



MINDFUL DAY DELEGATE PACKAGE 1

£45 + VAT PER PERSON

Welcome

Arrival tea and coffee

Flavoured water

Assorted flavours to include seasonal fruits

Mid-morning break

Homemade flapjacks

Buffet lunch

Salmon

Hot smoked salmon, seaweed, ginger and carrot, chia seeds

Chicken

Sumac roast chicken skewers, rice and peas

Beetroot (V)

Beetroot, quinoa, honey and lime salad

Green leaf salad (V)

Fresh garden herbs, extra olive oil dressing

Tomatoes (V)

Inca tomatoes with wasabi mayonnaise, toasted pine nuts

Afternoon break

Whole fruits

Package also includes:

Unlimited filtered still and sparkling water

Recycled paper and pens

Wi-Fi, flipchart, LCD projector and 6ft screen



READING FC CONFERENCE & EVENTS

MINDFUL DAY DELEGATE PACKAGE 2

£45 + VAT PER PERSON

Welcome

Arrival tea and coffee

Flavoured water

Assorted flavours to include seasonal fruits

Mid-morning break

Home baked cookies

Buffet lunch

Tuna nicoise salad

Free range eggs, light saffron mayonnaise

Chicken

Tandoori chicken thigh, sweet potato, red onions, roast green peppers, fresh red chillies

Cauliflower (V)

Fried cauliflower, charred corn, tomato and avocado, chipotle salsa, wholemeal wraps

Caesar salad (V)

Crisp leaf salad with Caesar dressing, croutons (served separately)

Tuscan bean cassoulet (V)

Potato gnocchi

Afternoon break

Whole fruits

Package also includes:

Unlimited filtered still and sparkling water

Recycled paper and pens

Wi-Fi, flipchart, LCD projector and 6ft screen



MINDFUL DAY DELEGATE PACKAGE 3

£45 + VAT PER PERSON

Welcome

Arrival tea and coffee

Flavoured water

Assorted flavours to include seasonal fruits

Mid-morning break

Homemade chocolate brownies

Buffet lunch

Prawn

Marinated prawn skewer, oriental noodle salad, light soy sauce

Beef

Local roast beef, broad beans, watercress, rocket, radish, smooth mustard dressing, assorted bread rolls – white, wholemeal, dark wheat and barley malt

Broccoli (V)

Broccoli, kale and bok choy, black sesame and sriracha dressing

Lentil (V)

Red lentil and potato stew

Quinoa (V)

Black rice and quinoa salad

Afternoon break

Whole fruits

Package also includes:

Unlimited filtered still and sparkling water

Recycled paper and pens

Wi-Fi, flipchart, LCD projector and 6ft screen



READING FC CONFERENCE & EVENTS

MINDFUL DAY DELEGATE PACKAGE 4

£45 + VAT PER PERSON

Welcome

Arrival tea and coffee

Flavoured water

Assorted flavours to include seasonal fruits

Mid-morning break

Homemade oat and raisin cookies

Buffet lunch

Prawn

Prawn skewers, roast tomato, orzo pasta and basil salad

Chicken

Pulled chicken, corn, tomatoes, spring onions, baby gem, yuzu yogurt dressing served on the side, whole wheat pitta breads

Tabbouleh (V)

Bulgar wheat salad with chopped herbs, onions, extra virgin olive oil, lemon juice

Curry (V)

Butternut squash, kale and chickpea massaman curry

Tomato (V)

Asian tomato and cucumber salad, Thai basil dressing

Afternoon break

Whole fruits

Package also includes:

Unlimited filtered still and sparkling water

Recycled paper and pens

Wi-Fi, flipchart, LCD projector and 6ft screen



MINDFUL DAY DELEGATE PACKAGE 5

£45 + VAT PER PERSON

Welcome

Arrival tea and coffee

Flavoured water

Assorted flavours to include seasonal fruits

Mid-morning break

Homemade fruit flapjacks

Buffet lunch

Salmon

Fingers of poached salmon, warm Parisian potatoes, radish, spinach and fresh herbs

Chicken

Sticky chicken, sweet 'n' sour vegetables

Rice (V)

Long grain rice, green chillies, coriander oil

Bean (V)

Black turtle bean salad with corn, red peppers, avocado, lime and parsley vinaigrette

Chickpea (V)

Chickpea, spinach and sweet potato stew, harissa oil dressing

Afternoon break

Whole fruits

Package also includes:

Unlimited filtered still and sparkling water

Recycled paper and pens

Wi-Fi, flipchart, LCD projector and 6ft screen