



Sample Themed Breaks Menu

Make it Healthy – Arrival Break

Kick start your meeting by giving your delegates something good for their body and for their mind. Enjoy a selection of organic and healthy food that will leave all with a positive energy to begin the working day.

- Tea and coffee
- A selection box of dried fruit, nuts and seeds for each delegate
- Actimel
- Activia yoghurt

Make it Active – Mid Morning Break

Your mid morning breaks have been specially chosen to provide a slow release of energy to power you through the morning until lunch. Ensuring your delegates minds stay energised and focussed on the task at hand.

- Tea & coffee
- Daily changing selection of smoothies
- Fresh fruit kebabs

Make it Naughty – Afternoon Break

As your working day starts to draw to a close and you need that last burst of energy and concentration, give your delegates a tasty treat. The afternoon breaks are sure to be a crowd pleasure, with a section daily changing and freshly made cakes.

- Tea & coffee
- Daily changing cake i.e. rich fruit cake, chocolate fudge cake or Victoria sponge
- Selection of pick and mix sweets