



## **READING FC CONFERENCE & EVENTS**

### **MINDFUL DAY DELEGATE PACKAGE 1**

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**£55 + VAT PER PERSON**

#### **Welcome**

Arrival tea and coffee

#### **Breakfast**

Orange soaked oats or yogurt pots

#### **Hydration station**

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

Dessert

Chocolate pots or fresh fruit platter with natural Greek yogurt pots

#### **Afternoon break**

Home bake

#### **Fruits and healthy pic and mix**

Whole fruits available all day

A selection of dried fruits, nuts, seeds and berries

#### **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**

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**£55 + VAT PER PERSON**

#### **Welcome**

Arrival tea and coffee

#### **Breakfast**

Orange soaked oats or yogurt pots

#### **Hydration station**

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

Dessert  
Chocolate pots or fresh fruit platter with natural Greek yogurt pots

#### **Afternoon break**

Home bake

#### **Fruits and healthy pic and mix**

Whole fruits available all day  
Selection of dried fruits, nuts, seeds and berries

#### **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 3**

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#### **£55 + VAT PER PERSON**

##### **Welcome**

Arrival tea and coffee

##### **Breakfast**

Orange soaked oats or yogurt pots

##### **Hydration station**

Assorted flavours to include seasonal fruits

##### **Mid-morning break**

Homeade 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 choi, black sesame and sriracha dressing

Lentil (V)

Red lentil and potato stew

Quinoa (V)

Black rice and quinoa salad

Dessert

Rice pudding with dried fruits, strawberry jam or fresh fruit with natural Greek yogurt

##### **Afternoon break**

Home bake

##### **Fruits and healthy pic and mix**

Whole fruits available all day

Selection of dried fruits, nuts, seeds and berries

##### **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

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#### **£55 + VAT PER PERSON**

##### **Welcome**

Arrival tea and coffee

##### **Breakfast**

Orange soaked oats or yogurt pots

##### **Hydration station**

Assorted flavours to include seasonal fruits

##### **Mid-morning break**

Home baked oat and rasin 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, wholemeat pitta breads

Tabbouleh (V)

Bulgur 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

Dessert (V)

Lemon posset with elderflower, homemade vanilla shortbread or fresh fruit platter with natural Greek yogurt

##### **Afternoon break**

Home bake

##### **Fruits and healthy pic and mix**

Whole fruits available all day

Selection of dried fruits, nuts, seeds and berries

##### **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 5**

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**£55 + VAT PER PERSON**

#### **Welcome**

Arrival tea and coffee

#### **Breakfast**

Orange soaked oats or yogurt pots

#### **Hydration station**

Assorted flavours to include seasonal fruits

#### **Mid-morning break**

Homeade 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

Dessert

Local tray bakes, made by our local bakers or fresh fruit platter with natural Greek yogurt

#### **Afternoon break**

Home bake

#### **Fruits and healthy pic and mix**

Whole fruits available all day

Selection of dried fruits, nuts, seeds and berries

#### **Package also includes:**

Unlimited filtered still and sparkling water

Recycled paper and pens

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