





HEALTHY OPTIONS - BREAKS

Choose from our Healthy Options at breaks throughout the day to boost your productivity!

## Breakfast & Break Items

Clonakilty Black Pudding & Quinoa Frittata calories 215 | fat 11.7g | carb 14g | fibre 1.3g | protein 13g

Turmeric Charred Soda Farl, Smashed Avocado & Chilli Flakes calories 237 | fat 16.7g | carb 16.6g | fibre 4.4g | protein 3g

Chia Seed Low-Fat Porridge, Dates, Prunes & Soaked Orange Apricots calories 198 | fat 5.4g | carb 25.9g | fibre 5.9g | protein 8.5g

> Baked Egg 'En Cocotte' Gluten Free Soldiers calories 188 | fat 8.8g | carb 16.7g | fibre 1.7g | protein 9.5g

### Snacks

Spirulina Dusted Popcorn calories 259 | fat 14.4g | carb 23.7g | fibre 5.2g | protein 6g

Baked Courgette Chips calories 66 | fat 2g | carb 10.6g | fibre .93g | protein 1g

### Demonstration, Live & Interactive Stations

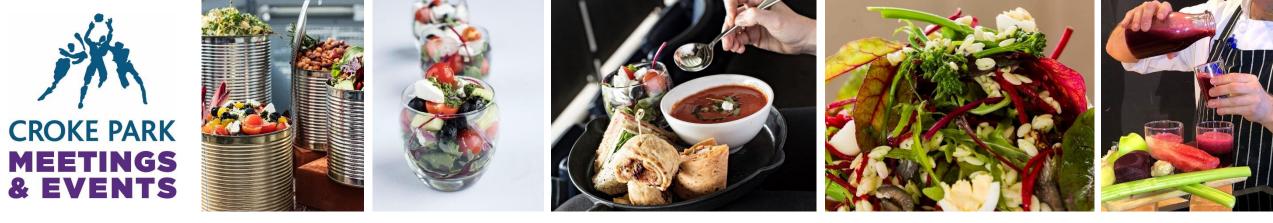
Blueberry Pancakes made with Coconut Flour, Toasted Coconut, Yoghurt & Honey calories 221 | fat 11.1g | carb 13.4g | fibre 11.1g | protein 11.2g

> Linseed French Toast with Vanilla & Peach Compote calories 177 | fat 6.4g | carb 16.7g | fibre 4.2g | protein 11g

> > Selection of Juices & Smoothies Chefs choice of seasonal produce

Creamy Coconut Horchata calories 277 | fat 3.5g | carb 55g | fibre 3.4g | protein 4.9g

Banana & Earl Grey Latte calories 64 | fat 1.1g | carb 12.2g | fibre .87g | protein .82g



# **HEALTHY OPTIONS - LUNCH**

To facilitate networkers and workaholics - take time out or work through lunch with these Healthy Options. Soup, sandwiches and a dish of your choice served with tea and coffee.

### Choose 1 Hot and 1 Cold Dish

### Selection of Wraps, Rolls, Malted Breads & Pretzel Rolls

Soup Selection - Choose One

Beef & Bone Marrow Broth calories 121 | fat 9.2g | carb 2.2g | fibre 0g | protein 7.4g

Chicken & Barley 'Cockaleekie' calories 157 | fat 3.6g | carb 23.5g | fibre 4.3g | protein 5.5g

Chunky Vegetable & Brown Rice Potage calories 131 | fat 1.4g | carb 15.3 | fibre 2g | protein 13.2g Hot Options Lentil Spiced Burritos, Chunky Guacamole calories 362 | fat 10.4g | carb 50g | fibre 10g | protein 11.3g

Cauliflower & Lentil Taco, Curried Mango Chutney calories 214 | fat 6.6g | carb 32.1g | fibre 1.9g | protein 5.5g

Wok Fried Rice with Chinese Five Spice, Chicken, Egg & Scallions calories 268 | fat 7.9g | carb 23.9g | fibre 2g | protein 24.3g

Cold Options Asian Peanut Slaw calories 207 | fat 14.6g | carb 6.2g | fibre 3.6g | protein 11.1g

Soba Noodles with Coriander & Cayenne calories 170 | fat 1.3g | carb 30g | fibre 3.2g | protein 8g

Roasted Beet & Quinoa, Toasted Walnuts calories 238 | fat 12.6g | carb 21g | fibre 3.4g | protein 8.4g **Bespoke Sandwich Selection** Varied dependant on chefs choice of seasonal produce

#### Dessert

Banana & Silken Tofu, Banana Chips calories 207 | fat 6g | carb 30.3g | fibre 1.3g | protein 7.1g

Peanut Butter, Cocoa & Avocado Mousse calories 215 | fat 11.7g | carb 14g | fibre 1.3g | protein 13g

Slow-Cooked Coconut Rice Pudding, Diced Mango calories 262 | fat 10.6g | carb 33.3g | fibre 4.4g | protein 5.9g

Gluten-Free Carrot-Cake, Mascarpone calories 284 | fat 9.7g | carb 45g | fibre 1.5g | protein 3.1g