





# DDR PACKAGES

2024

ROYAL ARMOURIES HALL AND NEW DOCK HALL





# £40.95 + VAT PER PERSON

Main Meeting Room Hire (8am – 5pm)

Dedicated Event Manager

Registration Refreshments – Tea, Coffee & Biscuits

1 Course Buffet Lunch with Tea & Coffee

Afternoon Refreshments – Tea, Coffee & Biscuits

Free Public Wi-Fi – Suitable for emails and light internet browsing only

# **REGISTRATION REFRESHMENTS**

# Tea, coffee and cookies 125 kcal 110

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

# Lunch

You can select from either our **Finger Buffet or Hot Buffet** for all your delegates.

Upgrade to bowl food for your delegates for £4.00 per person including tea and coffee



#### £49.95 + VAT PER PERSON

Main Meeting Room Hire (8am – 5pm)

Dedicated Event Manager

Registration Refreshments — Tea, Coffee, Fruit Juice, Mineral Water, Pastries or Fruit Skewers Mid-Morning Refreshments — Tea, Coffee & Cookies

2 Course Buffet Lunch with Tea & Coffee
Afternoon Refreshments — Tea, Coffee, Fruit
Juice, Mineral Water & Brownies or Fruit Skewers
Free Public Wi-Fi — Suitable for emails and light
internet browsing only

#### ARRIVAL REFRESHMENTS

# Tea & coffee 35 kcal ....

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

# Bakery basket 256 kcal \*\*\* Cal \*\*\*Cal \*\*\* Cal \*\*\*Cal \*\*\*Ca

A selection of freshly baked breakfast pastries

# Seasonal fresh fruit platter 56 kcal 1110

# Jugs of fresh fruit juices (per litre)

A choice of three juices: orange, apple, grapefruit, tomato, pineapple or cranberry

# **Spring water**

A choice of still or sparkling (750ml)

#### MID-MORNING REFRESHMENTS

# Tea, coffee and cookies 125 kcal III DI

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, freshly baked cookies

# Lunch

Select from either our Finger Buffet or Hot Buffet for all your delegates. Upgrade to bowl food for your delegates for £4.00 per person

#### AFTERNOON REFRESHMENTS

# Tea, coffee and brownie boards or fruit skewers

237 kcal 👊

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, farmhouse boards of brownie chunks in 3 different flavours

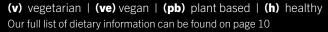
# **Jugs of fresh fruit juices (per litre)**

A choice of three juices: orange, apple, grapefruit, tomato, pineapple or cranberry

#### **Spring water**

A choice of still or sparkling (750ml)





# FINGER BUFFET

A selection of sandwiches, baguettes, bagles and wraps, all lavishly filled with our seasonal selection of meat, fish and vegetarian fillings

#### 2 courses

Including vegetarian option and dessert

#### **Light Bites**

Choose 4 items

- Goats cheese & red onion tart 404kcal IIIO
- Curried cauliflower florets 216kcal •••••
- Pea & mint tart with créme fraiche custard 269kcal ....
- Mediterranean vegetable & halloumi skewers 150kcal •••••
- Welsh rarebit with Yorkshire ale & cheddar cheese 83kcal •••
- Korean BBQ chicken wings 103kcal ....

- Mexican beef empanadas 456kcal .....
- Thai fishcakes 157kcal One
- Mini burger sliders 276kcal .....
- Mini pie selection 206kcal ....
- Prawn lemongrass skewer 16kcal .....
- Vegetable gyoza 79kcal 💵 🗰

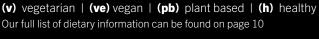
#### **Sweet tooth desserts**

- Chocolate and orange pots with sablé biscuit 211kcal ••••
- Selection of cupcakes 439kcal
- Millionaires shortbread 316kcal © •
- Healthy flapjack bars 225kcal 👊
- Seasonal fruit trifle 250kcal •• @••
- Chocolate eclair 163kcal
- Mini victoria sponge 136kcal 📵 💵
- Mille feuille 212kcal •••
- Seasonal fruit tarts 167kcal
- Cherry bakewell 159kcal ....









#### HOT BUFFET

Our Hot Fork Buffet is available with the choice of two mains from the farm, from the sea or from the field. It also includes one item from potato, pasta and rice, one seasonal salad from the salad patch, the choice of a dessert and comes with a selection of freshly baked breads.

#### 2 main courses

Including vegetarian option and dessert

#### From the farm

- Chicken fricassee with tarragon and mushroom 330kcal ••••
- Spicy Jamaican jerk chicken with scotch bonnet & coriander 456kcal
- Slow cooked lamb tagine with chickpea & apricot
- Beef bourguignon, bacon, onions & mushroom 756kcal •••••
- Beef goulash, tomato, pepper & coriander 242kcal .....
- Steak & ale pie with a short crust pastry 326kcal •••••
- Lamb hot pot, roasted root vegetables, sliced potato 349kcal ....

#### From the sea

- Prawn, cod & salmon fish pie topped with parsley mash 243kcal •••••
- Penang prawn curries with coconut
   & mixed peppers 271kcal
- Prawn, mussel, chorizo paella with parsley & saffron 369kcal ••••

#### From the field (v)

- Thai green vegetable curry with lime, coconut & chilli 171kcal 1811
- Roasted Mediterranean vegetables, penne pasta, black olive, shaved parmesan 239kcal
- Basil gnocchi, roasted cherry tomato, courgette & pesto cream 546kcal ••©••
- Forest mushroom stroganoff, pearl onions, paprika & gherkins 263kcal 1811

# Potato, pasta and rice (v)

- Fragrant jasmine rice (h) 121kcal •••••
- Buttered pilaff rice 272kcal ....
- Minted new potatoes (pb) 152kcal
- Garlic & thyme roasted potatoes (pb) 163kcal
- Dauphinoise potato with garlic & cream ••••
- Roasted root vegetables with honey & thyme (pb) •••
- Panache of green vegetables (pb) (h) 53kcal 1811
- Cauliflower cheese, Henderson's relish & Keen's cheddar 163kcal 1101

# From the vegetable patch (v)

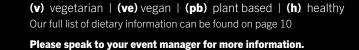
- Wild rocket, shaved parmesan balsamic dressing
- Bulgur wheat tabbouleh (h) 362kcal •• @••
- Vine tomato, basil, garlic, extra virgin olive oil **(pb) (h)**
- Heritage roasted carrots, toasted fennel seed, crème fraiche (h) 65kcal
- Red cabbage slaw, Thai green papaya, carrot, chilli lime dressing, crunchy peanut **(pb) (h)** 223kcal **(B)**

#### Sweet tooth desserts (v)

- Hand made seasonal fruit pies/tarts 169kcal ••••
- Home made chocolate brownie, fudge, peanut butter, double chocolate 237kcal
- Mini cheesecake selection 140kcal •• @••
- Carved fruit platter (pb) (h) 56kcal ....
- Chocolate & coconut lamingtons 250kcal •••







#### **BOWL FOOD**

# Please choose 4 options, including 1 vegetarian – upgrade for £4.00 per person

Allocation of 3 bowls per person

Add a dessert option – additional £4.00 per person

#### From the farm

- Cumberland sausage & mash, caramelised onion gravy 261kcal ••©••
- Pulled beef chilli con carne, buttered rice, sour cream & chive tortilla chips 590kcal •••••
- Slow cooked lamb shoulder shepherd's pie 381kcal .....
- Chicken & ham, pie puff pastry lid ......
- Moroccan lamb tagine, apricot & almond couscous 616kcal ••••
- Braised beef & mushroom in Guinness, bubble and squeak 324kcal •••••
- Lamb Massaman curry, potatoes, fragrant jasmine rice 424kcal .....
- Classic Caesar salad, crispy bacon, croutons, anchovies 402kcal ...
- New potato salad, pulled ham hock, mustard dressing 202kcal
- Coronation chicken, rice salad, yogurt dressing 368kcal ••••

#### From the sea

- Seafood paella, tiger prawns, chorizo, saffron rice 369kcal •••••
- Salmon, cod & prawn pie, parsley mash 243kcal .....
- Crispy cod goujons, chips, mushy peas 231kcal 101
- Squid ink risotto, crispy prawn 255kcal ......
- Italian fish stew, tomato & garlic bread 194kcal @•
- Smoked haddock, Welsh rarebit buttered leeks 192kcal 📵 👊

- Prawn cocktail, gem lettuce with bloody Mary sauce 40kcal •••••
- Poached salmon, asparagus, pickled cucumber, dill mayo 242kcal ••••

#### From the field (v)

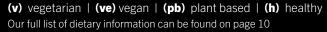
- Butternut squash risotto, sage & goats cheese
- Wild mushroom stroganoff, pearl onions gherkins buttery rice 202kcal •••••
- Macaroni cheese, truffle & tomato 163kcal ....
- Basil gnocchi, roast cherry tomatoes, pesto sauce 249kcal ••••
- Thai green vegetable curry, fragrant jasmine rice 171kcal 1811
- Roasted root vegetable hot pot (pb) 135kcal 1811
- Chinese leaf salad, lime dressing, toasted peanuts 64Kcal 1811

#### Sweet tooth desserts (v)

- Banoffee pot with banana, salted caramel 188kcal •••
- Lemon posset, shortbread biscuit, berry compote
- Coconut mousse, macerated pineapple, toasted meringue 191kcal 1101
- Dulcey chocolate panacotta, mango salsa 398kcal •• ••
- Eton mess, English strawberries 372kcal
- Milk chocolate cheesecake, Turkish delight, dacquoise biscuit 277kcal •••••









Our Mindful Menus have been designed to help fuel a productive session by ensuring blood sugar levels are maintained with nutrient dense foods that have a low Glycaemic index (low glycaemic index foods release energy slowly into the bloodstream, causing only minor changes in blood sugar levels, and help maintain balanced energy levels throughout the day).

Ways to be Well is an evidence-based health and wellness programme which aims to demystify conflicting advice surrounding nutrition, physical activity, sleep and mental health with scientific fact.

Our nutritionally designed menus have been developed with our Registered Nutritionist Luxey Dayanandan and Group Executive Chef Ian Human.

# COMMITTED TO THE PLANET

The seasonally changing menus have been created with the planet in mind to ensure they include sustainably and ethically sourced ingredients alongside a plant forward philosophy to fuel your conference and events.



#### £49.95 + VAT PER PERSON

The following menus have been designed to help fuel a productive session by maintaining balanced energy levels throughout the day and support performance from morning until night. Our nutritionally designed menus have been created by incorporating a holistic approach to nutrition and wellbeing with a focus on how they can support both physical and mental wellbeing

Ways to be Well is an evidence-based health and wellness programme. Our approach focuses on 10 core principals to help people to be 'nutritionally well', 'mentally and physically well' and 'responsibly well' in the belief that wellness in the 21st Century means working and living in ways that are better for our bodies, our minds and our planet.

- Main Meeting Room Hire (8am 5pm)
- Dedicated Event Manager
- Registration Refreshments
- Mid-Morning Refreshments
- 2 Course Buffet Lunch with Tea and Coffee
- Afternoon Refreshments
- Free Public Wi-Fi suitable for emails and light internet browsing only

#### ARRIVAL REFRESHMENTS

#### Tea & coffee 35kcal ....

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

# **Hydration station**

Please choose two from the following for flavours: (All our flavours contain only natural sugars)

- Apple, celery and dill
- Mango, chilli and mint
- Carrot, orange and lemon thyme
- Pomegranate, lime and ginger

Hydration is very important and key to a healthy, productive workforce, as even mild dehydration (1-2%) can reduce cognitive performance, affect co-ordination, reaction times, decision making and blood circulation.

#### MID-MORNING REFRESHMENTS

#### Tea & coffee 35kcal ....

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, freshly baked oat & granola bites

#### **Hydration station**

#### LUNCH

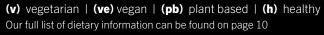
Select from either our finger buffet for all your delegates or upgrade to Hot Buffet for £2.95 per person

### AFTERNOON REFRESHMENTS

Tea, coffee and flapjack freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, apricot & seed flapjack

### **Hydration station**





# FINGER BUFFET

A range of sandwiches on offer centred around vegetables, beans and lentils which are a great source of protein and a good source of iron that helps contribute to a reduction of tiredness and fatigue.

# **Lower GI Sandwich Lunch**

- Chicken, bashed roasted carrots & garlic 403kcal ••••
- Coronation cauliflower 328kcal
- Bashed avocado, sprouted seeds, sun dried tomatoes 698kcal 📵 🕦
- Split pea hummus, beetroot & pear 311kcal

#### **Salads**

- Carrot, cabbage, ginger & chilli salad 65kcal
- Smoked quinoa with kimchi & green herbs 112kcal

#### **Dessert**

- Fresh fruit pots 25kcal

# FORK BUFFET

Select two meat options and one vegetarian option

- Indian chickpea, radicchio, toasted almond, spinach & coriander (v) 187kcal •••••
- Mushroom, EPA and celeriac stew (v) 377kcal 1811
- Beetroot, bean and pumpkin seed curry (v) 287kcal
- Chunky beef chilli 403kcal .....
- Lamb tagine 867kcal
- Cornflake chicken, mango salsa & sweet potato 403kcal 👊 🗓
- Pork shoulder, cider, roast apple and celeriac stew 386kcal ••••

#### **Dessert**

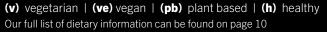
Fresh fruit pots 25kcal and or fresh berries & vanilla crème anglaise 72kcal and











# ALLERGEN

# Do you have a food allergy or intolerance?

We provide allergen information on the 14 major allergens. Please speak with your Event Manager and details of allergens in any of our dishes can be provided for your consideration.

At your event there will be an Allergen Folder located at all buffet stations on your event catering floor to make delegates aware of all allergens contained in your chosen menu and help them make an informed decision.

# **Allergen Information**

Please note, as with every catering establishment, there is always a potential for cross-contamination to occur. While we endeavour to prevent this as far as possible, the nature of an allergen means we cannot fully guarantee that cross-contamination may not have occurred. We encourage our customers with food allergies and intolerances to let our staff know so we can better cater for them. We are happy to provide further detail on ingredients and how they were handled to allow you make an informed decision as to whether or not the food is suitable for you.

Cereals containing gluten

Nuts

Crustaceans

Eggs Mustard

Celery

Fish

Sesame seeds

Peanuts

Sulphur dioxide & sulphites

Soya beans Lupin

Milk

Molluscs

If you have any concerns, please speak to a member of staff.

