

the braizen kitchen

example menu 1

refreshments

Coffee + water urn, mixed tea box,
mineral water with pump, grocer fruit bowl

breakfast

meaty - Golden yolk scrambled eggs, Cumberland sausage, vine
tomatoes

veggie/vegan - Tomato braised beans, hash brown, spinach

lunch

meaty - Sumac and lemon chicken, caponata, pearled herby spelt

veggie/vegan - Gochujang roast tofu, slow roast carrots, bell
peppers, brown rice

pudding

Orange roast plums, sweet labneh, stem ginger crumb

*coconut yoghurt sub for plant based

afternoon tea + snacks

Selection of sealed healthy snacks, popcorn energy bars,
chocolate bars + fresh fruit

the braizen kitchen

example menu 2

refreshments

Coffee + water urn, mixed tea box,
mineral water with pump, grocer fruit bowl

breakfast

meaty - Pancetta + new potato frittata, slow roast vine tomato
veggie/vegan - Red pepper vegan sausage, tofu scramble

lunch

meaty - Chicken + pesto puff pot pie, maple roast carrot, bobby
beans
veggie/vegan - Kerelan cauliflower + spinach curry, basmati, garlic
kale

pudding

Burnt basque cheese cake
*vegan option avail on request

afternoon tea + snacks

Selection of sealed healthy snacks, popcorn energy bars,
chocolate bars + fresh fruit

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example menu 3

refreshments

Coffee + water urn, mixed tea box,
mineral water with pump, grocer fruit bowl

breakfast

meaty - All butter rockstar croissant, smoked ham, gruyere
veggie/vegan - Vegan rockstar croissant, avocado, vine tomato

lunch

meaty - Beef + potato Thai rendang, coconut rice,
tender stem broccoli
veggie/vegan - Chipotle blackbean chilli, squash polenta, feta,
spinach

pudding

Chocolate mousse, preserved cherries,
ginger shortbread

afternoon tea + snacks

Selection of sealed healthy snacks, popcorn energy bars,
chocolate bars + fresh fruit

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example menu 4

refreshments

Coffee + water urn, mixed tea box,
mineral water with pump, grocer fruit bowl

breakfast

meaty - Smoked bacon + hashbrown brioche roll
veggie/vegan - Supergreen sausage + hashbrown vegan
brioche roll

lunch

meaty - Pulled pork with molasses + green chilli, charred corn,
sweet potato, dirty rice
veggie/vegan - Charred spiced cauliflower, black coconut daal,
garlic spring greens

pudding

Burnt butter + pretzel brownie

afternoon tea + snacks

Selection of sealed healthy snacks, popcorn energy bars,
chocolate bars + fresh fruit