To kickstart your meeting programme, our ‘Energiser’ menu is specially designed to be low in sugar featuring foods that burn slowly and therefore keep sugar levels stable. This avoids highs and lows, delegates feeling tired after eating and ensures the nutritional needs of delegates are met to maximise their performance at an event.

*Our day delegate rate package includes:* Main meeting room hire equipped with data projector, screen, computer, PA system and technician for standard hours, and our healthy menu choice, using only the freshest ingredients.
# The Energiser Day Delegate Package

## Menu 1

### Kick-start
- Fresh and dried fruit
- Oatmeal and raisin cookie
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Invigorate
- Set lemon yoghurt pot with toasted almonds
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Recharge
- Whole wheat pasta salad with avocado and tomatoes
- Grilled Salmon skewer with pumpkin seeds
- Vegetable sticks with humous
- Chicken and mushroom whole wheat tart with fresh sage
- Mixed leaf salad with bulgur wheat and Quinoa
- Fresh fruit
- Lemon and Blueberry muffins

### Boost
- Banana and seed bread
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water

## Menu 2

### Kick-start
- Granola Bake
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Invigorate
- Mini Cranberry cinnamon bran muffin
- Mixed Berry smoothie
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Recharge
- Carrot and Orange soup with whole wheat bread
- Smoked Mackerel and Chickpea salad
- Oatcakes with roasted tomatoes and Lancashire cheese
- Mixed leaf salad with Couscous
- Roasted red pepper humous
- Yoghurt and granola parfait

### Boost
- Wholemeal scone
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water

## Menu 3

### Kick-start
- Fresh and dried fruit
- Lemon and poppy seed cookie
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Invigorate
- Red berry muffin
- Banana and strawberry smoothie
- Teas, coffee, orange juice, apple juice, cranberry juice, water

### Recharge
- Taboulegh salad
- Tuna and brown rice salad with lemon and chilli
- Oatcakes with cottage cheese and pineapple
- Oriental turkey sticks
- Mixed leaf salad
- Fresh fruit
- Apple bran muffins

### Boost
- Cranberry scone
- Fresh and dried fruit
- Teas, coffee, orange juice, apple juice, cranberry juice, water