



WAYS  
TO BE  
WELL

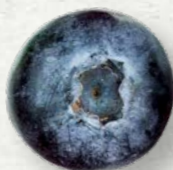
MINDFUL MEETINGS

*Welcome to our*  
**MINDFUL  
MEETINGS**

ENHANCE YOUR DELEGATES  
EXPERIENCE WITH OUR  
MINDFUL MENUS

Choose our iconic venues to make a statement about your event for meetings, conferences and team build events, the ways to be well programme can enhance your delegates well being whilst delivering your strategic goals for your event

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

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 Executive Chef Ian Human.

## Good for you GOOD FOR 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.

How our Ways to be Well Day Delegate Packages support your CSR objectives:

- With a plants-forward menu that prioritises local sourcing, and a commitment to sustainably sourced meat and fish, we reduce our carbon footprint and support more biodiverse agriculture.
- We are also committed to promoting:
  - Reusable and sustainable packaging
  - Biodiversity within our menus
  - Traceability of our ingredients and sourcing
- Working with social enterprises that support the communities we inhabit.



## MINDFUL MENU *Event Packages*

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.





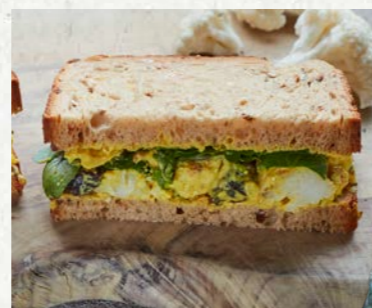
# Ways to be Well LUNCH

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

Choose a selection of three sandwiches, all served on whole grain baguettes

- Bashed Avocado, Sprouted Seeds, Sun Dried
- Coronation Cauliflower with almonds, sultanas and coriander
- Split Pea Hummus, Beetroot & Pear
- Bashed Chickpeas, Pickled Red Onions & Rocket
- Merguez Squash, Chicken, Mint Yoghurt
- Beetroot Hummus, Roasted Onions & Pickled
- Bashed Avocado, Toasted Seeds & Watercress
- Chicken, Bashed Roasted Carrots & Garlic
- Curried Egg, Toasted Seeds, Green Herbs
- Carrot Hummus, Roast Beets, Spring Onions



# Hearty and Happy SOUPS

Choose one of these delicious soups to accompany your sandwich lunch

- Squash, Lentil & Tomato
- Chunky Leek, Potato & Thyme Soup
- Mushroom, Spelt & Jerusalem Artichoke
- Tomato, English Beans & Chilli
- Creamy Celeriac & Watercress Soup
- Carrot, Orange & Nigella with Preserved Lemon
- Curried Parsnip with Dill Yoghurt
- Carrot Hummus, Roast Beets, Spring Onions





## Nourishing protein + SALAD LUNCH

A healthy alternative to a sandwich lunch option that is high in protein to help support a healthy gut and keep you fuelled throughout the day. Please choose your protein from below, this will be accompanied by three different seasonal salads:

### PROTEINS

- Chargrilled Cumbrian chicken breast, sumac and coriander
- Fillet of Scottish salmon, dill and lemon
- Charred halloumi, pomegranate and mint

### SEASONAL SALADS

- Carrot, cabbage, ginger & chilli salad
- Smoked Quinoa with Kimchi & Green Herbs
- Peppery Leaves with Tamari Pumpkin Seeds

- Spelt, English lentil, Celeriac & Pears
- Baby gem, radish, orange and spinach
- Barley, courgette and rocket pesto salad
- Broccoli, chilli, garlic and toasted pumpkin seeds
- Cabbage, date, orange and chervil salad
- Carrots, beets and spring onions
- Dress English Haricot beans, chilli, coriander, red onions and lime



## Heart warming and healthy MAIN COURSE

*Our hot food offer served with sourdough bread and unsalted organic butter*

- Beetroot, bean and pumpkin seed curry
- Chickpeas with spinach, cumin and tomatoes
- Chunky beef chilli
- Curried, parsnips, potatoes and chard
- Lamb Tagine
- Mushroom, EPA and celeriac stew
- Squash and chickpea stew
- Pork shoulder, cider, roast apple and celeriac stew
- River cottage kedgeree

A delicious selection of hot dishes, ranging from high protein, fibre packed options with seasonal produce.





# HYDRATION *Station*

## KILNER JAR ENOUGH FOR 15-20 GLASSES

Please choose 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.



# Mindful DRINKS

## NON-ALCOHOLIC FIZZ

Serving real Kombucha

The non-alcoholic alternative to sparkling wine.

Champagne bottles served in champagne flutes.

A couple of options for some mindful drinks that are delicious alternatives to alcohol, using kombucha.



## MINDFUL COCKTAILS

Served using REAL Kombucha + natural ingredients + low in sugar

Three cocktail options to be made fresh





# Beautiful BREAKFASTS

A selection of both hot and cold options, a mix of classic recipes to kick start your day with some wholesome wholegrains with our Muesli and Porridge bowls, served with a variety of fruit and topped with some toasted seeds full of good fats that can help support brain health and keep you fuelled through the morning.

## BREAKFAST

- Roast apples & Pears with Yoghurt
- Fruit & Veg & Mix Seed Salad
- Wholegrain Pancakes with Fruit & Honey
- Mixed Fruit Compote with Cashew Cream
- Overnight English Muesli with Toasted Seeds
- Grain Porridge with Raisins, Camelina, Chia

## SMOOTHIES

A variety of fruit and veg smoothies with plant-based milks, nuts and wholesome oats.

- Almond, Pear & Cacao Smoothie
- Plum, Carrot & Apple Smoothie
- Berry & Beetroot Thickie



# MORNING *and* AFTERNOON TREATS

Our mindfully portioned snacking range includes a variety of home bakes. A combination of wholegrains, dried fruit, and nuts and seeds full of good fats, vitamins and minerals that can help support our brain health and are lower in saturated fat, salt and sugar.

Fuelling the body with these options are a great way to fuel the body and mind with nutrients throughout the working day.

- Honey, rye & date flapjacks
- Orange, blueberry & polenta bites
- Date, cranberry and linseed energy balls with toasted nuts
- Jumbo oat, apricot & almond bar
- Hazelnut, goji berry & oat energy bar
- Pineapple, cashew and coconut energy balls

Nuts and seeds contain several minerals such as calcium that contributes to the maintenance of normal bones, zinc that contributes to normal cognitive function and selenium that plays a role in the normal function of the immune system.



# Enhance your event WITH ONE OF OUR MINDFUL TEAM BUILDING

## LUNCH & LEARN SESSIONS WITH REGISTERED NUTRITIONIST LUXEY DAYANANDAN

Luxe is a Registered Nutritionist, having graduated from Kings College London with a BSc (Hons) in Nutrition, she has over 10 years' experience in the food industry with a focus on developing healthy recipes, food labelling and delivering nutrition education. She oversees the wellness programme and works with the culinary teams to ensure the menus offered are nutritionally balanced.

Luxe can deliver virtual or in person sessions to delegates on several topics from food and mood and how what we eat can influence our physical and mental health through to how to fuel your body for productivity to gut health and so on. Perhaps a wellness talks to start the day with a 10 min quick session on how to fuel for productivity to make delegates aware of hydration and eating well can help with performance and concentration. Sessions can be interactive with lunch and learns with Luxey and our Chefs with delegates to explain the food offer and the nutritional benefits of the menus.

One to one sessions could be arranged for delegates to have a short 10-15min consultation with Luxey to explore their own health and wellbeing goals.

Mindful sessions can be delivered to delegates to transform conventional conferences and events into more engaging and productive sessions that can truly benefit their wellbeing.



## YOGA WITH FELICITY WOOD



Felicity has been teaching Yoga since 2014 and is experienced in teaching Beginners, Hatha Yoga, Vinyasa Flow, Pregnancy and Postnatal, Restorative and Childrens Yoga in addition to breathing and meditation. In 2018, she completed the triyoga 300-hour Advanced Teacher Training Programme with senior teachers Anna Ashby and Jean Hall. She then went on to complete an additional 300 hours of training in Vinyasa Flow Yoga with Jason Crandell, which she completed in April 2020. She's now qualified as a Yoga Alliance 500-hour certified teacher.

Felicity can host a variety of sessions to help delegates release tension and reenergise, whilst building strength and flexibility, followed by a guided meditation to focus the mind and help support their productivity and concentration throughout the day. All her sessions are suitable for all levels of experience and can be hosted outdoors to use nature to connect people to take a break from the conventional conferences settings which has been proven to really fuel productivity and performance.

PACKAGES	DETAILS	PRICE	TIME
Online Yoga & Meditation class	A livestreamed class can include yoga, breathing and meditation according to your requirements. Yoga stretching and mindful movement will release tension and reenergise, and breathing and meditation will calm and focus the mind. This class is suitable for all levels of experience, including beginners. Participants will need a mat if yoga is included.	£60	30 mins
		£135	75 mins
In person Wellness Yoga morning	This two-hour session is the ideal way to allow you to reconnect with your body and mind, to help you to feel good in your body, to relax and to focus your mind. The yoga will release tension and reenergise, whilst building strength and flexibility, and guided meditation will calm and focus the mind. This session is suitable for all levels of experience, including beginners. Participants will need a yoga mat.	£500	2 hrs

## OTHER ADD ON'S UTILISING OUR SUPPLIERS IN THIS SPACE FOR HEALTH AND WELLBEING:

- Kombucha tasting with Real Kombucha
- Cocktail session with Seedlip, Gimber and Acorn non-alcoholic mindful drinking workshops
- Tea tasting and pairing session with Rare Tea
- Fermentation workshop with our Exec chefs; learn to make kimchi



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As a Registered Nutritionist, it is very exciting to work on a programme that successfully brings together years of scientific evidence on nutrition, food and lifestyle and be able to offer this to our guests to help support both their physical and mental health.

**LUXEY DAYANANDAN**  
HEAD OF WELLNESS & NUTRITION, RA



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Our menus will always be fresh with ethically sourced ingredients, whilst utilising a wide range of nutrient dense vegetables and unrefined heritage grains, nuts and pulses.

**IAN HUMAN**  
EXECUTIVE CHEF, RA GROUP

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