

Eatwell Breakfast

Chocolate Quinoa Cereal
Bircher Oats, Apple & Raspberries
Granola Yogurt Pot
Boiled Egg & Spinach
Fresh Sliced Fruits
Tea, Coffee & Fruit Juices

Eatwell Morning Break

Tea And Coffee
Berry Smoothie Shots
Roasted Whole Almonds
Nut & Oat Bars

Eatwell Afternoon Break

Tea & Coffee
Carrot Cake
Spicy Roasted Chick Peas
Dried Apricots Mixed With Dark Chocolate

Eatwell Lunch

Sourdough Granary Sandwiches

Squash, Rocket, Sundried Tomato
Chicken, Lollo Rosso & Avocado
Feta Cheese, Spinach & Olive

Salads

Sweet & Sourcucumber
Roasted Vegetable & Feta Cous Cous
Beetroot, Shallot & Toasted Pumpkin

Protein

Chicken & Red Onion Skewers
Pesto Salmon Skewers

Soft Drinks

Selection of San Pellegrino
Sparkling Fruit Flavours
Superfood (Apple/Mint/Spinach/Banana)
Raspberry & Strawberry

Vegetable Crisps

Carrot/Parsnips/Beetroot

