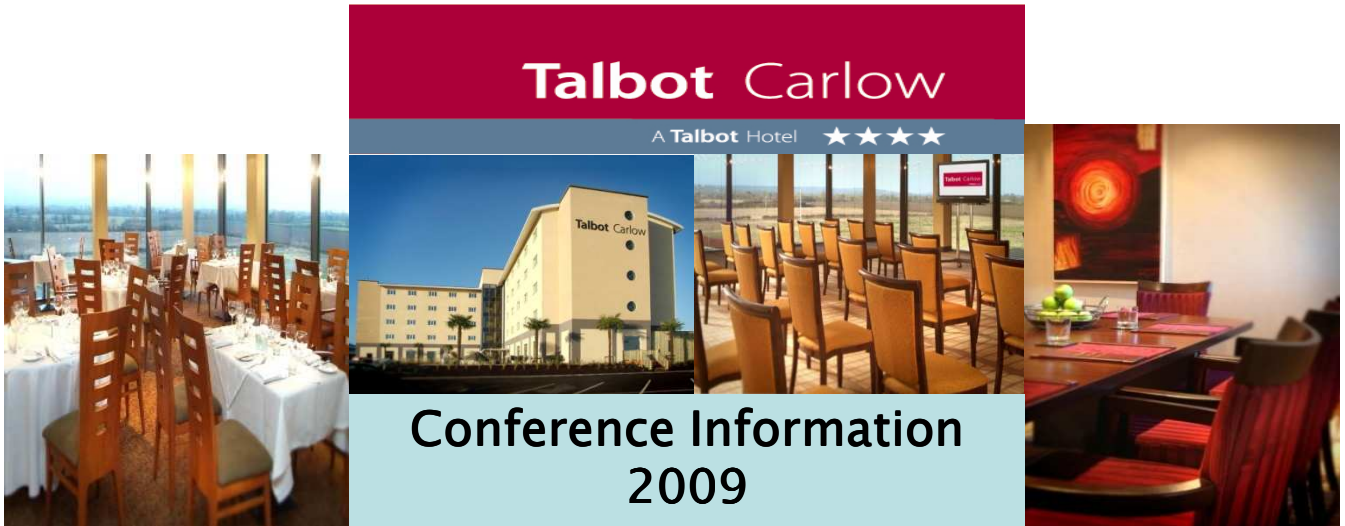
Selection of Market Fresh Vegetables & Potatoes

Talbot Dessert Plate

(Malteser Cheesecake, Cream Filled Profiteroles, Vanilla Bean Ice Cream in a Wafer Basket)

Tea/Coffee

@ €29.50 per person



Conference Information 2009

Menu 5

Fresh and Smoked Seafood Tian with Seasonal Salad and Marie Rose Sauce

Tropical Orange Sorbet

Prime Irish Fillet of Steak with Glazed Shallots and a Cracked Black Pepper Brandy Sauce

Selection of Market Fresh Vegetables and Potatoes

Malteser Cheesecake

Tea or Coffee

Homemade Petit Fours

@ €32.95 per person

Menu 6

Baked Crab & Spring Onion Potato Cake garnished with a Vegetable & Ginger Salsa and Lemon Cream

Cream of Carrot & Cumin Soup

Ice Lemon Sorbet

Pan Roasted Fillet of Sea-Bass served with a Champagne and Saffron Sauce

Or

Roast Rack of Wexford Lamb served on a Garden Herb Mash with a Rosemary Jus

Selection of Market Fresh Vegetables and Potatoes

Assiette of Dessert

(Chocolate & Baileys Parfait, Lemon Cheesecake and Vanilla Bean Ice Cream in a Wafer Basket)

Tea or Coffee

Homemade Petit Fours

@ €35.95 per person

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Conference Information 2009

Barbecue Menus

Menu 1

4oz Sirloin Steaks
Leek & Pork Sausage
Cajun Salmon
Baked Potatoes
Tossed Mixed Salad
Pasta Salad
Tomato & Cucumber Salad
Fresh Baked Bread

Chef's Dessert Mirror

Tea/Coffee

€25.00 per person

Menu 2

4oz Sirloin Steaks
Beef Burgers
Grilled Salmon with Lemon & Dill
Barbecued Baby Back Ribs
Baked Potatoes
Caesar Salad
Noodle Salad
Tomato & Green Onion Salad
Fresh Baked Breads

Chef's Dessert Mirror

Tea/Coffee

@ €29.00 per person



BBQ served
in our open
air Decking

(weather
permitting)



*Minimum numbers of 25 people apply

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Conference Information 2009

Canape Menu

Curried Cous Cous & Shrimp Tartlet

Smoked Salmon & Caper Rosette

Parma Ham & Olive Roll

Beef Kofta

Melon & Smoked Gubeen Cheese Skewer

Chicken Rillette on Melba Toast

Salmon Rillette on Melba Toast

Chive & Creamed Cheese Cracker

Minted Lamb & Aubergine Broshetta

Grape coated with Blue Cheese & Walnut

Choice of any four @ €7.50 per person

Choice of any five @ €8.50 per person

Finger Food

Menu1

Assorted Finger Sandwiches
Tea/Coffee
@ €5.95 per person

Menu 2

Assorted Finger Sandwiches
Cocktail Sausages
Tea/Coffee
@ €7.50 per person

Menu 3

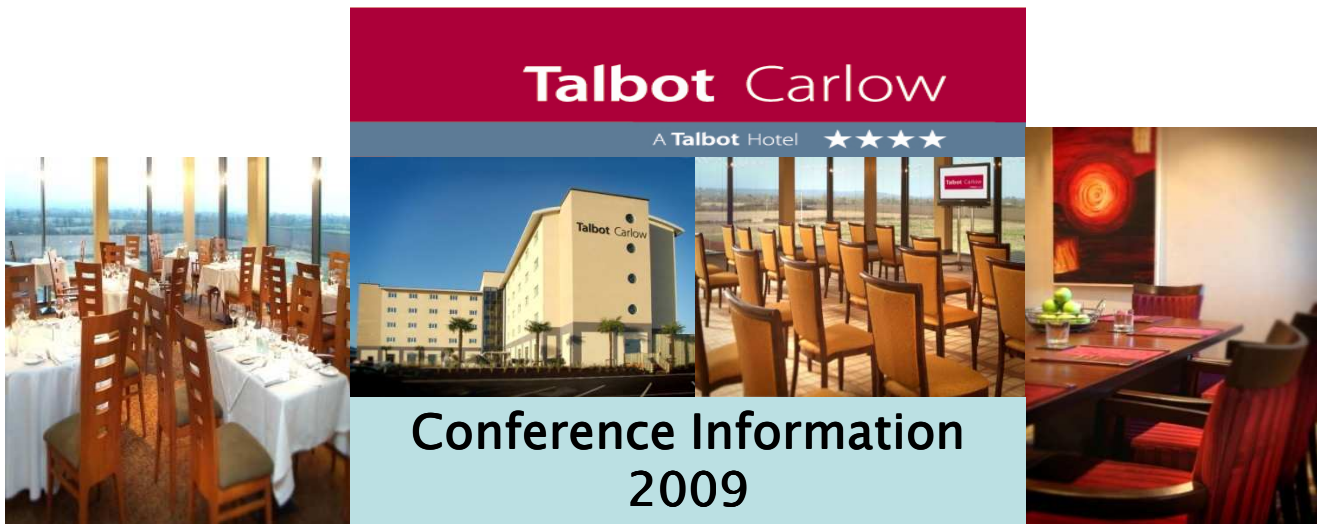
Assorted Finger Sandwiches
Cocktail Sausages
Goujons of Crispy Chicken
Tea/Coffee
@ €9.95 per person

Additional Finger Buffet items to choose from :

- Spiced Potato Wedges with Chive Mayonnaise
- Deep Fried Onion Rings with Tomato Relish
- Garlic Mushrooms with Garlic Mayonnaise
- Spiced Chicken Wings with Sweet & Sour Sauce
- Vegetable Samosas with Curry Dipping Sauce
- Chicken Tenders with Barbeque Sauce
- Shrimp in Filo served with Chili & Coriander Mayonnaise

An above item maybe exchanged for any item on the standard Menus.

Additional items maybe added to any of the above standard Menus at an additional cost of €2.95 per person per item



RED WINE SELECTION

Badet Clement – French €19.50

There are some flavours of red berries (strawberry, raspberry and blackcurrant) with notes of aromatic herbs like thyme and laurel. Very round and well balanced in the mouth.

Chilensis Chilean - Merlot €20.95

Complex berry fruit with a hint of fruits of the forest and slight earthiness. Smooth on the palate with a complexity that follows through to the mid palate and finish. With an overall soft berry mouth feel.

Wolf Blass Bill Yarra Shiraz Australian €22.50

Deep red colour with aromas of plum and berry. On the palate the rich berry, and plum flavours are supported by a backbone of subtle oak finishing with a soft mouthful and good length.

WHITE WINE SELECTION

Badet Clement – French €19.50

Fresh and fruity white wine. Flavours of citrus, passion fruit, grape fruit and white flowers (lily).

Chilensis Chilean - Sauvignon Blanc €20.95

Very clean crisp and tropical with a nice blend of lemons, limes and a hint of granny smith apple. A full flavour nose.

Wolf Blass Bill Yarra Australian - Chardonnay €22.50

Dry warm and rich with tropical fruit & butterscotch complexity, well integrated vanilla and a smooth long, crisp finish.

SPARKLING WINE

Masottina Prosecco €32.50

CHAMPAGNE

Champagne Pannier Brut €75.00

Moet et Chandon Brut NV €85.00

Moet et Chandon 2000 Vintage €105.00

Dom Perrignon 996 €195.00



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Inspirit Health & Leisure Club 2009



inspirit
health and leisure club



Inspirit Health & Leisure Club		
CATEGORIES	Joining Fee	MEMBERSHIP FEES
SINGLE	150	650
OFF-PEAK SINGLE	75	475
SINGLE GOLD	150	750
COUPLE	200	1195
OFF-PEAK COUPLE	125	895
COUPLE GOLD	200	1400
GOLDEN YEARS	75	395
GOLDEN YEARS COUPLE	100	765
STUDENT	N/A	395
INFANT (UNDER 3 YEARS)	FREE	FREE
MINOR (3 -15 YEARS)	N/A	165
YOUTH (16-17 YEARS)	N/A	225
FAMILY MEMBERSHIP	N/A	1500
(CONSISTS OF 2 ADULTS & 2 CHILDREN UNDER 17 YEARS)		
Corporate Membership available for 5 or more from same com		
Minor and Youth members must join with an adult member.		
Please ask about our Direct Debit Payment option		

**Class Pass
2009**

- 30 Classes P/W
- Only €125 – 2 Months
- Classes Daily 7am-9pm
- Available for Everyone
- Tel 059 915 3838