



## **Conference Healthy Buffet Options**

### **Breakfast Selection on arrival with Tea, Coffee**

Overnight oats

Fresh fruit salad

Natural yoghurt

Greek yoghurt with honey

Homemade granola bars

### **Mid-morning or Afternoon Tea/Coffee Break (choose one)**

Toasted oat clusters

Mini banana muffins

Hazelnut and raisin flapjacks

### **Buffet Lunch**

5 bean salad

Caesar salad

Gazpacho soup- shots

Roasted vegetable kebabs

Chicken Satay

Selection of open sandwiches served on flat and rye bread

Stuffed cherry tomatoes

Grilled basil chicken breast

Seasoned sweet potato fries

Spicy turkey meatballs

Poached salmon, garlic and chilli prawns

Couscous salad

Vegetable crudities/toasted pitta chips and selection of dips

Greek salad with feta cheese

Fruit kebabs

Melon Cocktail

Meringue nests filled with crème fraiche and fruit salad