

JOY MENU

A 5-course meal of joy

STARTER

Light, every day things that help you arrive, settle and feel human before you step into work

MAIN COURSE

The deeper, more substantial sources of joy that refill your emotional capacity

SIDE DISH

The things that don't take centre stage but make everything easier to carry

DESSERT

Moments of delight that feel indulgent, celebratory, or just for you

AFTER DINNER MINT

Tiny, bright moments that give you a quick lift when you need it most
