



# The Energiser Day Delegate Package

So why not  
**ENERGISE** your meeting  
programme and take  
advantage of this special package  
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FROM **£34**  
plus VAT

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

Tabouleh 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

50

Minimum  
order

300

Maximum  
order

