

# 'Food for thought'

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## DDR MENUS

Introducing a new and healthy approach to meetings, these menus are designed to help maintain energy, concentration and focus. They do this by being full of protein (meat, fish & pulses), low GI foods (fibre rich foods, whole grains) and food rich in B vitamins (quinoa, nuts & seeds).

They also aim to help boost brain power, so include healthy fats (oily fish, olive oil), flavonoids (dark berries, dark chocolate), choline (chicken, salt water fish & legumes) and tyrosine rich foods (beef, green vegetables).



## MONDAY

### Arrival breakfast

Smashed avocado and poached egg on sourdough toast

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### Mid-morning coffee break

Baked oat cups with apple, cinnamon & walnut

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### Lunch

#### *Meat*

Chicken baked with smoked almond, lemon & thyme crust

#### *Fish*

Roast salmon & chickpea stew with tomatoes

#### *Vegetarian*

Heritage beetroot with stewed puy lentils, sprouting broccoli and tarragon pesto

#### *Side*

Roast squash with kale & pumpkin seeds

#### *Vegetarian salads*

Chickpeas with roasted vegetables & pumpkin seeds

#### *Meat or fish salad*

Cannellini beans with tuna, radishes and baby spinach

#### *Desserts*

Dark chocolate & blueberry pots

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### Afternoon coffee break

Pineapple, raspberry & banana smoothie with maca powder



*Brain boosting healthy fats*



*Rich in B vitamins  
for energy production*



*Flavonoids for  
enhancing memory*

If you have any dietary requirements or are concerned about food allergies, e.g nuts, you are invited to ask one of our team members for assistance.

Exactly like *nothing else*



*Maintain energy levels  
throughout the day*

## TUESDAY

### Arrival breakfast

Scrambled egg muffins with spring onion, tomato & basil

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### Mid-morning coffee break

Baked oat cups with carrot & sweet potato

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### Lunch

#### *Meat*

Slow-cooked beef with tomatoes and herb crème fraîche

#### *Fish*

Lightly cured cod fillet with pesto and French beans

#### *Vegetarian*

Ratatouille with goat's cheese, smoked almonds & wholewheat pasta

#### *Side*

Sweet potato & broccoli with walnuts

#### *Vegetarian salads*

Quinoa with peppers, tomatoes and basil

#### *Meat or fish salad*

Traditional Niçoise salad with poached salmon

#### *Desserts*

Matcha & yuzu panna cotta with blackberries

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### Afternoon coffee break

Carrot, apple, orange & ginger smoothie with chia seeds



*Great for brain  
health and focus*



*Enhancing memory*

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Exactly like *nothing else*

## WEDNESDAY

### Arrival breakfast

Spinach, feta & walnut shakshuka

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### Mid-morning coffee break

Baked oat cups with peanut butter & banana

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### Lunch

#### *Meat*

Grilled pork loin with leeks, hazelnut & shallot dressing

#### *Fish*

Sea bass fillets with green olives, orange, clams and basil

#### *Vegetarian*

Chickpea falafels with mint yoghurt

#### *Side*

Lightly braised swiss chard with sundried tomatoes

#### *Vegetarian salads*

Cucumber & melon salad with chia seeds and watercress

#### *Meat or fish salad*

Smoked mackerel with horseradish crème fraîche, beetroot and spinach

#### *Desserts*

Avocado & dark chocolate mousse with raspberries

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### Afternoon coffee break

Blueberry, almond milk, plum, spirulina and acai berry smoothie



*Protein rich for  
balanced blood sugar*



*Rich in B vitamins  
for energy production*



*Flavonoids for  
enhancing memory*

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Exactly like *nothing else*

## THURSDAY

### Arrival breakfast

Sweetcorn & courgette frittata with mint yoghurt

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### Mid-morning coffee break

Baked oat cups with blueberry & almond

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### Lunch

#### *Meat*

Lamb koftas with tzatziki and wholemeal pita bread

#### *Fish*

Hake braised in turmeric & kafir lime stock with edamame beans

#### *Vegetarian*

Moroccan vegetable tagine with herbs and kidney beans

#### *Side*

Cumin & coriander glazed carrots with pistachio crumble

#### *Vegetarian salads*

Mezze dishes – tabbouleh, baba ganoush and grilled haloumi cheese

#### *Meat or fish salad*

Prawns and squid with avocado, rocket and chilli

#### *Desserts*

Plum clafoutis with caramelised hazelnuts

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### Afternoon coffee break

Strawberry, mango, mint & maca smoothie with cocoa nibs



*Almonds - for increased dopamine production*



*Brain boosting*

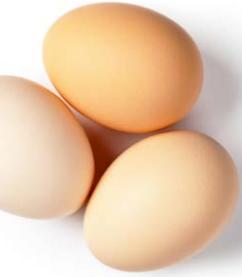


*Tyrosine rich*



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Exactly like *nothing else*



*Protein rich - slows down the absorption of carbohydrate (sugars) into the blood stream so sustaining energy levels.*



*Vitamin B rich*

## FRIDAY

### Arrival breakfast

Smoked salmon and scrambled egg

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### Mid-morning coffee break

Baked oat cups with orange, cranberry & hazelnut

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### Lunch

#### *Meat*

Grilled chicken breast with smoked-tomato chutney

#### *Fish*

Mackerel with sweetcorn & red onion salsa

#### *Vegetarian*

Black beans with tomato, avocado, coriander, feta and poached eggs

#### *Side*

Butternut squash chilli with wholegrain rice

#### *Vegetarian salads*

Sweetcorn and black-eyed peas with Mexican salsa

#### *Meat or fish salad*

Salmon ceviche with lime, tomato and flaxseeds

#### *Desserts*

Sweet potato brownie with pumpkin seeds

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### Afternoon coffee break

Kale, apple & cucumber smoothie with spirulina



*Fibre rich foods*

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