

Inspired By You

Included in your day delegate rate.
Individual prices for breaks and lunches available on request.

Morning break-Choose 3 from the following...

Strawberry and Greek yoghurt breakfast bowl
with strawberry and maple granola

Gluten free power bars

Lowry bespoke breakfast Danish pastries

Cinnamon doughnuts
With white chocolate sauce and toffee (Free from: Nuts)

Lunch

Choose 1 from the following...

Lobster mac and cheese mini slider
With bloody Mary dressing

Chefs selection of wholegrain sandwiches and wholemeal wraps
(Dairy, Nuts, Gluten & Vegan can be made available upon request.)

Choose 2 from the following...

Thai green chicken curry kebab
With coriander, charred lime and lemongrass
(Free from: Gluten, Dairy & Nuts)

Toasted nachos
With black beans, guacamole, tomato salsa, jalapeño, vegan queso "cheese"
(Vegan. Free from: Dairy & Nuts)

Moroccan spiced chicken thighs
With radish, watermelon and honey dressing
(Free from: Gluten, Dairy & Nuts)

Choose 2 from the following...

Banana and chocolate flapjacks (Vegan. Free from: Nuts)

Carrot and walnut cake with vanilla frosting
(Free from: Gluten & Dairy)

Open raspberry and clotted cream scones (Free from: Nuts)

Treacle and apple tart (Vegan. Free from: Dairy)

Mid-afternoon break- choose 3 from the following ...

Selection of whole fruits (Vegan. Free from: Gluten, Dairy & Nuts)

Maple and bacon popcorn (Free from: Gluten, Dairy & Nuts)

Mini pretzels
With cottage cheese and chilli dip (Free from: Nuts)

Rocky road
With marshmallow and honeycomb

We cannot guarantee the absence of traces of nuts or other allergens.
Please advise a member of staff if you have any particular dietary requirements.

Mid-morning break- Choose 3 from the following...

Cherry and almond Bakewell slice

Sultana and ginger cookies (Free from: Dairy & Nuts)

Green juice shot
Made with kale, cucumber, almond milk and maple syrup
(Vegan. Free from: Gluten & Dairy)

Iced mocha frappe (Free from: Gluten & Nuts)

Choose 3 from the following...

Saffron potato salad
With Kalamata olive, roasted beetroot, confit tomato and compressed cucumber (Vegan. Free from: Gluten, Dairy & Nuts)

Cured and lightly poached Scottis salmon
With grilled globe artichokes, pomegranate and asparagus salad, linseed crackers and horseradish sauce
(Free from: Gluten, Dairy & Nuts)

The Lowry bean burrito salad
With mixed beans, quinoa, avocado, crushed tortilla crisps, red chillies and coriander (Vegan. Free from: Dairy & Nuts)

Rosemary roasted butternut squash
With papaya, watercress, pumpkin seed and dried cranberry
(Vegan. Free from: Gluten, Dairy & Nuts)

Greek salad
With feta cheese, Kalamata olives, confit tomatoes, red onion with olive oil and balsamic dressing (Free from: Gluten & Nuts)

Crunchy satay salad
Topped with cashew, orange and spring onion
(Vegan. Free from: Gluten & Dairy)

Mumbai salad
With chickpea, puy lentil, cilantro, mint and lime chutney
(Vegan. Free from: Gluten, Dairy & Nuts)

All prices are inclusive of VAT.