

Sandwich Platter...



A classic option to refuel, and keep you sharp and focussed throughout the rest of the day.

A selection of freshly made sandwiches on both white and wholemeal bread.
A variety of delicious seasonal fresh fruit.

Sandwiches & Salad...



This selection of delicious sandwiches and salads are made using only the freshest ingredients, and is a hearty and vibrant option for your meeting with us.

A selection of freshly made sandwiches on both white and wholemeal bread.
A variety of delicious seasonal fresh fruit.

Plus 1 of the following:

Super Greens and Seeds Salad (vegan)
Roasted Vegetable Pasta Salad (vegan)
Greek Salad (vegetarian)
Potato Salad (vegan)

Soup & Sandwiches...



A warming and hearty option for your visit.

A selection of freshly made sandwiches on both white and wholemeal bread.
A variety of delicious seasonal fresh fruit.

And 1 of the following soups:

Carrot and Coriander (vegan)
Pea and Ham
Leek and Potato (vegan)
Fresh Tomato (vegan)
Mexican Bean (vegan)
Chunky Minestrone (vegan)

Jacket Potato Lunch...



This includes a jacket potato per person and a side salad. Along with each individual's choice of filling:

Tuna Mayo
Cheese
Beans
Hummus

Healthy Buffet...



With something for everyone, this healthy buffet is a great balance of hot and cold dishes:

Super Greens and Seeds Salad (vegan)
Artisan Bread Selection
Delicious Seasonal Fresh Fruit

And choose 2 of the following:

Hummus and crudité's (vegan)
Hot lemon and honey chicken breast
Mini homemade fishcakes with tartare sauce
Sweet Potato and Bean Bites with tomato salsa (vegan)
Antipasti Platter
Smoked Salmon and Vegetable Crostini Platter



Hot Meals...



All of our balanced hot meal options are at least 3 of your 5 a day to keep your team full and alert.

Choose 2 of the following options:

Brain Food Scouse
Veggie Brain Food Scouse (vegan)
Spanish Sausage and Bean Stew
Fish Pie
Lasagne
Veggie Lasagne (vegetarian)
Chickpea and Vegetable Curry (vegan)

Signature Bakes...



If you truly want to indulge then why not order one of our signature bakes?

Dark Chocolate and Walnut Brownies

Lemon and Chia Seed cake

Brain Food Energy Bars



Teas & Coffees...



We have two wonderful drink options:

Standard Teas and Coffee

Premium Teas and Coffee

Our premium option includes our range of Brain ChariTEAS which are unique to us and our speciality coffees.

<u>Options</u>	<u>Prices per person</u>
Sandwich Platter	£3.95
Sandwiches and Salad	£4.50
Soup and Sandwiches	£4.95
Jacket Potato Lunch	£4.50
Healthy Buffet	£7.50
Hot Meals	£7.50
Signature Bakes	£5.95
Standard Teas and Coffees	Half Day: £1.70 Full Day: £2.75
Premium Teas and Coffees	Half Day: £2.00 Full Day: £4.50