

# Day Delegate Packages

Autumn / Winter 2024

# Fuel not feed DDR

## Minimum numbers of 50 apply

The idea of fuelling not feeding is a concept that will appeal to many of our clients who want to book an all-day DDR package. Guests that have breakfast, lunch and sugary snacks through the day during all-day conferences will often feel sluggish and tired as the day goes on. This in turn means concentration levels and focus can drop throughout the day.

Our flexible packages will fuel your guests throughout the day, keeping them revitalised, fresh and engaged. Fuel your delegates' potential with our fantastic day delegate packages including a diverse range of options using quality fresh and sustainable products.

## Traditional DDR

9am – 5pm

**Fuel** the start of the day with a selection of freshly baked goods, yoghurt, granola pots, and freshly cut fruit

**Energise** your morning with fresh fruit and energising bites

**Refuel** yourself at lunch time with our delicious hot fork buffet, bento box, sharing board or bowl food options (please choose from our menus)

**Rejuvenate** your afternoon with some sweet treats including a selection of mini cake bites

Freshly brewed Fairtrade coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice will be served throughout each break. Reduced service available throughout the day so your delegates can grab a tea and coffee whenever they need a top up.

Why not have a healthy swap and choose fresh apples in the afternoon? You know what they say, 'an apple a day keeps the doctor away'.

## Flexible DDR

9am – 3pm

The traditional DDR but with a flexible twist.

Finish the event at 3pm with a later hot fork buffet lunch and **replace your afternoon break refreshments with a glass of wine, beer or soft drink alternative.**

Extend event up to 5pm with our drink packages and food options.





# Refreshments and Lunch

# Day Delegate Refreshments

## Arrival Refreshments

### Continental Breakfast

302kcal

- Selection of freshly baked mini-Danish pastries and croissants (three per person) **(V)**
- Vanilla Greek yoghurt with fruit purée, maple syrup, and pineapple granola **(V)** or banana crunch granola **(NGC)**
- Seasonal fruit salad **(VE)(NGC)**

## Mid-morning break

Fresh fruit bowl **(VE)** and chef's choice of **one** energising bite from the examples below:

- Vegan flapjack **(VE)(NGC)** 528kcal
- Gluten free chocolate brownie bites **(NGC)** 53kcal  
**(Contains almonds)**
- Pineapple, lime and chia seed energy balls **(VE)** 81.8kcal
- Goji berry and almond energy bites **(NGC)(VE)** 111.6kcal  
**(Contains almonds)**
- Dark chocolate and maple energy bites **(NGC)(VE)** 35kcal
- Apricot, oat and seed bites **(VE)** 64.5kcal
- Satsumas **(VE)** 35kcal

## Afternoon break

Chef's choice of **two** cake bites from the examples below:

- Blueberry Bakewell **(V)** 46.2kcal
- Lemon and poppyseed cake **(V)** 42.3kcal
- Butterscotch and pecan **(V)** 48.9kcal
- Carrot cake **(V)(NGC)** 40.9kcal
- Chocolate and caramel shortbread **(V)** 51.9kcal
- Jewelled fruit and seed **(V)(NGC)** 42.1kcal
- Chocolate brownie **(V)(NGC)** 53kcal

To add an extra festive touch to your event, from mid-November we will swap the standard afternoon break offer with **complimentary mince pies and hot chocolate** (641kcal). NGC mince pies are also available.

## Healthy Swaps

Replace your mid-morning or afternoon breaks with any one of the following healthy swap options:

- Seasonal fruit platter **(VE)(NGC)** 80kcal
- Bowl of apples **(VE)** 47kcal
- Vegetable crudité with beetroot hummus **(VE)(NGC)** 259.3kcal
- Mixed fruit and seeds **(VE)(NGC)** 226.4kcal

(VE) Vegan (V) Vegetarian (NGC) Non Gluten Containing

For those with special dietary requirements or allergies who wish to know about the food and drink ingredients used, please ask your event planner.

All prices are per person and exclude VAT.

# Day Delegate Lunch

## Fork Buffet

Our fork buffet menus are designed to be enjoyed while standing up, allowing your guests to mingle and network. All buffets include three main dishes with accompanying side dish, seasonal salads, bread, butter and dessert.

Choose your menu from the options below or let our chef team curate your menu.

### Sage (fully VE and NGC menu)

- Tofu sweet and sour sauce with stir fry rice noodles **(VE)(NGC)** 609.7kcal
- Middle eastern aubergine with chickpea stew and baby spinach **(VE)(NGC)** 219.7kcal
- Winter fricassee gnocchi with pine nuts and sage **(VE)(NGC)** 465.8kcal
- Cous cous salad with root vegetables and pesto **(VE)(NGC)** 435.5kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Coconut mousse **(VE)(NGC)** 337kcal

### Thyme

- Vegan soya-based mince moussaka with a triple cheese blend **(VE)** 907.7kcal
- Breaded fish with triple cooked chips, mushy peas and lemon 913.6kcal
- Coq au vin **(NGC)** 727.8kcal  
**(Contains trace alcohol content)**
- Waldorf salad **(V)** 835.6kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Salted caramel cheesecake **(V)** 414kcal

### Mint

- Masala paneer and chickpea curry with Bombay potatoes **(V)** 652.9kcal
- Tikka baked salmon with aloo gobi and mint yoghurt **(NGC)** 370.9kcal
- Lamb Biryani with poppadum crumb and dips 670.6kcal
- Roasted okra, chilli and lentil salad **(VE)** 601.7kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Mango and pineapple pannacotta **(V)(NGC)** 245kcal

### Rosemary

- Mediterranean vegetable and lentil lasagne **(VE)** 725.1kcal
- Roasted sea bream fillet, Romanesco new potatoes with kale **(NGC)** 525.1kcal
- Braised brisket mac and cheese with a crispy herb crumb 813.7kcal
- Roasted winter squash, watercress and radish salad **(VE)** 373.5kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Apple pie with cream 279kcal

### Coriander

- Japchae with kimchi and tofu **(V)** 544.3kcal
- Miso marinated baked sea bass, brown rice and soya bean umami bowl 563kcal
- Barbecue style chicken bibimbap 658.7kcal
- Asian slaw 249.6kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Matcha green tea mousse **(V)(NGC)** 645.8kcal

### Chef's choice

Take the stress away from choosing your lunch menu. Let our chef team curate your menu, using the best of British, seasonal ingredients.

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# Day Delegate Lunch

## Bento Box Lunch

### Maximum 100 people

A fantastic all-in-one lunch option for networking or those with not long for lunch! Served with freshly brewed Fairtrade coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice.

Please choose one of the following options.

### Well Grounded: transforming lives through coffee

*With every cup of coffee you enjoy at our venue, you are supporting your local and global community.*

*Our catering partner Company of Cooks works with Union Hand-Roasted Coffee to support Well Grounded in their mission to help Londoners into work in the speciality coffee industry, providing training, qualifications, work placements, mentorship and employment to those who need it most.*

*It also supports farmers and cooperatives in Peru via the Union Direct Trade sourcing initiative, ensuring that a fair price is paid for our great coffee so that the communities at both ends of the supply chain benefit.*

## Plant Based (fully VE and NGC)

- Crispy tofu with noodle salad (VE) 330.5kcal
- Miso aubergine (VE)(NGC) 137.4kcal
- Roast sweet potatoes with a teriyaki glaze (VE)(NGC) 119.1kcal
- Lemongrass peach with coconut yoghurt (VE)(NGC) 231kcal

## London Larder (£2.50 supplement)

- Charcuterie from Cobble Lane, house pickles 124.8kcal
- H. Forman & Son's London cured halibut, shaved fennel, and dill 209.4kcal
- Paxton & Whitfield's cheese selection 302.8kcal
- Salad of grains, seasonal vegetables from New Covent Garden Market 191.4kcal

## Poke bowl

- Diced soya trout, Asian dressing, lime, grilled crouton 828.7kcal
- Charred broccoli, chilli, ginger and coriander 123.5kcal
- Smoked chicken with Asian slaw 357.9kcal
- Mango pudding with coconut 178.4kcal

## Indian Street Food

- Spiced chicken Scotch egg, curry mayo 870.5kcal
- Lentil dhal with coriander (V) 338.6kcal
- Indian style cucumber salad (VE) 30.6kcal
- Gulab jamun, toasted pistachios, rose syrup (V) 575kcal

## RCP Bento Box

- Black pudding sausage roll, brown sauce 538.6kcal
- Duck parfait, port and red onion 488.2kcal
- Tomato, red onion and mint (VE) 17.3kcal
- Brownies, custard and raspberry 822.4kcal

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# Day Delegate Lunch

## Sharing Boards

Allow us to take you on a culinary journey around the world. Our boards are a great option for a wide variety of food items, ideal for networking.

Please choose **two sharing board options** for your event.

Served with freshly brewed Fairtrade coffee, a selection of ethically sourced teas, still and sparkling water and 100% pure seasonal fruit juice.

### The Regent's Picnic

- Sustainably sourced assortment of British cheese and house chutney **(V)** cold | 661.7kcal
- Slow cooked shallot and watercress salad **(VE)(NGC)** cold | 231kcal
- Potato salad **(VE)(NGC)** cold | 241.6kcal
- Premium sausage rolls with pickle walnut hot | 689.4kcal
- Chicken liver parfait with caramelised red onion jam and sourdough cold | 243.5kcal
- Quiche 349.1kcal
- Welsh rarebit **(V)** ambient | 361.2kcal
- Cornichons, pickled onions, piccalilli, Branston pickle and grain mustard mayonnaise 199kcal

### Taste of Asia

- Sesame prawn toast with sweet chilli hot | 527.8kcal
- Asian crispy spring roll **(VE)** hot | 274kcal
- Smoked tofu and spring onion **(VE)** hot | 157.8kcal
- Crispy seaweed **(VE)** ambient | 41.4kcal
- Satay chicken with cashew nuts **(NGC)** hot | 189.3kcal
- Char siu pork puff hot | 325.8kcal
- Prawn cracker ambient | 170kcal

### The London Larder

- H. Forman & Son's cured fish **(NGC)** cold | 117kcal
- Charcuterie board **(NGC)** cold | 176.1kcal
- Sustainably sourced British cheese board **(V)(NGC)** cold | 302.8kcal
- Dips and fresh homemade bread **(V)(NGC)** cold | 492.7kcal
- Olives **(VE)(NGC)** cold | 91.8kcal
- House cheese straw **(V)** ambient | 333.7kcal
- Macerated tomato and red onion salad **(VE)(NGC)** cold | 72.1kcal

### Italian Mezze

- Aronstein style kebab hot | 485.6kcal
- Calamari salad **(NGC)** cold | 277.5kcal
- Mixed olives and red roasted pepper **(VE)(NGC)** cold | 52.8kcal
- Melon wrapped in Parma ham **(NGC)** cold | 20.5kcal
- Sun blushed basil and tomato arancini **(V)** hot | 306.2kcal
- Caprese salad **(V)(NGC)** cold | 191.7kcal
- Homemade focaccia garlic bread with tomato and roasted garlic dip **(VE)** cold | 513.3kcal
- Artisan bruschetta **(VE)** ambient | 93.1kcal

### Best of British board

- Burnt onion and smoked cheddar tart **(V)** ambient | 478.3kcal
- London bloomer and Hoxton rye breads **(V)** ambient | 255.5kcal
- Potted salmon and shrimps, toasted soda bread cold | 642.8kcal
- British grown apple and sage sausage roll hot | 471.9kcal
- Sticky honey and mustard cocktail sausages hot | 297kcal
- Cornish Yarg and Red Leicester **(NGC)** cold | 388.5kcal
- Rare roast beef open sandwich ambient | 160.7kcal
- Gherkins, pickled onions, piccalilli, Branston pickle and grain mustard mayonnaise cold | 185.6kcal

### Mediterranean

- Buffalo mozzarella with honey roasted figs **(NGC)** cold | 198kcal
- Rosemary focaccia **(VE)** ambient | 226.6kcal
- Kalama olive straws with Parma ham and oregano **(V)** cold | 329.1kcal
- Sliced bresaola with peppered pears **(NGC)** cold | 66.8kcal
- Panzanella salad and marinated anchovies **(V)** cold | 236.5kcal
- Wild rocket and pecorino **(NGC)** cold | 83.6kcal
- Thyme marinated oven dried tomatoes with black olives **(VE)(NGC)** cold | 58.5kcal

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# Day Delegate Lunch

## Sharing Boards

### Moroccan

- Moroccan flatbreads **(V)** *ambient | 131kcal*
- Chickpea and carrot hummus with chilli oil **(VE)(NGC)** *cold | 727.5kcal*
- Tabbouleh with pickled cucumber **(VE)** *cold | 420.8kcal*
- Saffron roasted tomatoes with parsley and labneh **(V)** *cold | 260.4kcal*
- Piquantly spiced chicken skewers with mint and cucumber yoghurt **(NGC)** *hot | 144.2kcal*
- Tender harissa lamb with tomato and coriander salsa **(NGC)** *hot | 384.9kcal*

### Indian

- Mini poppadum, mango chutney **(VE)(NGC)** *cold | 122.3kcal*
- Fragrant Bombay potato salad **(V)(NGC)** *cold | 175.6kcal*
- Vegetable samosa **(V)** *hot | 110.6kcal*
- Tikka lamb, cucumber and mint raita **(NGC)** *hot | 294kcal*
- Tandoori chicken bites **(NGC)** *hot | 181.4kcal*
- Potato bonda and lime pickle **(VE)(NGC)** *hot | 122.3kcal*

### Cheese Board

- A selection of locally sourced and produced cheeses served with toasted fruit crackers, dried fruits, walnuts and celery **(V)** *cold | 661kcal*

## Networking Bowl Food Lunch

Please choose 4 options (4 per person) from the below:

### Plant Based

- Vegan chilli with steam wild rice, sour cream **(VE)** *624.7kcal*
- Grilled courgette with garlic, onion, olives and lemon dressing **(VE)(NGC)** *174.6kcal*
- Moroccan tagine with herb cous cous **(VE)(NGC)** *285.9kcal*
- Tofu, courgettes, broccoli, king oyster mushroom and lime **(VE)(NGC)** *168.1kcal*
- Grilled halloumi, pepper, onions, olives and lemon dressing **(V)(NGC)** *448.7kcal*
- Whipped truffle goats cheese, beetroot and pickled red onion **(V)(NGC)** *259.5kcal*
- Wild mushroom croquettes **(V)** *148.6kcal*
- Honey glazed fig, blue cheese, frisée, chard, endive, and hazelnut crumble **(V)** *269.4kcal*

### Fish

- Miso cured trout with daikon slaw **(NGC)** *112.2kcal*
- Soya salmon, red cabbage, edamame beans, toast seeds, sriracha dressing *325.1kcal*
- Prawn, ginger and soya noodles *376kcal*
- Monk fish curry, coconut, lemongrass lime leaves and rice **(NGC)** *490.1kcal*

### Meat

- Beef bourguignon, creamed potatoes **(NGC)** *712kcal*
- Duck bon bon with parsnip purée and plum *997.6kcal*
- Thai beef salad with coriander, spring onion, chilli and Thai dressing *247.8kcal*

### Dessert

- Vegan chocolate mousse, poach plums **(VE)(NGC)** *434.1kcal*
- Apple crumble tart **(VE)** *444.6kcal*
- Citron tart **(V)** *688.2kcal*
- Tiramisu **(V)** *895.9kcal*

## The London Larder

*The London Larder brings together our London-based suppliers for a bespoke approach. From high-end British charcuterie from Cobble Lane, cheeses from Paxton & Whitfield or the finest tapenade from Belazu, our Larder delivers exceptional quality food with a story to tell.*

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# Day Delegate Enhancements

# Day Delegate Add-Ons

## Working Rolls Breakfast

£6.00 pp

Selection of warm brioche rolls, served with tomato sauce, brown sauce and English mustard. Gluten free rolls available.

- Oven cured thyme and rosemary tomato, and smoked cheddar **(V)** 515.8kcal
- Fried free-range egg **(V)** 422.8kcal
- Grilled Cumberland sausages 568.8kcal
- Crispy Wiltshire cured bacon 576.2kcal

## Fuel not Feed Breakfast

£16.00 pp

- Chia seed, date and coconut pot **(VE)(NGC)** 223.7kcal
- Bircher muesli with apple, banana and toasted nuts **(V)** 602.9kcal
- Super green smoothie **(VE)(NGC)** 356.7kcal
- Soya bean crush, chilli, lime and mint, sour dough toast and blushed tomatoes **(V)** 300.6kcal

## Networking Bowl Food Breakfast

£16.00 pp

Choose **two bowls** from the below:

- Griddled grapefruit, pistachio, Greek yoghurt **(VE)(NGC)** 208.8kcal
- Poached plums on brioche toast, crème fraiche **(V)** 962.8kcal
- Wilted spinach crushed avocado, toast sourdough croute, poached eggs, hollandaise sauce **(V)** 519.3kcal
- Smoked salmon, sweet potato hash, fried duck egg **(NGC)** 443.4kcal
- Pulled ham hock, wilted spinach, toast sourdough croute, poached egg, truffle hollandaise 821.7kcal
- Soya bean crush, chilli, lime and mint, sour dough toast and blushed tomatoes **(V)** 300.6kcal

## Fuel not Feed Break

£4.50 pp

Please select **two items** from the menu below:

- Chia seed, date and coconut pot **(VE)(NGC)** 223.7kcal
- Bircher muesli with apple, banana and toasted nuts **(V)** 602.9kcal
- Super green smoothie **(VE)(NGC)** 356.7kcal
- Soya bean crush, chilli, lime and mint, sour dough toast and blushed tomatoes **(V)** 300.6kcal

## Seasonal Soup

£4.00 pp

A warming mug of earthy winter veg soup

## Seasonal Smoothies

£3.50 pp

Our seasonal smoothies are a great addition to our menus and are served in super **sustainable edible cups**. Examples include: Super Green Smoothie **(V)(NGC)** and Banana Oat **(V)**

## Soft Drinks

£1.50 pp

A selection of 330ml cans based on 2 per person over the course of the day

## Doughnuts!

£4.00

Add our themed doughnut station to your afternoon break and enjoy a selection of jam filled frosted and mini doughnuts

1,495kcal  
based on 3  
doughnuts

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