DDR PACKAGES
2023

royalarmouriesconferenceandevents.org
Our full list of dietary information can be found on page 13
Please speak to your event manager for more information.

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**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

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(v) vegetarian | (ve) vegan | (pb) plant based | (h) healthy
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### 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 clafoutsis (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.

2 main courses
Including vegetarian option) and 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

**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 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

**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 fraîche (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

(v) vegetarian | (ve) vegan | (pb) plant based | (h) healthy

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Please speak to your event manager for more information.
**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

<table>
<thead>
<tr>
<th>From the farm</th>
<th>From the sea</th>
<th>Sweet tooth desserts (v)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cumberland sausage &amp; mash, caramelised onion gravy</td>
<td>- Seafood paella, tiger prawns, chorizo, saffron rice</td>
<td>- Banoffee pot with banana, salted caramel</td>
</tr>
<tr>
<td>Pulled beef chilli con carne, buttered rice, sour cream &amp; chive tortilla chips</td>
<td>- Salmon, cod &amp; prawn pie, parsley mash</td>
<td>- Lemon posset, shortbread biscuit, berry compote</td>
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<tr>
<td>Slow cooked lamb shoulder shepherds pie</td>
<td>- Penang prawn curry, coconut rice</td>
<td>- Coconut mousse, macerated pineapple, toasted meringue</td>
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<tr>
<td>Chicken &amp; ham, pie puff pastry lid</td>
<td>- Crispy cod goujons, chips mushy peas</td>
<td>- Dulcey chocolate panacotta, mango salsa</td>
</tr>
<tr>
<td>Moroccan lamb tagine, apricot &amp; almond couscous</td>
<td>- Squid ink risotto, crispy prawn</td>
<td>- Eton mess, English strawberry’s</td>
</tr>
<tr>
<td>Braised beef &amp; mushroom in Guinness, bubble squeak</td>
<td>- Lamb Massaman curry, potatoes, fragrant Jasmine rice</td>
<td>- Milk chocolate cheesecake, Turkish delight, dacquoise biscuit</td>
</tr>
<tr>
<td>Lamb Massaman curry, potatoes, fragrant Jasmine rice</td>
<td>- Classic Caesar salad, crispy bacon, croutons, anchovies</td>
<td></td>
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<tr>
<td>Slow cooked lamb shoulder shepherds pie</td>
<td>- New potato salad, pulled ham hock, mustard dressing</td>
<td></td>
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<tr>
<td>Slow cooked lamb shoulder shepherds pie</td>
<td>- Coronation chicken, rice salad, yogurt dressing</td>
<td></td>
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<tr>
<td>Slow cooked lamb shoulder shepherds pie</td>
<td>- Butternut squash risotto, sage &amp; goats cheese</td>
<td></td>
</tr>
</tbody>
</table>

(v) vegetarian | (ve) vegan | (pb) plant based | (h) healthy

Our full list of dietary information can be found on page 17
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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.
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.

£48.50 + VAT PER PERSON

- 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
- Peanuts
- Sulphur dioxide & sulphites
- Soya beans
- Lupin
- Milk
- Molluscs

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

Please speak to your event manager for more information.