



READING FC CONFERENCE & EVENTS

MINDFUL DAY DELEGATE PACKAGE 1

£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

£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

£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

£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

£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