

# Feel Good Conferencing

REVITALISE YOUR GUESTS IN THE UK'S *NO.1* FEEL GOOD CITY!

EST. 1847

# SEARCYS

LONDON





# FEEL GOOD CONFERENCING

FROM **£29.00** PLUS VAT PER PERSON

INCLUDES: KICK-START | MID-MORNING PICK ME UP |

ENERGISER LUNCH | MID-AFTERNOON RECHARGE

## KICK-START

Freshly brewed fair-trade ground coffee and a selection of traditional English and fruit teas

### **Boost**

- Smoked salmon bagel **£4.50 + VAT PP**
- Scrambled egg pot **£4.25 + VAT PP**  
*Choice of sausage/bacon/salmon & sun-dried tomato*
- Porridge pots with compote **£2.50 + VAT PP**
- Yoghurt pot with granola and fruit compote **£2.50 + VAT PP**

## MID-MORNING PICK ME UP

Freshly brewed fair-trade ground coffee and a selection of traditional English and fruit teas.  
Served with your choice of either freshly warmed pastries, fruit burst muffins or granola bars.

### **Boost**

- Super smoothies **£3.50 + VAT PP**  
*Choice of ginger ninja/kiwi kick/berry go round/detox/mango & lime*
- Super shots **£2.75 + VAT PP**
- Energy balls **£3.50 + VAT PP**

***Exclusive! Clean Eating Alice's  
'Mango & Lime Slush Puppy'***

## ENERGISER LUNCH

- Selection of sandwiches, wraps and pitta
- Served with your choice of side salad from the Energiser Plus Menu overleaf
- Fresh fruit pots
- Indulgence shot  
*Choice of chocolate/brûlée/trifle*

### **Boost**

**For an additional £6.00 + VAT PP upgrade to our Energiser Plus Lunch and receive the following:**

- Your choice of two mains and two sides from the Energiser Plus Menu overleaf
- Fresh fruit pots
- Indulgence shot
- *Choice of chocolate/brûlée/trifle*

## MID-AFTERNOON RECHARGE

Freshly brewed fair-trade ground coffee and a selection of traditional English and fruit teas.  
Served with your choice of either fruit burst muffins, granola bars or freshly-baked biscuits.

***Add a boost as above***

***Add a touch of style  
with a little something special to close  
the day. You've all worked hard, now it's  
time to relax with a tippie or treat***

Speak to your event coordinator for more details



# ENERGISER PLUS LUNCH SELECTION

## SPRING/SUMMER MAINS

- Roast red pepper and courgette tart with herb cream, halloumi and minted pea and broad bean dressing
- Summer pea and asparagus spelt risotto with Parmesan shavings
- Smoked chicken, seared fennel and walnut salad with cider vinegar dressing
- Roast beef with Sedgemoor honey and mustard seed dressing, tarragon and pea salad
- Trio of salmon with a mustard and dill dressing
- Roast artichoke, avocado and sun-dried tomato salad with basil quinoa dressing

## AUTUMN/WINTER MAINS

- Lamb tagine with apricots, dates, sweet potato and cous cous
- Green Thai chicken curry with sesame, lime and coriander noodles
- Warmed wild mushroom tartlet with tarragon cream sauce, crisp shallots and white truffle oil
- Pork and pistachio terrine with apple and plum chutney and warmed beetroot loaf
- Warmed salmon salad with fresh beetroot and crème fraiche
- Spiced chickpea cake with red onion and caper salad

## SIDE SALADS

- Chargrilled broccoli, chilli, garlic and toasted almonds
- Wild basmati rice, pineapple, lime, coriander and sautéed red onion
- Three tomato salad with Dijon, dill sherry vinegar, frilled fennel and roasted sunflower seeds
- Fine beans with tahini, chickpeas, parsley and wild rocket
- New potatoes with mustard seeds, garlic oil, chives and crispy bacon
- Cos lettuce with Caesar dressing and herb croutons
- Pickled beetroot with orange, feta and crushed pistachios
- Mixed leaves with cucumber and tomato

## SEASONAL VEGETABLES

- Roasted peppers, aubergines, courgettes and red onions
- Green beans with gremolata
- Creamed cabbage
- Honey roasted carrots
- Pan roasted roots
- Celeriac mash
- Baby baked potatoes
- Buttered parsley potatoes

