

# Make it a **MINDFUL MEETING**

## Seasonal soups (Vegan)

served in a mug with rustic baked croutons, flavoured oils, condiments & toasted seeds

### OPTION A

#### Choose two salads -

- ✔ Market tomatoes, basil, pulled mozzarella & cold pressed olive oil
- ✔ Chargrilled seasonal vegetables, chickpeas & quinoa
- ✔ Coronation spiced rice & grains, sultanas, dried apricots & toasted almonds
- ✔ Butternut squash, lime yoghurt dressing
- ✔ Seasonal mixed leaves

#### Choose one protein -

- ✔ Herb marinated chargrilled chicken, roasted tomato & red pepper pesto
- ✔ Seared salmon skewers, white beans & salsa verde
- ✔ Shaved beef pastrami, celeriac slaw

#### Choose one vegetarian -

- ✔ Tempura aubergine, black sesame sauce, minted guacamole (Vegan)
- ✔ Sage & shallot tart, kale & toasted hazelnuts

#### Choose one accompaniment -

- ✔ Baked vegetable crisps, mixed olives
- ✔ Toasted pitta fingers, sweet potato houmous & za'atar
- ✔ Grilled rustic toasts, fresh tomato & lime salsa
- ✔ Rice cakes & munchy seeds

#### Choose one sweet -

- ✔ Seasonal whole and sliced fruit platter
- ✔ Palm sugar roasted fruits, coconut, lime & mint
- ✔ Vegan super dark chocolate brownie bites
- ✔ Planted pear, rosemary & ginger fidgets, pine nut crème
- ✔ Carrot cake bites

### OPTION B

#### Selection of hand cut wraps to include -

- ✔ Vegan bombay delight
- ✔ Duck & hoisin sauce
- ✔ British chicken fajita
- ✔ MSC tuna mayonnaise salad
- ✔ Sweet potato pakora, lemon salsa

#### Choose one protein -

- ✔ Marinated barbeque chicken skewers
- ✔ Sausage & Red Leicester roll
- ✔ Mini buttered chicken balti pies, mushy peas

#### Choose one vegetarian -

- ✔ Balsamic glazed goat's cheese & pine nut tartlet
- ✔ Vegetable daloon samosa & vegetable pakora, mango chutney

#### Choose one accompaniment -

- ✔ Hand cut cajun spiced tortilla chips, sweet chilli & salsa dips
- ✔ Lightly salted Tyrrells crisps & pretzel bites
- ✔ Cheese and chive puff pastry pin wheels
- ✔ Baked rustic tomato & basil focaccia

#### Choose one sweet -

- ✔ Seasonal whole and sliced fruit platter
- ✔ Mini choc chip muffins
- ✔ Vegan super dark chocolate brownie bites
- ✔ Glazed mini doughnut selection
- ✔ Selection of afternoon cakes

