



Day Delegate Packages

Spring / Summer 2025

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 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, bento box or bowl food lunch, and **replace your afternoon break refreshments with a glass of wine, beer or soft drink alternative** (one drink per person).

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



Refreshments and Lunch

Day Delegate Refreshments

Arrival Refreshments

Continental Breakfast

302kcal

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

Mid-morning break

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

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

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

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)(NGC)** 47kcal
- 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 and chef's salads, bread, butter and dessert.

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

Add ons

British cheese board by Paxton & Whitfield, £10.00pp
chutney and oat crackers (V) 286kcal

Primrose (fully VE and NGC menu)

- Chickpea, rainbow chard and tamarind coconut curry, basmati rice pilaf with golden raisins and almonds (VE)(NGC) 253kcal
- Middle Eastern aubergine with chickpea stew and baby spinach (VE)(NGC) 251kcal
- Red lentil dhal, spinach, tarka fried onions, charred okra and green chilli mint chutney (VE)(NGC) 272kcal
- Chopped kachumber salad, lime and chilli dressing (VE)(NGC) 16kcal
- Chilled coconut and mango rice pudding (VE)(NGC) 367kcal

Tulip

- White bean, pea and broad bean ragout, olive oil mash (VE)(NGC) 190kcal
- Seasonal fish pie, leeks, creamed potato, herb crumb 703kcal
- Coq au Vin, Cobble Lane pancetta, potato purée (NGC) (Contains trace alcohol content) 516kcal
- Raw and roasted Waste Knot beetroot salad, toasted seeds (VE)(NGC) 649kcal
- Fruit Vacherin (V)(NGC) 210kcal

Foxglove

- Miso-glazed aubergine, vegan feta, spiced granola (VE)(NGC) 416kcal
- Line-caught roasted cod fillet, white beans, parsley (NGC) 302kcal
- Slow cooked shoulder of lamb, roast spiced chickpea salad, cucumber yoghurt, flatbread 768kcal
- Smoked chilli honey roasted squash, chickpea and preserved lemon salad (VE)(NGC) 218kcal
- Lemon meringue (V) 398kcal

Daisy

- Ricotta tortellini, pea purée, mint and olive oil (V) 707kcal
- Grilled salmon fillet, broccoli, romesco sauce, gremolata (NGC) 365kcal
- H.G. Walter pork belly, chorizo stew and salsa verde (NGC) 564.4kcal
- Pea, broad bean and leeks salad with toasted buckwheat (VE)(NGC) 310kcal
- Rhubarb custard crumble (V) 290kcal

Daffodil

- Red Thai curry, squash, bamboo shoots, lime, and fragrant jasmine rice (VE) 300kcal
- Seared seabream, herbed lentils, braised fennel, green herb relish (NGC) 420kcal
- Cobble Lane nduja chicken thighs, La Latteria mozzarella bocconcini, tomato, pesto (NGC) 551kcal
- Roasted broccoli miso Caesar salad (VE) 220kcal
- Chocolate cremeux (V)(NGC) 299kcal

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 option.

Plant Based (fully VE and NGC)

- Crispy tofu with noodle salad **(VE)(NGC)** 330kcal
- Miso aubergine **(VE)(NGC)** 137kcal
- Roast sweet potatoes with a teriyaki glaze **(VE)(NGC)** 119kcal
- Coconut pannacotta, pineapple, chilli syrup **(VE)(NGC)** 283kcal

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

Meat bento

- Korean chicken 409kcal
- Kimchi **(VE)** 22kcal
- Sticky rice **(VE)** 121kcal
- Mango pudding with coconut **(VE)** 179kcal

Fish bento

- Miso cured trout, daikon slaw 112kcal
- Charred broccoli, chilli, ginger, and coriander **(VE)** 159kcal
- Sticky rice **(VE)** 121kcal
- Yuzu meringue tart **(V)** 145kcal

RCP bento

- Black pudding sausage roll, brown sauce 538.6kcal
- Duck parfait, port and red onion 488.2kcal
- Tomato, red onion and mint **(VE)** 17.3kcal
- Brownie, custard and raspberry **(V)** 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 **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 | 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 sour dough cold | 243.5kcal
- Quiche 349.1kcal
- Welsh rarebit **(V)** ambient | 361.2kcal
- Cornichons, pickled onions, piccalilli, Branston pickle and grain mustard mayonnaise 199kcal

Mediterranean

- Buffalo mozzarella with honey roasted figs **(NGC)** cold | 198kcal
- Sun blushed basil and tomato arancini **(V)** hot | 306.2kcal
- Artisan bruschetta **(VE)** ambient | 93.1kcal
- Kalamata olive straws with Parma ham cold | 329.1kcal
- Panzanella salad and marinated anchovies **(V)** cold | 236.5kcal
- Mixed olives and red roasted pepper **(VE)(NGC)** cold | 52.8kcal
- Thyme marinated oven dried tomatoes with black olives **(VE)(NGC)** cold | 58.5kcal

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

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

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

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Day Delegate Lunch

Sharing Boards

The London Larder (£2.50 supplement)

- 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
- British grown apple and sage sausage roll hot | 471.9kcal
- Sticky honey and mustard cocktail sausages hot | 297kcal
- Dips and fresh homemade bread (V)(NGC) cold | 492.7kcal
- Gherkins, pickled onions, piccalilli, Branston pickle and grain mustard mayonnaise cold | 199kcal
- Macerated tomato and red onion salad (VE)(NGC) cold | 72.1kcal

Cheese Board

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

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.

Networking Bowl Food Lunch

Please choose **4 options** from the below:

Plant Based

- Heritage tomato, salmorejo dressing, basil (VE) 124kcal
- English leeks, soft boiled egg, Old Winchester (V) 127kcal
- Coal-roasted heritage carrots, cherry molasses, toasted hazelnuts, crematta (V)(NGC) 297kcal
- Spring vegetable risotto, roasted tomato, basil oil (V)(NGC) 5575kcal
- Spiced aubergine salad, confit tomato, plant-based stracciatella, basil (VE)(NGC) 266kcal
- Salt baked beets, whipped London ricotta, chilli honey, toasted seeds (V)(NGC) 302kcal

Fish

- Charred Chalk Stream trout, crushed Jersey Royals, fennel (NGC) 220kcal
- Herb crusted hake, white beans, Cobble Lane chorizo 482kcal
- Confit Chalk Stream trout, broad beans, 262kcal
- H. Forman & Son London cured salmon, horseradish buttermilk, pickled cucumber, sea vegetables (NGC) 298kcal
- Torched mackerel, kohlrabi slaw, green apple, dill (NGC) 279kcal

Meat

- Miso pork cheeks, dressed leeks, green apple (NGC) 356kcal
- Cobble Lane coppa, ripe melon, balsamic pearls (NGC) 118kcal
- Buttermilk fried chicken, gochujang, rainbow slaw 465kcal
- Slow cooked lamb shoulder, aubergines, piquillo pepper, basil (NGC) 219kcal
- Duck, watermelon salad, cashew nuts 279kcal
- Cider braised ham hock, soft boiled egg, pea and watercress salad 654kcal

Dessert

- Dark chocolate pot, raspberries, vegan cream cheese (VE)(NGC) 397kcal
- Buttermilk pannacotta, blueberries (V) 467kcal
- Lemon posset, mixed berries, almond shortbread (V) 562kcal
- Gooseberry and elderflower crumble, crème anglaise (V) 416kcal
- Brownie and white chocolate mousse, salted caramel (V) 397kcal
- Brioche summer pudding open sandwich, vanilla ice cream (V) 305kcal

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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.

- Roasted Portobello mushroom and spinach bap, tomato and mushroom ketchup (VE) 471kcal
- 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 fraîche (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**. Examples include Super Green Smoothie (V)(NGC) and Banana Oat (V).

Seasonal soup £4.00 pp

Spring white bean minestrone, parmesan and basil oil (V) 150kcal

Soft Drinks £1.50 pp

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

Hackney gelato £5.00 pp

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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