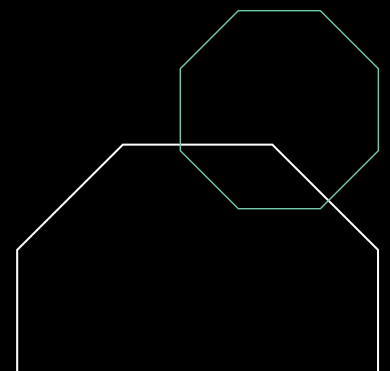




DDR PACKAGES 2023

ROYAL ARMOURIES

Witness | Guardian | Expert | Leader





DDR ARMOUR PACKAGE

£37.95 + VAT PER PERSON

Main Meeting room Hire (8am – 5.30pm)
 Dedicated Event Manager
 Registration Refreshments – Tea, Coffee & Biscuits
 1 Course Buffet Lunch with Tea & Coffee
 Afternoon refreshments – Tea, Coffee & Biscuits
 Data Projector & Screen
 Free public Wi-Fi

REGISTRATION REFRESHMENTS

Tea & coffee

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

Lunch

You can select from either our **Finger Buffet or Hot Buffet** for all your delegates.

Upgrade to bowl food for your delegates for £4.00 per person Including tea and coffee

ROYAL ARMOURIES

Witness | Guardian | Expert | Leader

(v) vegetarian | (ve) vegan | (pb) plant based | (h) healthy
 Our full list of dietary information can be found on page 13

Please speak to your event manager for more information.

DDR TOURNAMENT PACKAGE

£49.50 + VAT PER PERSON

Main Meeting room Hire (8am – 5.30pm)
 Dedicated Event Manager
 Registration Refreshments – Tea, Coffee, Fruit Juice, Mineral Water, Pastries & Fruit
 Mid-Morning Refreshments – Tea, Coffee & Cookies
 2 Course Buffet Lunch with Tea & Coffee

Afternoon refreshments – Tea, Coffee, Fruit Juice, Mineral Water & Brownies
 Data Projector & Screen
 Lectern & Microphone, PA System suitable for the room hired
 AV Technician (8am – 5.30pm)
 Free public Wi-Fi

ARRIVAL REFRESHMENTS

Tea & coffee

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

Bakery Basket

A selection of freshly baked breakfast pastries

Seasonal cut fresh fruit platter

Jugs of fresh fruit juices (per litre)

A choice of: orange, apple, grapefruit, tomato, pineapple or cranberry

Spring water

A choice of still or sparkling (750ml)

MID-MORNING REFRESHMENTS

Tea, coffee and Cookies

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, freshly baked cookies

Lunch

Select from either our finger buffet or Hot Buffet for all your delegates. Upgrade to bowl food for your delegates for £3.15 per person

AFTERNOON REFRESHMENTS

Tea, coffee and brownie boards

freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, farmhouse boards of brownie chunks in 3 different flavours

Jugs of fresh fruit juices (per litre)

a choice of: orange, apple, grapefruit, tomato, pineapple or cranberry

Spring water

a choice of still or sparkling (750ml)

FINGER BUFFET

A selection of freshly baked breads, selection of sandwiches, baguettes, bagles and wraps, all lavishly filled with our seasonal selection of meat, fish and vegetarian fillings

2 courses

Including vegetarian option and dessert

Light Bites

Choose 4 items

- Goat's cheese & caramelised red onion tart **(v)**
- Mac & cheese, bacon fritters
- Wild mushroom & tarragon tart **(v)**
- Crispy curried cauliflower floret's minted yogurt dressing **(ve) (pb) (h)**
- Pea & mint tart with crème fraiche custard **(v)**
- Shrimp tacos with lime & coriander
- Smoked chicken & chorizo tart
- Mediterranean vegetable & halloumi skewer **(v)**
- Pepperoni caprese skewer basil dressing **(v)**
- Welsh rarebit with Yorkshire ale & cheddar cheese
- Loaded potato skins with cottage pie filling
- Cod & parsley fishcakes, tartar sauce
- Teriyaki beef skewers, wasabi mayo

Sweet tooth desserts

- Tiramisu with Italian biscuit **(v)**
- Banoffee pie with banana & fresh cream **(v)**
- Seasonal fruit tarts **(v) (pb) (h)**
- Doughnut selection **(v)**
- Lemon meringue pie **(v)**
- Cherry clafoutis **(v)**



HOT BUFFET

Our hot fork buffet can be delivered as two main items (from the farm, from the sea, from the field) and includes one item from potato, pasta and rice, one seasonal salad from the salad patch, a selection of freshly baked breads and the option of one dessert.

From the farm

- Chicken fricassee with tarragon and mushroom
- Spicy Jamaican jerk chicken with scotch bonnet & coriander
- Slow cooked lamb tagine with chickpea & apricot
- Beef bourguignon, bacon, onions & mushroom
- Beef goulash, tomato, pepper & coriander
- Steak & ale pie with a short crust pastry
- Lamb hot pot, roasted root vegetables, sliced potato

From the sea

- Prawn, cod & salmon fish pie topped with parsley mash
- Penang prawn curries with coconut & mixed peppers
- Prawn, mussel, chorizo paella with parsley & saffron

From the field (v)

- Thai green vegetable curry with lime, coconut & chilli
- Roasted Mediterranean vegetables, penne pasta, black olive, shaved parmesan
- Basil gnocchi, roasted cherry tomato, courgette & pesto cream
- Forest mushroom stroganoff, pearl onions, paprika & gherkins

2 main courses

Including vegetarian option) and dessert

Potato, pasta and rice (v)

- Fragrant jasmine rice **(h)**
- Bulgur wheat tabbouleh **(h)**
- Buttered pilaff rice
- Minted new potatoes **(pb)**
- Garlic & thyme roasted potatoes **(pb)**
- Dauphinoise potato with garlic & cream
- Roasted root vegetables with honey & thyme **(pb)**
- Panache of green vegetables **(pb) (h)**
- Cauliflower cheese, Henderson's relish & keens cheddar

From the salad patch (v)

- Wild rocket, shaved parmesan balsamic dressing
- Vine tomato, basil, garlic, extra virgin olive oil **(pb) (h)**
- Heritage roasted carrots toasted fennel seed crème fraiche **(h)**
- Asian slaw, Thai green papaya, carrot, chilli lime dressing crunchy peanut **(pb) (h)**

Sweet tooth desserts (v)

- Hand made seasonal fruit pies/tarts
- Home made chocolate brownie, fudge, peanut butter, double chocolate
- Mini cheesecake selection
- Carved fruit platter **(pb) (h)**
- Chocolate & coconut lamingtons



BOWL FOOD

Our hot fork buffet can be delivered as two main items (from the farm, from the sea, from the field) and includes one item from potato, pasta and rice, one seasonal salad from the salad patch, a selection of freshly baked breads and the option of one dessert.

Please choose 4 bowls including 1 vegetarian dish

Allocation of 3 bowls per person
Add a dessert option @ £4.00 per person

From the farm

- Cumberland sausage & mash, caramelised onion gravy
- Pulled beef chilli con carne, buttered rice, sour cream & chive tortilla chips
- Slow cooked lamb shoulder shepherds pie
- Chicken & ham, pie puff pastry lid
- Moroccan lamb tagine, apricot & almond couscous
- Braised beef & mushroom in Guinness, bubble squeak
- Lamb Massaman curry, potatoes, fragrant Jasmine rice
- Classic Caesar salad, crispy bacon, croutons, anchovies
- New potato salad, pulled ham hock, mustard dressing
- Coronation chicken, rice salad, yogurt dressing

From the sea

- Seafood paella, tiger prawns, chorizo, saffron rice
- Salmon, cod & prawn pie, parsley mash
- Penang prawn curry, coconut rice
- Crispy cod goujons, chips mushy peas
- Squid ink risotto, crispy prawn
- Italian fish stew, tomato & garlic bread
- Smoked haddock, Welsh rarebit buttered leeks

- Prawn cocktail, gem lettuce bloody Mary sauce
- Poached salmon, asparagus, pickled cucumber, dill mayo

From the field (v)

- Butternut squash risotto, sage & goats cheese
- Wild mushroom stroganoff, pearl onions gherkins buttery rice
- Macaroni cheese, truffle & tomato
- Basil gnocchi, roast cherry tomatoes, pesto sauce
- Thai green vegetable, curry fragrant jasmine rice
- Roasted root vegetable hot pot **(pb)**
- Thai green papaya salad, lime mint dressing, toasted peanut

Sweet tooth desserts (v)

- Banoffee pot with banana, salted caramel
- Lemon posset, shortbread biscuit, berry compote
- Coconut mousse, macerated pineapple, toasted meringue
- Dulcey chocolate panacotta, mango salsa
- Eton mess, English strawberry's
- Milk chocolate cheesecake, Turkish delight, dacquoise biscuit





WAYS
TO BE
WELL

DDR PACKAGE

Our Mindful Menus have been designed to help fuel a productive session by ensuring blood sugar levels are maintained with nutrient dense foods that have a low Glycaemic index (low glycaemic index foods release energy slowly into the bloodstream, causing only minor changes in blood sugar levels, and help maintain balanced energy levels throughout the day).

Ways to be Well is an evidence-based health and wellness programme which aims to demystify conflicting advice surrounding nutrition, physical activity, sleep and mental health with scientific fact.

Our nutritionally designed menus have been developed with our Registered Nutritionist Luxey Dayanandan and Group Executive Chef Ian Human.

COMMITTED TO THE PLANET

The seasonally changing menus have been created with the planet in mind to ensure they include sustainably and ethically sourced ingredients alongside a plant forward philosophy to fuel your conference and events.

ROYAL ARMOURIES

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(v) vegetarian | (ve) vegan | (pb) plant based | (h) healthy
Our full list of dietary information can be found on page 13

Please speak to your event manager for more information.

£48.50 + VAT PER PERSON

The following menus have been designed to help fuel a productive session by maintaining balanced energy levels throughout the day and support performance from morning until night. Our nutritionally designed menus have been created by incorporating a holistic approach to nutrition and wellbeing with a focus on how they can support both physical and mental wellbeing

Ways to be Well is an evidence-based health and wellness programme. Our approach focuses on 10 core principals to help people to be 'nutritionally well', 'mentally and physically well' and 'responsibly well' in the belief that wellness in the 21st Century means working and living in ways that are better for our bodies, our minds and our planet.

- Main Meeting Room Hire (8am – 5:30pm)
- Dedicated Event Manager
- Registration Refreshments
- Mid-Morning Refreshments
- 2 Course Buffet Lunch with Tea and Coffee
- Afternoon Refreshments
- Data Projector and Screen
- Lectern & Microphone, PA System suitable or the room hired (applicable for number above 80 delegates)
- Free Public Wi-Fi

ARRIVAL REFRESHMENTS

Tea & coffee

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions

Hydration Station

Please choose two from the following for flavours: (All our flavours contain only natural sugars)

- Apple, celery and dill
- Mango, chilli and mint
- Carrot, orange and lemon thyme
- Pomegranate, lime and ginger

Hydration is very important and key to a healthy, productive workforce, as even mild dehydration (1-2%) can reduce cognitive performance, affect co-ordination, reaction times, decision making and blood circulation.

MID-MORNING REFRESHMENTS

Tea & coffee

Freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, freshly baked Oat & Granola Bites

Hydration Station

LUNCH

Select from either our finger buffet for all your delegates or Upgrade to Hot Buffet for £2.95 per person

AFTERNOON REFRESHMENTS

Tea, coffee and flapjack freshly brewed fairtrade coffee, a selection of fairtrade tea and herbal infusions, Apricot & seed flapjack

Hydration Station

FINGER BUFFET

A range of sandwiches on offer centred around vegetables, beans and lentils which are a great source of protein and a good source of iron that helps contribute to a reduction of tiredness and fatigue.

Lower GI Sandwich Lunch

- Chicken, bashed roasted carrots & garlic
- Coronation cauliflower
- Bashed avocado, sprouted seeds, sun dried tomatoes
- Split pea hummus, beetroot & pear

Salads

- Carrot, cabbage, ginger & chilli salad
- Smoked Quinoa with Kimchi & Green Herbs

Dessert

- Fresh Fruit Pots

FORK BUFFET

Select two meat options and one vegetarian option

- Indian chickpea, radicchio, toasted almond, spinach & coriander **(v)**
- Mushroom, EPA and celeriac stew **(v)**
- Beetroot, bean and pumpkin seed curry **(v)**
- Chunky beef chilli
- Lamb Tagine
- Cornflake chicken, mango salsa & sweet potato
- Pork shoulder, cider, roast apple and celeriac stew

Dessert

Fresh Fruit Pots or Fresh Berries & Vanilla Crème Anglaise



ALLERGEN INFO

Do you have a food allergy or intolerance?

We provide allergen information on the 14 major allergens. Please speak with your Event Manager and details of allergens in any of our dishes can be provided for your consideration.

At your event there will be an Allergen Folder located at all buffet stations on your event catering floor to make delegates aware of all allergens contained in your chosen menu and help them make an informed decision.

Allergen Information

Please note, as with every catering establishment, there is always a potential for cross-contamination to occur. While we endeavour to prevent this as far as possible, the nature of an allergen means we cannot fully guarantee that cross-contamination may not have occurred. We encourage our customers with food allergies and intolerances to let our staff know so we can better cater for them. We are happy to provide further detail on ingredients and how they were handled to allow you make an informed decision as to whether or not the food is suitable for you.

Cereals containing gluten	Sesame seeds
Nuts	Peanuts
Crustaceans	Sulphur dioxide & sulphites
Celery	Soya beans
Eggs	Lupin
Mustard	Milk
Fish	Molluscs

If you have any concerns, please speak to a member of staff.