BREAKFAST

ENERGY BAR
with oats, seeds & dried fruit

STRAWBERRY CHEESECAKE OVERNIGHT OATS
with natural yoghurt

MEXICAN OMELETTE TACO
with black beans, guacamole & salsa



SMOOTHIE STATION

TROPICAL SMOOTHIE
passion fruit, pineapple & mango

BERRY SMOOTHIE
strawberry, raspberry & blackberry

GREEN SMOOTHIE
mango, spinach & kale



LUNCH



PIZZA BAGEL
with mushrooms & bacon

TUNA POKE BOWL
with rice, edamame beans, carrot, cucumber & sweetcorn

POSH POT NOODLE
chicken & vegetables in a miso broth

LOADED SPANISH POTATOES
with spinach, chicken & chorizo

SALMON & BROCCOLI PASTA
in a light cream cheese sauce

GREEK CHICKEN WRAP
with chips, salad & tzatziki

SWEET POTATO WEDGES & CHILLI CON CARNE
topped with guacamole



Source of iodine which supports cognitive function

Includes a range of B vitamins, important for psychological wellbeing

High in vitamin C to support the nervous system

High in iron, potassium and copper

Source of DHA – an omega-3 fat needed for brain function

High in 11 key brain nutrients!