



Day Delegate Packages

Spring / Summer 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 and granola pots, and freshly cut fruit

Energise your morning with our Future 50 Foods energy bites and fresh fruit

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, bento box or bowl food 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.

Summer reception package

Our new summer package, the perfect solution for those organisers looking to add a shorter reception at the end of their conference.

Enjoy a glass of prosecco upon arrival, and canapes and bowl food accompanied by beer, wine and soft drinks for an hour and a half at **£49.50 per person.**



Refreshments and Lunch

Day Delegate Refreshments

Arrival Refreshments

Continental Breakfast

302.8kcal

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

Mid-morning break

- Fresh fruit bowl **(VE)(NGC)**
- Energising Future 50 Foods bites 45.1kcal

Afternoon break

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

- Blueberry Bakewell **(V)** 46.2kcal
- White chocolate and cranberry shortbread **(V)** 49.8kcal
- Carrot cake **(VE)** 40.9kcal
- Chocolate and caramel shortbread **(V)** 51.9kcal
- Jewelled fruit and seed **(V)(NGC)** 42.1kcal
- Chocolate and praline brownie **(V)(NGC)** 53kcal

Healthy Swaps

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

- Seasonal fruit platter **(VE)(NGC)** 80kcal
- Vegetable crudités with beetroot hummus **(VE)(NGC)** 259.3kcal
- Mixed fruit and seeds **(VE)(NGC)** 226.4kcal

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.

(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.

Freesia (fully VE and NGC menu)

- Tofu and coconut curry with roasted sweet potato **(VE)(NGC)** 604.4kcal
- Vegan jambalaya (bean stew), with roast green vegetable herb dressing **(VE)(NGC)** 586.4kcal
- Vegan chilli, steamed wild rice **(VE)(NGC)** 678.3kcal
- Squash and quinoa salad with balsamic dressing **(VE)(NGC)** 373.5kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Raspberry Bakewell with cream **(VE)(NGC)** 337kcal

Dahlia

- Roast pollock, tomato curry sauce and stir fry vegetables 675.8kcal
- Sweet and sour pork with egg fried rice 962.9kcal
- Bean sprout chow mein **(V)** 493.6kcal
- Broccoli, spinach, chilli coriander salad with wasabi dressing **(VE)(NGC)** 137.5kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Green tea mousse strawberry compote 579.4kcal

Primrose

- Pea, broad bean and mint gnocchi in feta cream sauce **(V)** 548.3kcal
- Herb crushed red mullet, roast fennel, red onion, and basil 462.5kcal
- Slow cooked shoulder of lamb, roast spiced chickpea salad, cucumber yoghurt and flatbread 774.9kcal
- Herb apricot grain salad **(VE)(NGC)** 417.3kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Tiramisu 279kcal

Daffodil

- Build your own falafel: tomato, onion, cucumber, flatbreads and selection of dips **(V)** 625kcal
- Buttermilk fried fish, skin on Parmentier potatoes, mushy peas tartar sauce 927kcal
- Caribbean chicken with rice and peas 688kcal
- Tomatoes, olives, red onion, peppers, herb and lemon salad **(VE)(NGC)** 212.2kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Lemon cured trifle 286kcal

Iris

- Poached trout, warm potato shallot and dill salad **(NGC)** 739.7kcal
- Chicken, mushroom, spinach, and parsley in cream mustard sauce with steamed rice 856.6kcal
- Aubergine parmigiana **(VE)(NGC)** 564.4kcal
- Roast courgette, pepper, and rocket salad **(VE)(NGC)** 282.9kcal
- Chef's salad **(VE)(NGC)** 86kcal
- Passionfruit cheesecake 336.99kcal

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.

Plant Based (fully VE and NGC)

- Crispy tofu with noodle salad (VE)(NGC) 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) 230.6kcal

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 338.6kcal
- Indian style cucumber salad 30.6kcal
- Gulab jamun, toasted pistachios, rose syrup 575kcal

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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 **2 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 | 629.9kcal*
- Slow cooked shallot and watercress salad (VE)(NGC) *cold | 231kcal*
- Jersey potato salad (VE)(NGC) *cold | 214.4kcal*
- Premium sausage rolls with pickle walnut *hot | 389.1kcal*
- Chicken liver parfait with caramelised red onion jam and sour dough *cold | 243.5kcal*
- Quiche *374.1kcal*
- Welsh rarebit (V) *ambient | 358.7kcal*
- Cornichons, pickled onions, piccalilli, Branston pickle and grain mustard mayonnaise *198.4kcal*

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 (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 | 436.7kcal*
- 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

- Calamari salad (NGC) *cold | 277.2kcal*
- 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 | 306kcal*
- Caprese salad (V)(NGC) *cold | 191.7kcal*
- Homemade focaccia garlic bread with tomato and roasted garlic dip (VE) *cold | 494.9kcal*
- Artisan bruschetta *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)(NCG) *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 from the below:

Plant Based

- Chana masala, courgette pakoras, coconut and coriander yoghurt (VE) 220.5kcal
- Roasted courgettes, whipped English burrata, basil oil, dried olives (VE)(NGC) 245kcal
- Vegetable paella, aioli (VE)(NGC) 443.3kcal
- Lemon and oregano marinated feta, bean, pea and mint salad (V) 432.5kcal
- Grilled aubergine and with garlic, parsley lemon and tabbouleh (VE) 307.1kcal
- Roast squash, red onion with tahini and zaatar (V)(NGC) 137.5kcal
- Super food salad, quinoa, spinach, roasted butternut squash, mung beans, alfalfa, mixed cress (VE)(NGC) 164.5kcal
- Mac and cheese (V) 638.8kcal

Fish

- Torched mackerel with pickled vegetables and salsa verde (NGC) 400.2kcal
- Fillet mullet with grilled spring onions, cucumber, confit tomatoes and sauce vierge 366.1kcal
- Harissa chalk stream trout niçoise 323.3kcal
- Smoked pollock fish cake (Cullen Skink), crushed peas, chive butter sauce 490.1kcal

Meat

- Ham hock and smoked cheddar croquettes 483.3kcal
- English mozzarella arancini, ragout sauce 782.7kcal
- Beef carpaccio with tarragon, roast grapes and mustard 352.2kcal
- Gochujang chicken with kimchi dressing, Asian vegetable salad 204.8kcal

Dessert

- Summer berry Eton mess (V)(NGC) 411.5kcal
- Whipped crème custard with berries (V)(NGC) 699.1kcal
- Citron tart (V) 552.7kcal
- Summer pudding with clotted cream 773.9kcal

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) 478.3kcal
- 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 Smoothies £3.50 pp

Our smoothies are a great addition to any event and are served in super **sustainable edible cups**

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

Hackney gelato £5.00

I scream, you scream, we all scream for ice cream! Enhance your break or summer reception with refreshing Hackney gelato, served in recyclable 100ml tabs. Flavours include Madagascan Vanilla (178kcal), Bronte Pistachio (189kcal), Dark Chocolate (226kcal), British Raspberry (119kcal), Sicilian Lemon (119kcal) (subject to availability)

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