

# Menu Proposal A

## Breakfast

Classic Overnight Oats - Fresh Apple, Soya Yoghurt, Oats, Cinnamon, Toasted Seeds, Apple Juice (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Beef Brisket Chilli (gf)  
Charred Vegetable Chilli (vg, gf)  
Sweetcorn & Bean Salad (vg, gf)  
Guacamole & Nachos (vg, gf)  
Crunchy Slaw (vg, gf)  
Potato Salad (vg, gf)  
Rice (vg, gf)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Chocolate, Orange & Almond Cake (gf)  
Raw Brownie (vg, gf)  
Maple Syrup Flapjack (vg, gf)  
Cheese Board  
Houmous & Crudités (vg, gf)  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)

# Menu Proposal B

## Breakfast

Tropical Overnight Oats - Coconut Yoghurt, Dried Mango, Dried Pineapple, Toasted Seeds & Almonds (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Beef Massaman Curry (gf)  
Thai Green Vegetable Curry (vg, gf)  
Asian Style Superfood Quinoa Salad with toasted Peanuts (vg, gf)  
Broccoli salad with Soy dressing (vg, gf)  
Chilli & Lime Prawn Skewers (gf)  
Tofu, Ginger & Lime Bites (vg, gf)  
Rice Salad (vg, gf)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Apple & Almond Cake (gf)  
Raw Brownie (vg, gf)  
Maple Syrup Flapjack (vg, gf)  
Cheese Board  
Houmous & Crudités (vg, gf)  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)

# Menu Proposal C

## Breakfast

Classic Overnight Oats - Fresh Apple, Soya Yoghurt, Oats, Cinnamon, Toasted Seeds, Apple Juice (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Chicken Masala Curry (gf)  
Potato and Spinach Curry (vg, gf)  
Vegetable Samosa (v)  
Lamb Kofta & Mint Yoghurt (gf)  
Poppadum & Chutney (vg, gf)  
Tomato, Cucumber & Red Onion Salad (vg, gf)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Carrot & Coconut Cake with Rose Water Cream (gf)  
Maple Syrup Flapjack (vg, gf)  
Cheese Board  
Houmous & Crudités (vg, gf)  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)

# Menu Proposal D

## Breakfast

Carrot Cake Overnight Oats - Soya Yoghurt, Carrot, Date, Cinnamon, Apple & Toasted Seeds (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Persian Root Vegetable Stew with Dried Lime & (vg, gf)  
Harissa Spiced Slow Cooked Chicken (gf)  
Kookoo Sabzi - Herb Frittata (v)  
Saffron, Lime & Pea Buckwheat (vg, gf)  
Roasted Butternut Squash, Tahini & Pomegranate Salad (vg, gf)  
Chickpea & Potato Rosti (vg, gf)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Coffee Marbled Cake with Mocha Icing (vg, gf)  
Maple Syrup Flapjack (vg, gf)  
Houmous & Crudités (vg, gf)  
Cheese Board  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)

# Menu Proposal E

## Breakfast

Tropical Overnight Oats - Coconut Yoghurt, Dried Mango, Dried Pineapple, Toasted Seeds & Almonds (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Ossobuco - Slow cooked Beef in White Wine served with Gremolata (gf)  
Zuppa Toscana - Tuscan Bean Stew (vg, gf)  
Warm Potato Salad (vg, gf)  
Pasta & Courgette Salad with Toasted Pistachio (vg)  
Caprese Salad (v, gf) / Tomato Cucumber Salad (vg, gf)  
Basil Pesto & Tomato Crostini (vg)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Vanilla Chai Cake with Orange Cinnamon Icing (vg)  
Maple Syrup Flapjack (vg, gf)  
Houmous & Crudités (vg, gf)  
Cheese Board  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)

# Menu Proposal F

## Breakfast

Indulgent Overnight Oats- Soya Yoghurt, Banana, Blueberry, Cocoa Powder, Cinnamon, Toasted Seeds & Pecan Nuts (vg)  
Egg Station with choice of Avocado, Seasonal Vegetables, Smoked Salmon  
Fruit Selection with Yoghurt, Nuts and Seeds  
Breakfast Cereals  
Fresh Danish Pastry Selection  
Toast with Jams & Spreads  
Freshly Made Fruit Juices

## Lunch

Beef Meatballs in a Rich Tomato Sauce (gf)  
Slow Cooked Ratatouille (vg, gf)  
Gnocchi in Basil & Parsley Sauce (vg)  
Caramelised Vegetable & Pesto Tart (vg)  
Courgette Salad & Poppy Seed Salad (vg, gf)  
Green Leaf Salad with Toasted Seeds & Edible Flowers (vg, gf)  
Sliced Meats & Cheeses  
Breads  
Cake Bites

## Afternoon Tea

Classic Victoria Sponge  
Maple Syrup Flapjack (vg, gf)  
Houmous & Crudités (vg, gf)  
Cheese Board  
Anti-Pasto (vg, gf)  
Vegetable Crisps (vg, gf)  
Tortilla Chips (vg, gf)