

## SAMPLE MENU

Take a look at our sample menu. This is just a taste of what our chefs will create for you and your guests; food developed with you in mind. Dishes to sustain and boost mental awareness, leave you alert and focused on the meeting at hand. It's just one small detail in creating our meeting and event experience.

Each day chefs will create a selection of salads, 4 hot options including a dish inspired by street food, one meat, fish and vegetarian options and a selection of sweet treats.

### NUTRITIONAL SALAD BAR

Mixed salad leaves, cresses and soft herbs  
Heritage tomato, beef tomato and cherry tomato salad, red onion and ripped fresh basil  
Raw vegetable shards, fresh mint and raddish  
Roasted red pepper houmous  
Cottage cheese with freshly snipped chives  
Cucumber, mint and yoghurt tzatziki

### DAILY SIGNATURE SALADS

Smoked trout, red and white chicory, orange and avocado  
Asparagus, pea, pea shoot, spinach, freekeh grain and edamame bean

### INSPIRED BY STREET FOOD

Pad Thai - flat egg noodle and rice noodle, king prawns,  
shredded chicken, pak choi, bean sprout, chilli, peppers, coriander

### HOT OPTIONS

Sausage and mash - spiced merguez sausage, sweet potato mash, sticky red onion glaze, crispy onions  
Mac and cheese - macaroni cheese with crispy onions, hot dog bits,  
bacon bits, ripped brioche, maple syrup, herbs and chillies  
Crispy skinned mackerel fillet, roasted Mediterranean vegetables, fresh basil and tapenade dressing  
Moroccan spiced vegetable and bean tagine, apricot and almond couscous, flat bread sticks

### SWEET OPTIONS

Cinnamon rice pudding, apple and rhubarb compote  
Carrot cake  
Mango cream mousse, pineapple salsa and coconut shavings  
Sliced and whole fruits