



UPGRADE

Make it a
MINDFUL MEETING

CHOOSE ONE BREAKFAST OPTION FOR YOUR WHOLE GROUP

- Granola crunch bowl, Greek yoghurt, antioxidant - mixed berry fruit bowl
 - Selection of detoxing fruit smoothies
 - Assorted mini pastries (3 per person)
 - Mini wholemeal roll with bacon or thyme roasted field mushroom
 - Sourdough toast or gluten free seeded toast with butter, house spreads & peanut butter
- OR**
- Smoked salmon, smashed avocado, chilli, lemon (£4.50 per person + VAT supplement)

CHOOSE ONE MID MORNING SNACK FOR YOUR WHOLE GROUP

- Selection of nuts, seeds & dried fruits
- Whole seasonal fruit pick n mix
- Meredith & Drew assorted mini biscuit selection
- Tackle food waste handmade flapjack bars
- Lightly salted popcorn

CHOOSE ONE AFTERNOON SNACK FOR YOUR WHOLE GROUP

- Selection of nuts, seeds & dried fruits
- Whole seasonal fruit pick n mix
- Tackle food waste handmade flapjack bars
- Chocolate cookies
- Pick n mix sweets