

# BRAINFOOD



## BRAINFOOD

Brainfood is a new offering developed by the chefs at Egan Hospitality for meetings and conference guests.

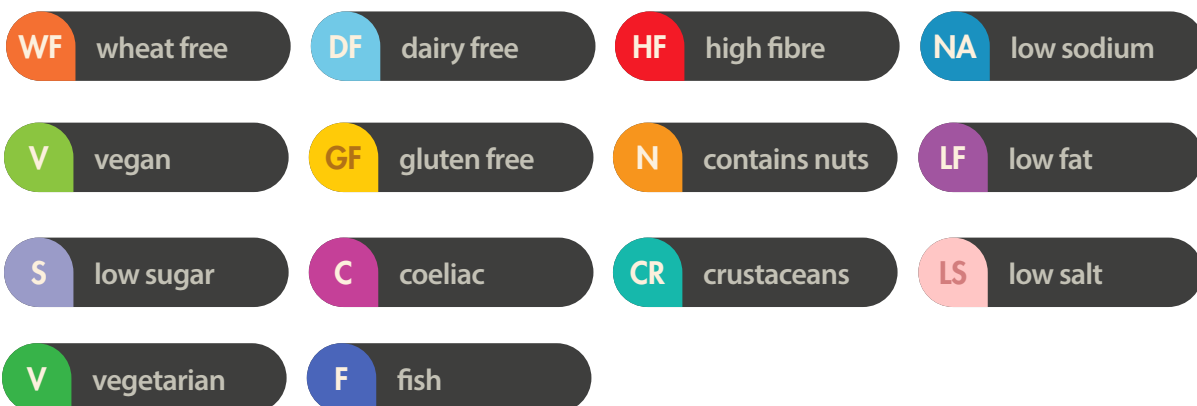
Our Brain food menu offerings ensure guests and delegates are focused at all times during conference meetings.

### Brain Food Practices the following 8 main principles:

1. Plenty of oily fish with omega 3, whole grain products, fruits and vegetables
2. Primarily fresh, locally sourced foods
3. Pure ingredients, with minimal processing
4. Less meat with never more than 10% fat content
5. Free range chicken products
6. Focus on delicious taste and healthy options
7. Natural sweetening with no more than 10% sugar

### Allergen & lifestyle Symbols

- Nutrient and calorie values are estimates only, variations may occur due to product availability and food preparation
- It is recommended that women consume 2000 calories and men 2500 calories daily.
- A person's nutritional requirements will vary depending on the number of factors such as activity levels, age and health
- All menus are marked with the following symbols for clarity for any guest with dietary or religious requirements.



NB Organic products will be used where possible and in the line with costings provided. Allergen and lifestyle symbols will be printed on each event menu, clients will be advised in advance by way of menu chosen.

# BRAINFOOD

## Arrival Coffee Break

Freshly Brewed Tea & Coffee, Selection of Herbal Teas and Infusions, Low Fat Milk and Gluten Free Scones

## Mid Morning Break

Freshly Brewed Tea & Coffee, Selection of Herbal Teas and Infusions, Low Fat Milk, Fruit Juices, Seasonal Fruit, Gluten Free Muffins and mini Muffins, Low Fat Yogurt with Fruit Compote and GHranola Mini Pots

## Afternoon Break

Freshly Brewed Tea & Coffee, Selection of Herbal Teas and Infusions, Low Fat Milk, Fruit Juices, Seasonal Traditional Home-style Cake Slice, Homemade Low Fat Smoothie Shots

## Continental Breakfast Buffet

Freshly Brewed Tea / Coffee with Low Fat Milk and Orange Juice

Still / Sparkling Water / Flavoured Mineral Water

Sliced Cucumbers, Tomatoes and Peppers

Selection of Local Continental Meats

Smoked Salmon

Cahills Farmhouse Mature Cheddar Cheeses and Low Fat Brie / Cheese Biscuits

Selection of Freshly Baked Bread including Whole Grain and Soda Grapes, Dried Apricots and Dates

## Additional Break Options

Homemade Cookies, Danish Pastries, Scones, Mini Chocolate Chip Muffins, Mini Blueberry Muffins, Brownies, Cupcakes, Waffles and Maple Syrup, Homemade Low Fat Smoothie Shots

Hazel Nuts and Walnuts

Sunflower and Pumpkin Seeds

Prune and Berry Compote

Freshly cut Pineapples and Water Melon

Low Fat Natural Yogurt with Granola

Low Fat Smoothie

Nutella

Low Fat Dairy Spread



# BRAINFOOD - LIGHT LUNCH

## **Brain Food Menu A**

Homemade Soup of the Day

Selection of Freshly made Sandwiches -  
including Five different Breads and Fillings

Selection of mini Desserts

Seasonal Fruit

Freshly Brewed Tea / Coffee Selection of  
Herbal Teas, Infusions and Iced Water



## **Brain Food Menu B**

Homemade Soup of the Day

Selection of Freshly made Sandwiches -  
including Five different Breads and Fillings

2 x Chefs Hot Finger Food Buffet Dish of the Day

Selection of mini Desserts

Seasonal Fruit

Freshly Brewed Tea / Coffee Selection of  
Herbal Teas, Infusions and Iced Water

## **Brain Food Menu C**

Homemade Soup of the Day

Selection of Freshly made Sandwiches -  
including Five different Breads and Fillings

Selection of Seasonal Salads

Selection of Local and Continental Cold Cuts

4 x Chefs Hot Finger Food Buffet Dish of the Day

Selection of mini Desserts

Seasonal Fruit

Freshly Brewed Tea / Coffee Selection of  
Herbal Teas, Infusions and Iced Water