

# **refreshments and meeting energisers**

## **drinks**

sparkling & still water  
orange, cranberry & apple juices & carbonated soft drinks  
turmeric and ginger shots  
coffee, teas & infusions

## **meeting energizers**

crunchy peanut bites  
mini cacao and beetroot brownies,  
cranberry and goji bites  
peanut butter banana muffins  
medjool date and sunflower protein balls  
flaxseed and cinnamon protein balls  
tropical fruit and pumpkin seed flapjack

## **continental**

selection of mini croissants and danish pasties  
greek yogurt with hedgerow berries and granola pots  
smoked bacon and feta muffins  
orchard apple and cinnamon bircher  
blossom honey fruit salad skewers

## **breakfast rolls**

old spot pork and herb sausage brioche rolls  
grilled back bacon brioche roll  
free range egg omelette  
heritage tomato brioche roll  
smashed avocado, vegan feta with coriander cress  
sweet chilli oak smoked salmon and mascarpone bagel  
dill pickled cucumber roasted vegetable bruschetta  
beetroot houmous with rocket -accompanied with english mustard, tomato  
and brown sauces