



# Day Delegate Packages

Autumn / Winter 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 all-day conferences will often feel sluggish and tired as the day goes on. This in turn means concentration levels and focus can drop, especially after meals.

**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 **(V)** with fruit purée, maple syrup, pineapple and banana crunch granola **(VE)**  
*Vegan yoghurt available upon request*

## Mid-morning break

Fresh fruit bowl **(VE)** and chef's choice of one energising bite.

## Afternoon break

Chef's choice of **two** delicious loaf cake bites.

### 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.*

## Healthy Swaps

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

- Seasonal fruit platter **(VE)(NGC)** 80kcal
- Seasonal smoothies **(VE)(NGC)** 450kcal
- Banana bread **(V)** 326kcal
- Oat and blueberry muffin **(V)** 430kcal



(VE) Vegan (V) Vegetarian (NGC) Non Gluten Containing (DF) Dairy Free  
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, £11.00pp  
chutney and oat crackers (V) 286kcal

### Winter basil (fully VE and NGC menu)

- Tofu and bean sprout chow mein (VE)(NGC) 375kcal
- Kimchi and roasted seitan bibimbap (VE)(NGC) 300kcal
- Vegetable and cashew nut korma (VE)(NGC) 256kcal  
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- Buckwheat, pomegranate and feta salad (VE)(NGC) 350kcal  
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- Vegan chocolate orange mousse (VE)(NGC) 500kcal

## Ginger & thyme

- Sweet and sour tofu with pineapple, coconut sambal and crispy seaweed (VE)(NGC) 700kcal
- Roasted sea bass with teriyaki and stir fry noodles 600kcal
- Sweet and sour turkey, bok choy and special fried rice 535kcal  
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- Asian slaw with sesame and coriander (VE)(NGC) 350kcal  
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- Key lime pie (V) 440kcal

## Cardamom & coriander

- Jackfruit biryani with mango chutney (VE)(NGC) 500kcal
- Roasted sea bream with saag aloo and mint yogurt (NGC) 750kcal
- Butter chicken curry with pilau rice (NGC) 556kcal  
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- Lentil, chilli and curried cauliflower salad (VE)(NGC) 580kcal  
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- Coconut and mango cheesecake (V) 325kcal

## Sage & rosemary

- Baked Portobello mushroom, spinach and pesto gnocchi (VE) 598kcal
- Roasted salmon, pea and mint creamed orechiette 700kcal
- Triple cheese beef lasagne ~ 667kcal
- Tabbouleh, couscous salad (VE) ~ 210kcal
- Lemon and passionfruit tart (V) 400kcal

## Oregano & bay

- Pearl barley moussaka, roasted vegetables, herb dressing (VE) 572kcal
- Fish gratin, spinach, leek and peas (NGC) 562kcal
- Pulled pork gyros, flatbread, hummus (NGC bread available on request) 700kcal  
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- Greek salad, pomegranate molasses (VE)(NGC) 305kcal  
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- Orange posset, candied orange (V)(NGC) 246kcal

### 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 300 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.

### Garden Harvest (fully VE and NGC)

- Cherry tomato, black olive tapenade, whipped feta, basil oil **(VE)(NGC)** 481kcal
- Roasted courgettes, quinoa tabouleh, red pepper hummus, cherry molasses **(VE)(NGC)** 905kcal
- Beetroot tartare, capers, spring onions and cashew mayonnaise **(VE)(NGC)** 137kcal
- Beetroot tartare, capers, spring onions and cashew mayonnaise **(VE)(NGC)** 286kcal
- Poached pear, vanilla cheesecake mousse, almond crumble **(VE)(NGC)** 985kcal

### British Picnic

- Curried potato, spring onion, watercress and quail egg **(V)(NGC)** 300kcal
- Atlantic prawn, fennel, little gem and cocktail sauce **(NGC)** 254kcal
- Rare roasted beef, remoulade, cornichons and brioche croutons 810kcal
- Gooseberry and elderflower fool, sable biscuit **(V)** 470kcal

### Taste of Tokyo

- Teriyaki glazed shiitake mushrooms, vermicelli glass noodle salad **(V)** 413kcal
- Sesame and chilli cured salmon, seaweed salad, ponzu dressing 296kcal
- Chicken yakitori, pickled cucumbers and kimchi dressing 743kcal
- Coconut sticky rice, black sesame, mango and passion fruit syrup **(VE)(NGC)** 266kcal

### Sunset Feast

- Lime and smoked paprika corn ribs, whipped feta and hot sauce **(V)(NGC)** 181kcal
- Salmon ceviche, guacamole, sweet potato crisps **(NGC)** 355kcal
- Smoked chicken taco, chipotle roasted peppers, pico de gallo 470kcal
- Roasted pineapple, vanilla clotted cream, rum and raisin syrup **(V)(NGC)** 471kcal

### Spice Market

- Chickpea vegetable pakora, rainbow slaw, green chilli mint chutney **(VE)** 136kcal
- Bombay potato, grilled leek, spring onions and crispy shallot **(VE)** 334kcal
- Fregola, spiced roasted cauliflower, saffron, green olive and harissa **(VE)** 359kcal
- Coconut rice pudding, yellow raisin, cardamom and pistachio **(VE)(NGC)** 260kcal

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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.

### Sea and Share Board

- Gravadlax with shaved fennel salad, sweet mustard and dill **(NGC)** *cold | 270kcal*
- Prawn cocktail pots, baby gem, avocado purée **(NGC)** *cold | 322kcal*
- Hot smoked salmon pate with rye bread and pickle cucumber *cold | 304kcal*
- Open bagels with beetroot salmon, horseradish cream and watercress *cold | 224kcal*
- Salmon jerky **(NGC)** *cold | 100kcal*
- Sourdough bread **(VE)** *cold | 160kcal*
- Crackers and blinis **(VE)** *cold | 51kcal*

## Mezze Feast

- Butterbean hummus with griddle flat bread **(VE)** *cold | 595kcal*
- Spring onion and herb fritter with garlicky yogurt **(V)** *hot | 200kcal*
- Lamb kofta, pickle red onion and mint and cucumber *hot | 497kcal*
- Chopped tomato, cucumber, red onion salad **(VE)(NGC)** *cold | 100kcal*
- Chargrilled baby aubergine, feta and pomegranate **(NGC)** *cold | 290kcal*
- Roasted carrot with tahini **(VE)(NGC)** *cold | 146kcal*
- Pitta **(VE)** *cold | 145kcal*

## Grazing Board

- Selection of bread and crackers **(VE)** *cold | 67kcal*
- Baked cheese with chilli smoked jam **(V)(NGC)** *hot | 600kcal*
- Honey roast figs with whipped goat cheese **(V)(NGC)** *cold | 318kcal*
- Lemony artichoke, Cobble Lane cured meat **(NGC)** *cold | 366kcal*
- Mozzarella and Parma ham **(NGC)** *cold | 356kcal*
- Smoked mackerel with griddled toast and cress salad *cold | 452kcal*
- Spicy feta and pepper dip **(V)(NGC)** *cold | 70kcal*

## Italian Aperitivo

- Nduja sausage roll, roasted garlic and saffron aioli *hot | 531kcal*
- Bresola, grilled pear, rosemary and chilli honey dressing **(NGC)** *cold | 352kcal*
- Confit pepper and olive tapenade, cheese straws **(V)** *cold | 730kcal*
- Pan con tomate, basil and smoked Maldon salt **(V)** *cold | 232kcal*
- Roasted beetroot tzatziki, dill and smoked pimentón **(NGC)** *cold | 145kcal*
- Orzo pasta salad, feta cheese **(V)** *cold | 433kcal*
- Focaccia **(VE)** *cold | 250kcal*

## English Garden Lunch

- Honey and mustard roast ham, piccalilli and cornichons *cold | 247kcal*
- Caramelised onion, thyme, black olive and pissaladière **(V)** *hot | 500kcal*
- Savoury cheddar and cream cheese scones, chutney **(V)** *cold | 351kcal*
- Frittata, ricotta and mint **(V)(NGC)** *hot | 233kcal*
- New potato and spring onion salad **(VE)(NGC)** *cold | 249kcal*
- Coronation chicken and watercress slider **(NGC)** *hot | 182kcal*
- Marinated courgettes and sun blushed tomato, balsamic **(VE)(NGC)** *cold | 501kcal*

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# Day Delegate Lunch

## Sharing Boards

### Zen Garden Feast

- Potted miso salmon, black sesame and rainbow slaw **(NGC)** *cold | 600kcal*
- Katsu chicken sando, pickled cabbage, Kewpie curry mayo *hot | 788kcal*
- Pork and prawn scotch egg, tonkatsu sauce *hot | 300kcal*
- Smashed cucumber salad, chilli crunch oil **(V)(NGC)** *cold | 70kcal*
- Summer rolls, baby gem, satay sauce **(VE)** *cold | 149kcal*
- Marinated seaweed and beansprout salad **(VE)(NGC)** *cold | 179kcal*
- Spring cabbage kimchi **(NGC)** *cold | 30kcal*

## Networking Bowl Food Lunch

### Maximum 300 people

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

### Plant Based

- Jerusalem artichoke and wild mushroom ragout, olive oil mash, crispy kale **(VE)** *107kcal*
- Coal-roasted heritage carrots, pomegranate, toasted hazelnuts, crematta **(VE)** *297kcal*
- Squash risotto, pumpkin seed pesto, crispy sage **(V)** *228kcal*
- Salt baked beets, whipped London ricotta, chilli honey and toasted almonds **(V)** *302kcal*
- Chole chickpea curry, pickled red onion, coriander chutney, poppadums **(VE)** *278kcal*

### Fish

- Confit tuna, green olive, white bean, blood orange and parsley salad *311kcal*
- Grilled seabass, olive oil mash, sauce vierge *309kcal*
- Confit salmon, charred leeks, saffron sauce *309kcal*
- H. Forman & Son London cured salmon, horseradish buttermilk, pickled cucumber, sea vegetables **(NGC)** *298kcal*
- Prawn and coconut curry, Jasmine rice **(NGC)(DF)** *279kcal*

### Meat

- Roast pork belly, cannellini beans, pickled red cabbage **(NGC)(DF)** *838kcal*
- Rare roast beef, celeriac remoulade, pickled mushrooms **(NGC)(DF)** *247kcal*
- Buttermilk fried chicken, gochujang, rainbow slaw *465kcal*
- Sticky lamb neck, aubergine, pomegranate, crispy chickpeas, parsley *248kcal*
- Beef short rib, bone marrow crumb, koji mash, brassica slaw **(NGC)(DF)** *469kcal*

### Dessert

- Plant based pannacotta, apple and blackberry **(VE)(NGC)** *204kcal*
- Plant based tiramisu **(VE)** *374kcal*
- Poached quince, whipped London ricotta, fennel and pistachio biscotti **(V)** *157kcal*
- Spice pear and oat crumble, crème anglaise **(V)** *436kcal*
- Dark chocolate pot, candied almonds, London honey cream **(V)(NGC)** *460kcal*

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# Day Delegate Enhancements

# Package Add-Ons

## Fuel not Feed Breakfast £17.00 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*

## Working Rolls Breakfast £6.50 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 Break £4.75 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 Salads £21.00 pp

- Roasted butternut squash, fregola, dates, pomegranate molasses (VE) *82kcal*
- Bulgur wheat tabbouleh, roasted, chickpeas, peppers and harissa (VE) *300kcal*

## Seasonal Soups £4.25 pp

- Curried parsnip, leek and potato (VE)(NGC) *300kcal*
- Caramelised onion, croutons and smoked cheddar (V)(NGC) *300kcal*

## Soft Drinks £1.65 per item

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

## Seasonal Smoothies £4.20 pp

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

- Kale, spinach, mango and coconut milk (VE)(NGC) *168kcal*
- Coconut banana smoothie (V)(NGC) *359kcal*

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