



## MEETINGS SIMPLIFIED MENU



**MONDAY**



**TUESDAY**



**WEDNESDAY**



**THURSDAY**



**FRIDAY**



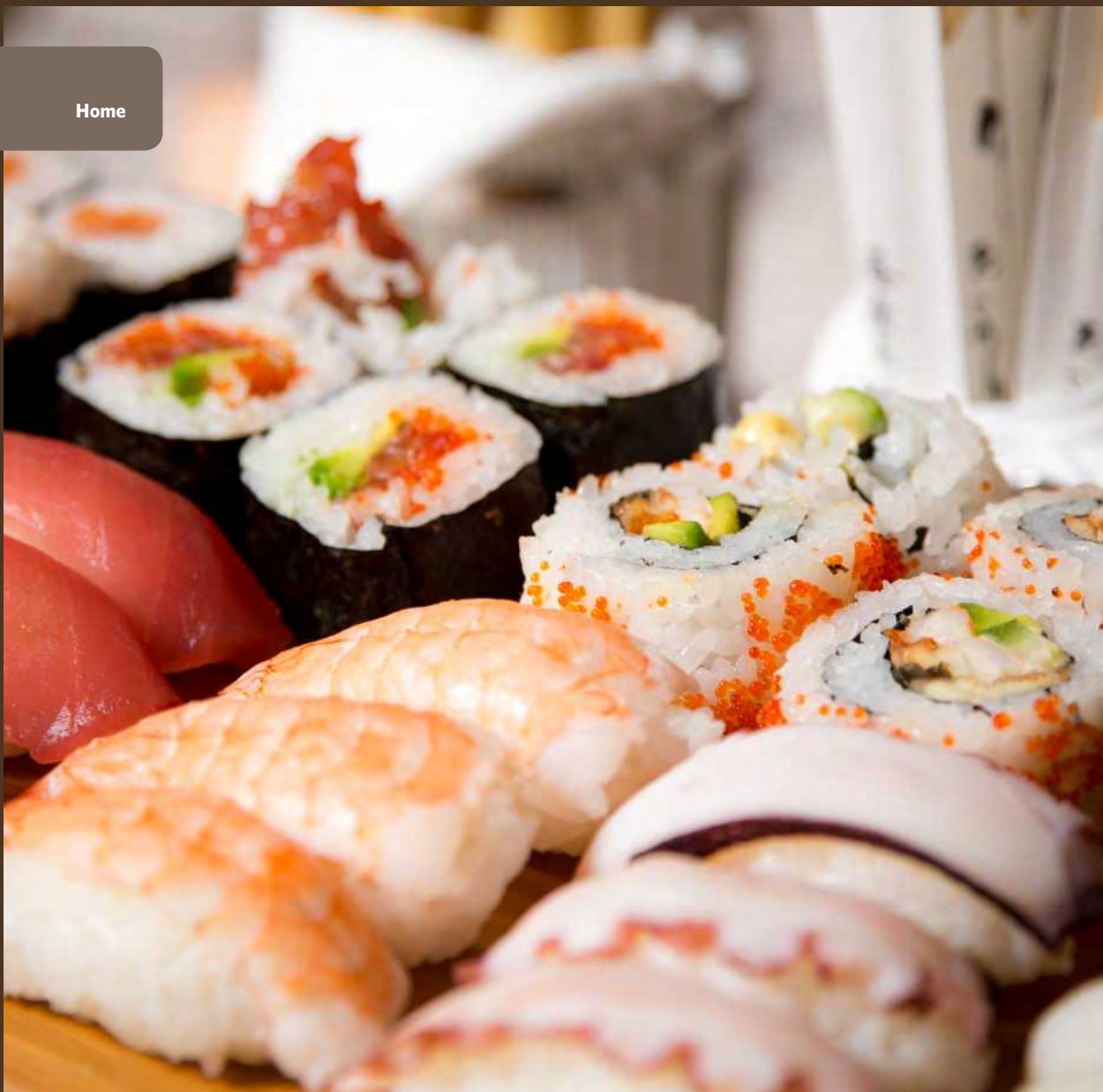
**SATURDAY**



**SUNDAY**



Home



## MEETINGS SIMPLIFIED MENU

# MONDAY AM BREAK 8AM - 12PM

### FREE FROM

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Chocolate gluten free cookies

Rye bread with grilled eggplant and tomato

### SUPERFOOD & ENERGISERS

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Energy protein bars

### GUILTY PLEASURES

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Mini babovka with selection of jams in tube

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

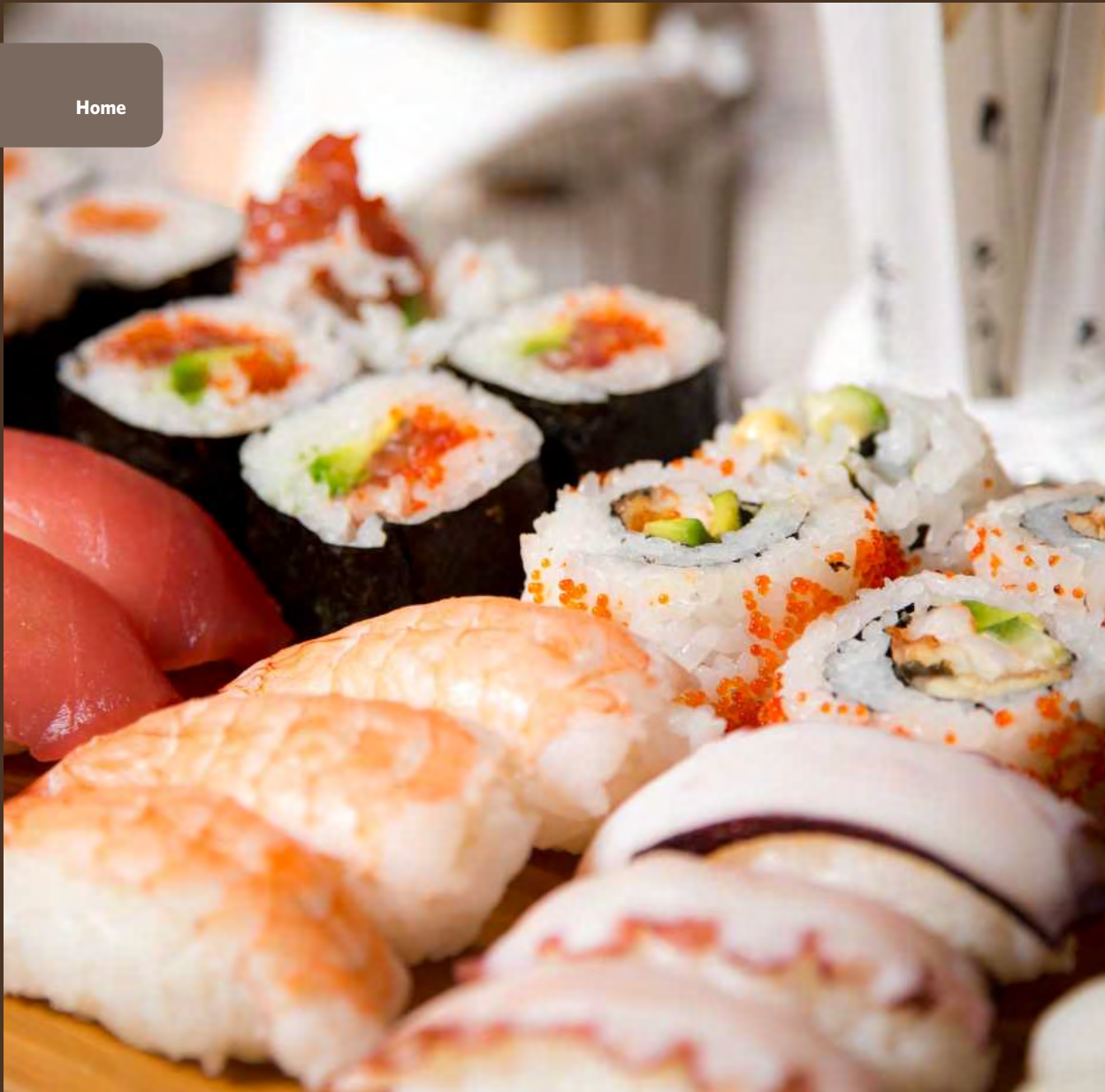
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Coffee & tea





Home



## MEETINGS SIMPLIFIED MENU

# MONDAY LUNCH 12PM - 2PM

### FREE FROM

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Prime roast beef with lemon and herb oil

Curry pilaf rice with baked eggplant and mint

### SUPERFOOD & ENERGISERS

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Cod fillets with black lentils ragout

Tomato, grilled zucchini and rucola salad, balsamico

Tossed spinach

### GUILTY PLEASURES

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Slovakian ravioli 'PIROHY' with cheese Bryndza  
crème brûlée

Marinated fruit with mint and orange syrup

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

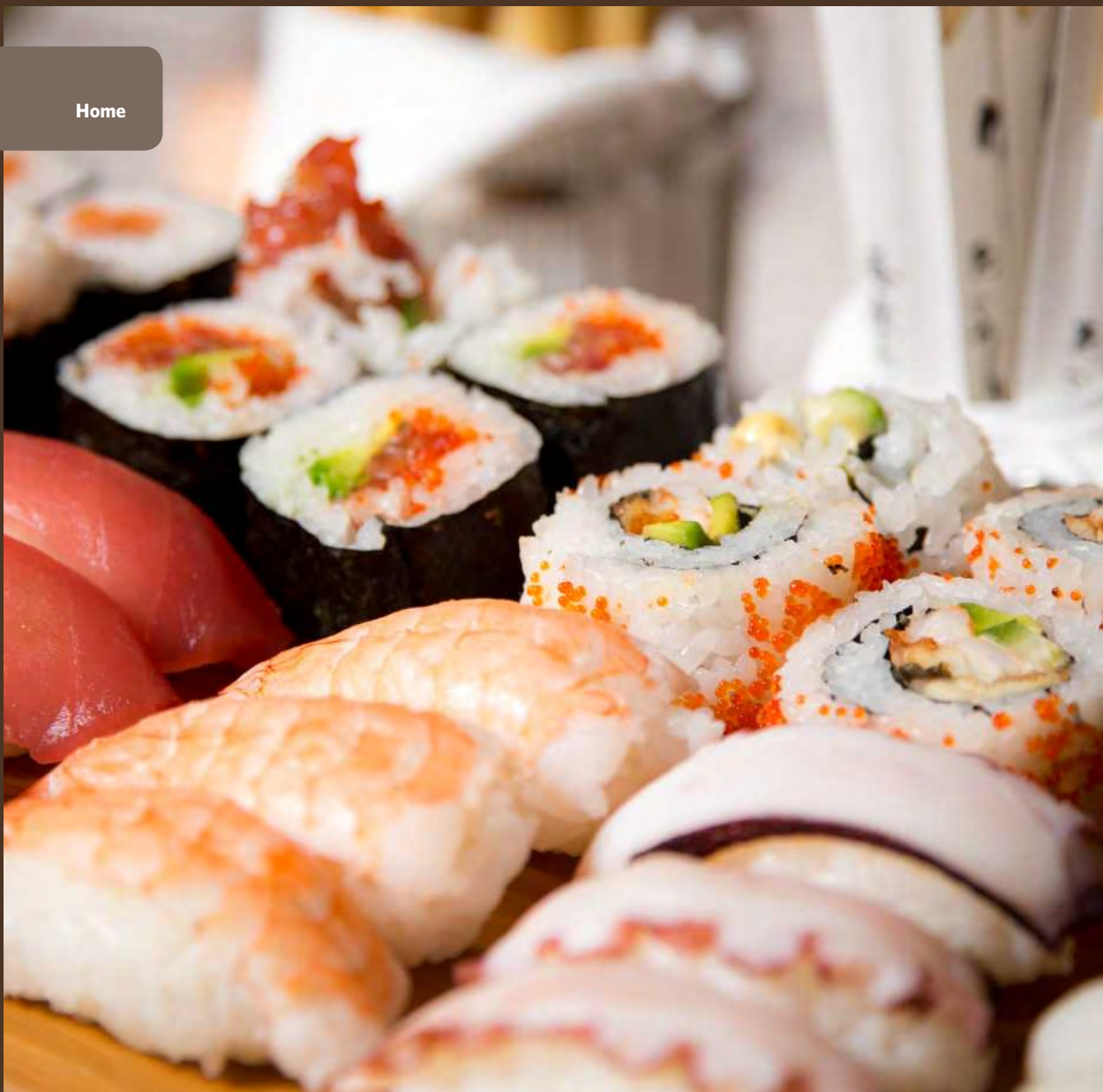
### BEVERAGE STATION

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Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# MONDAY PM BREAK 2PM - 5PM

### FREE FROM

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Vegan sushi rolls

### SUPERFOOD & ENERGISERS

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Vanilla whey protein shake

### GUILTY PLEASURES

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Coconut rice pudding

Tiramisu

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

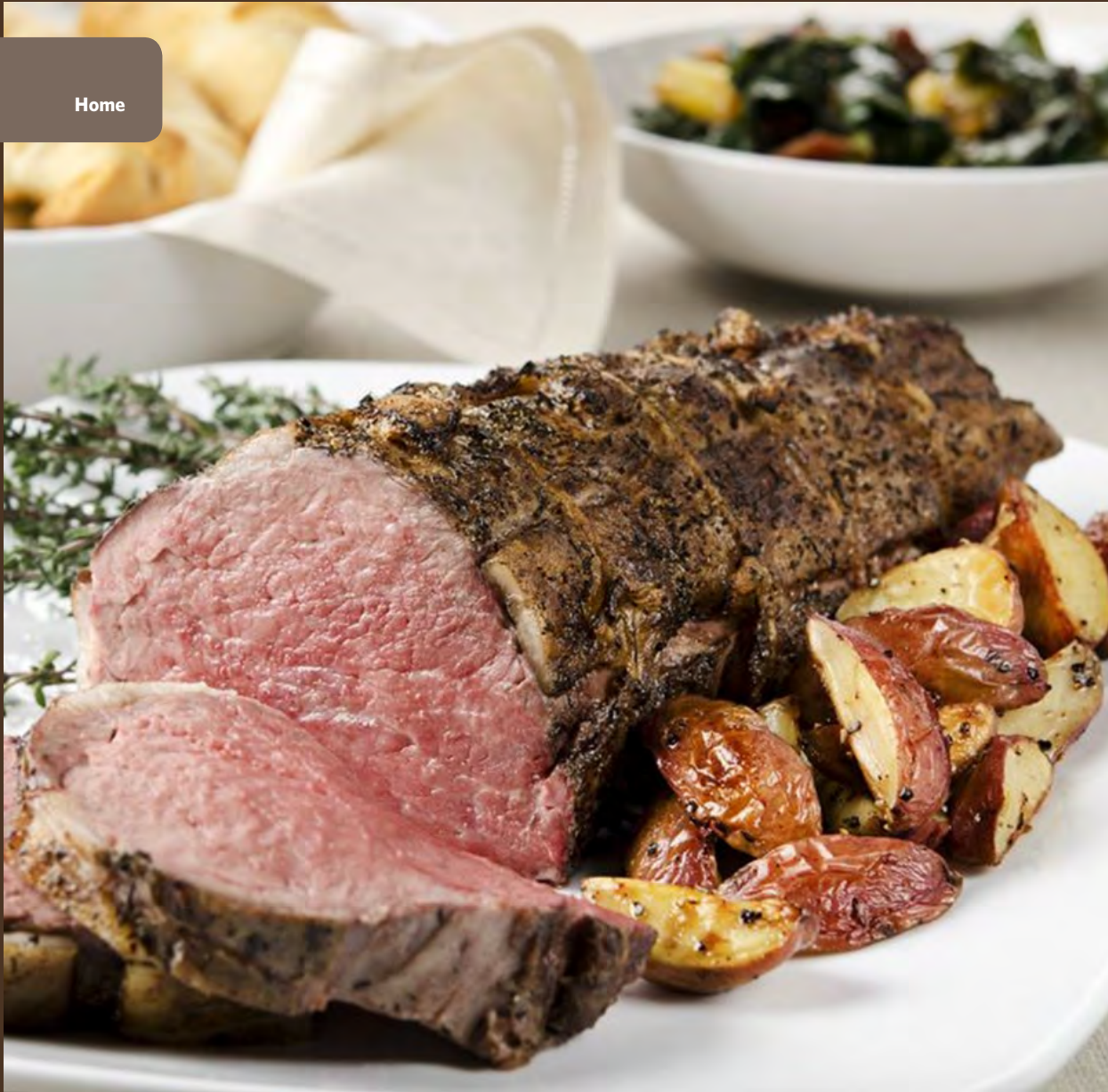
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Coffee & tea





Home



## MEETINGS SIMPLIFIED MENU

# TUESDAY AM BREAK 8AM - 12PM

### FREE FROM

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Low fat yogurt and strawberries parfait

Spinach mini tartlets

### SUPERFOOD & ENERGISERS

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Chocolate whey protein shake

### GUILTY PLEASURES

---

Croissants filled with apricot jam

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

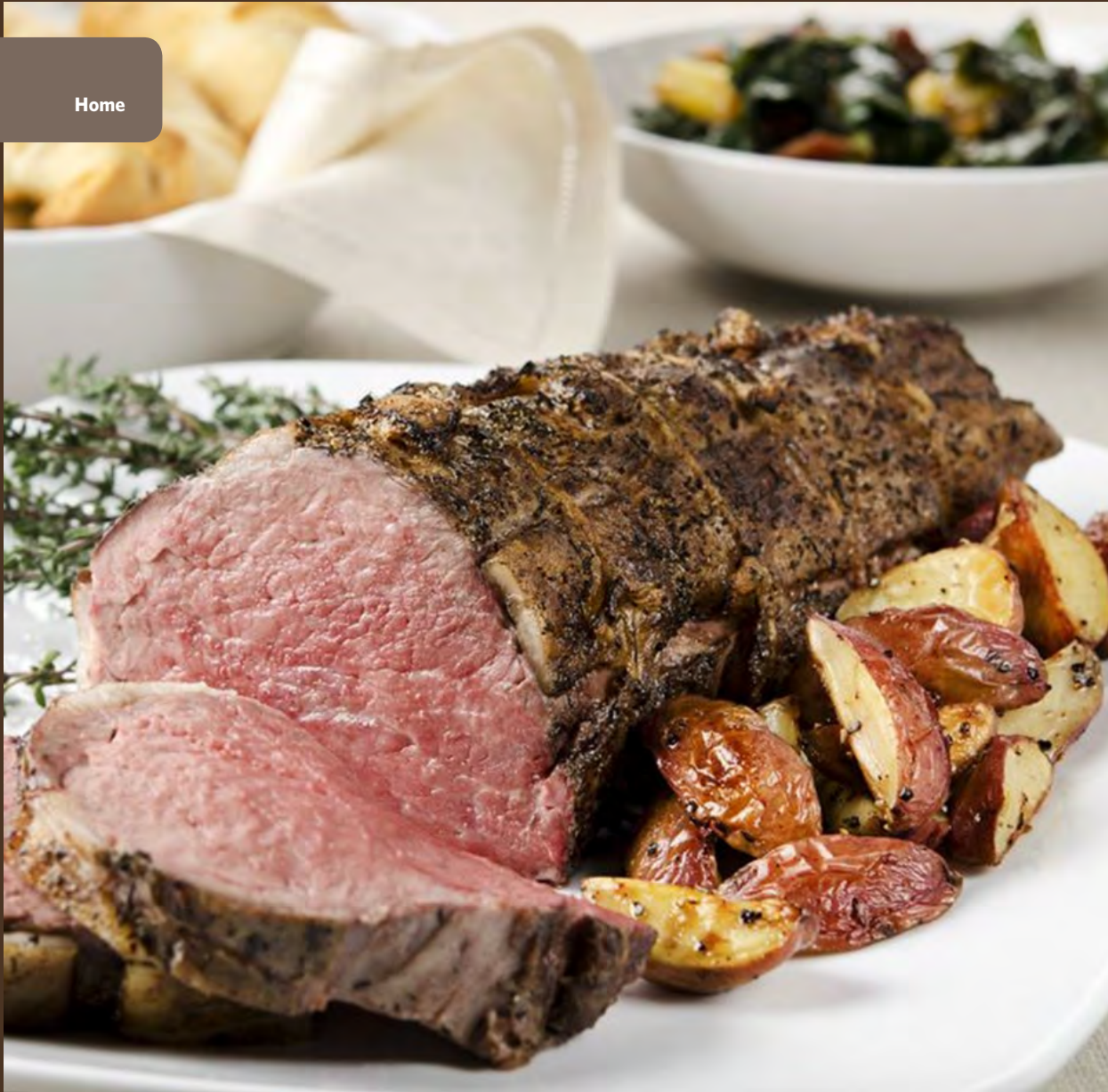
### BEVERAGE STATION

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Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# TUESDAY LUNCH 12PM - 2PM

### FREE FROM

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Grilled halloumi skewers with spiced sauce

Green sandwiches with avocado and rucola

### SUPERFOOD & ENERGISERS

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Slowly baked beef tenderloin with baked potatoes

Baked kale

Quinoa salad with avocado and baby spinach

### GUILTY PLEASURES

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Eggplant Parmigiana

Strawberry cheesecake

Watermelon carpaccio with raspberry coulis

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

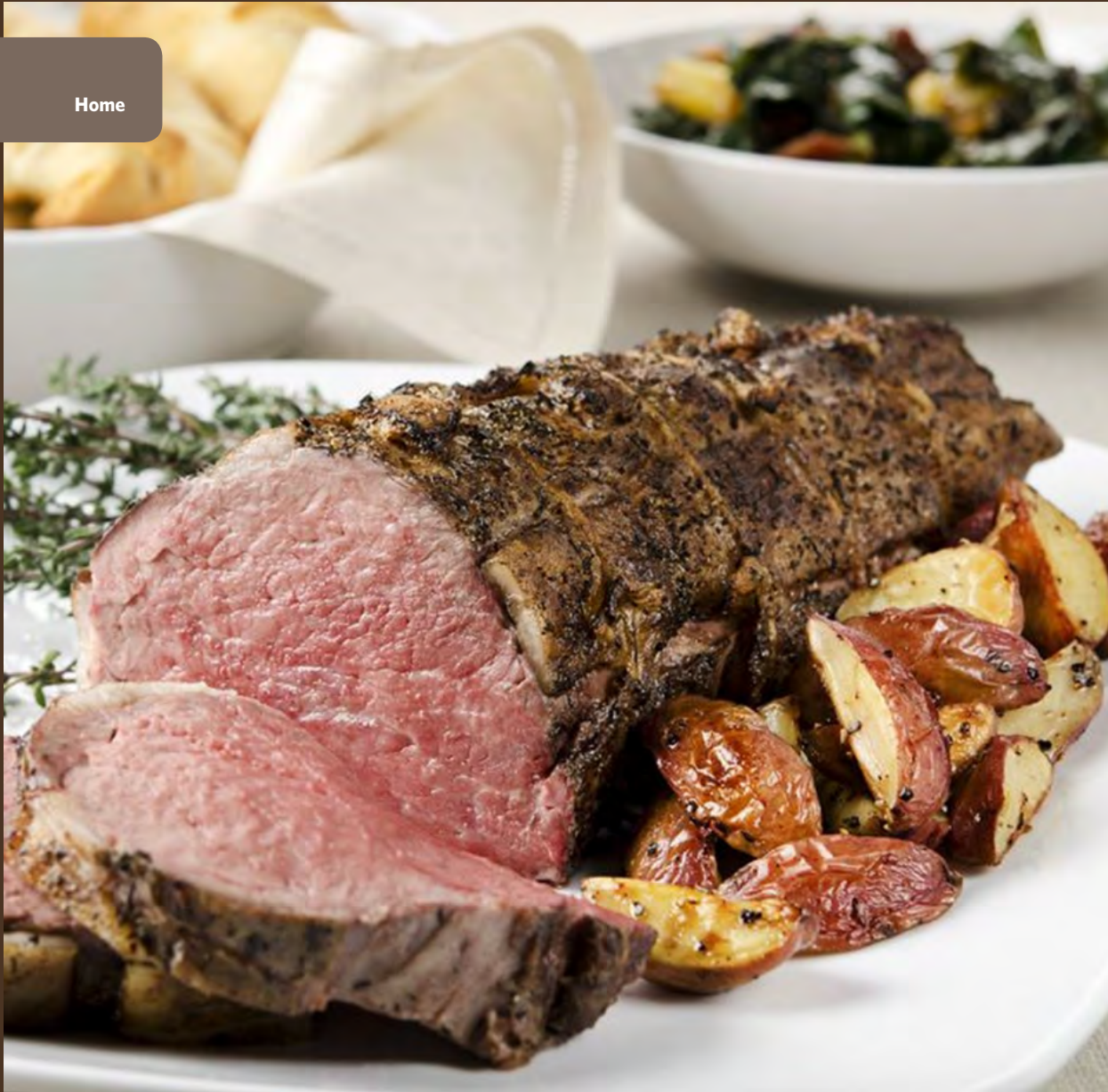
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Coffee & tea





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## MEETINGS SIMPLIFIED MENU

# TUESDAY PM BREAK 2PM - 5PM

### FREE FROM

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Veggie rolls

### SUPERFOOD & ENERGISERS

---

Blueberry and greek yogurt compote

### GUILTY PLEASURES

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Apple strudel

Chocolate cake with whipped cream

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

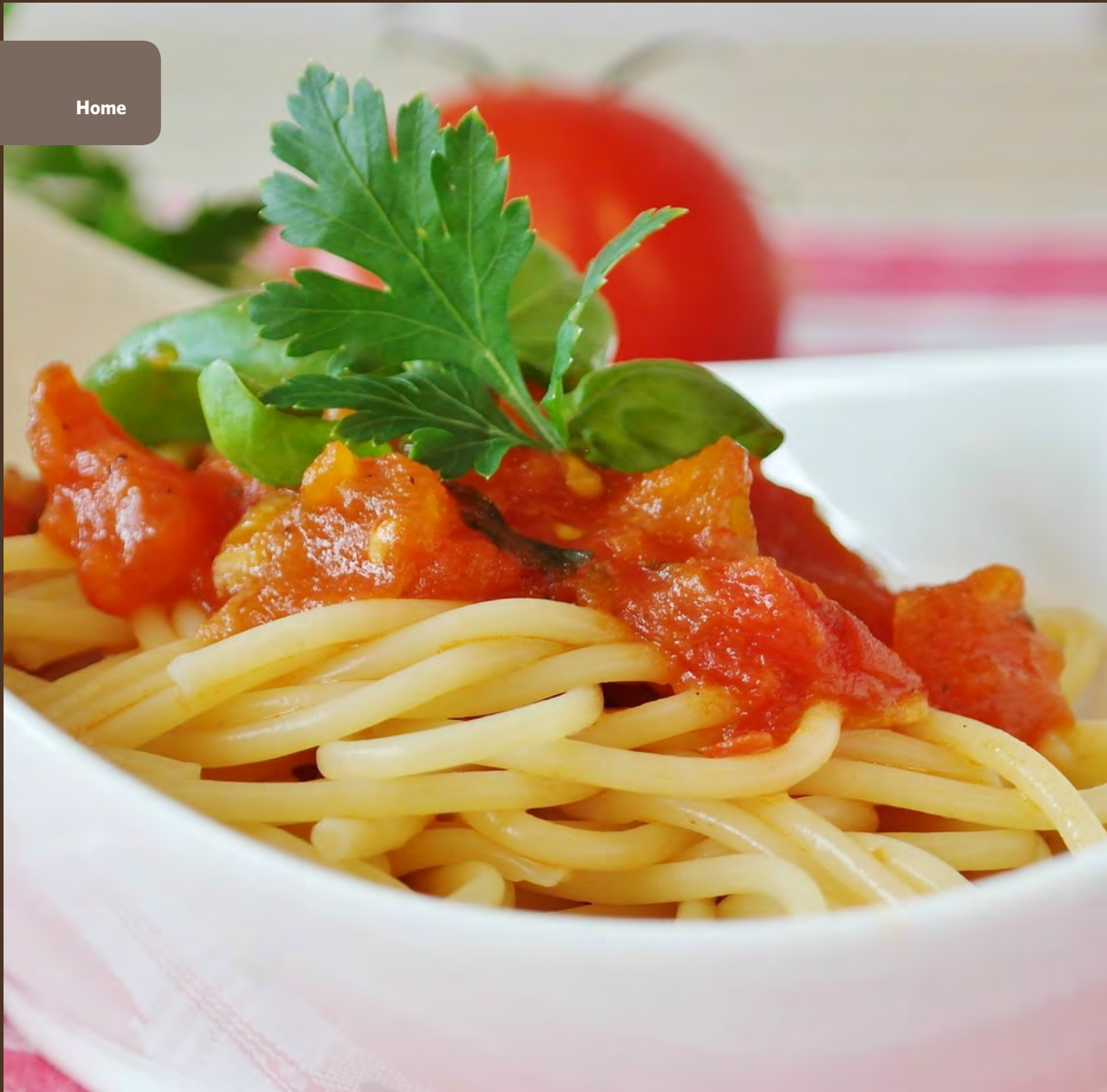
### BEVERAGE STATION

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Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# WEDNESDAY AM BREAK 8AM - 12PM

### FREE FROM

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Pecan gluten free cookies

Cucumber & spiced tofu cream sandwiches

### SUPERFOOD & ENERGISERS

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Selection of dry fruit

### GUILTY PLEASURES

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Chocolate muffins

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

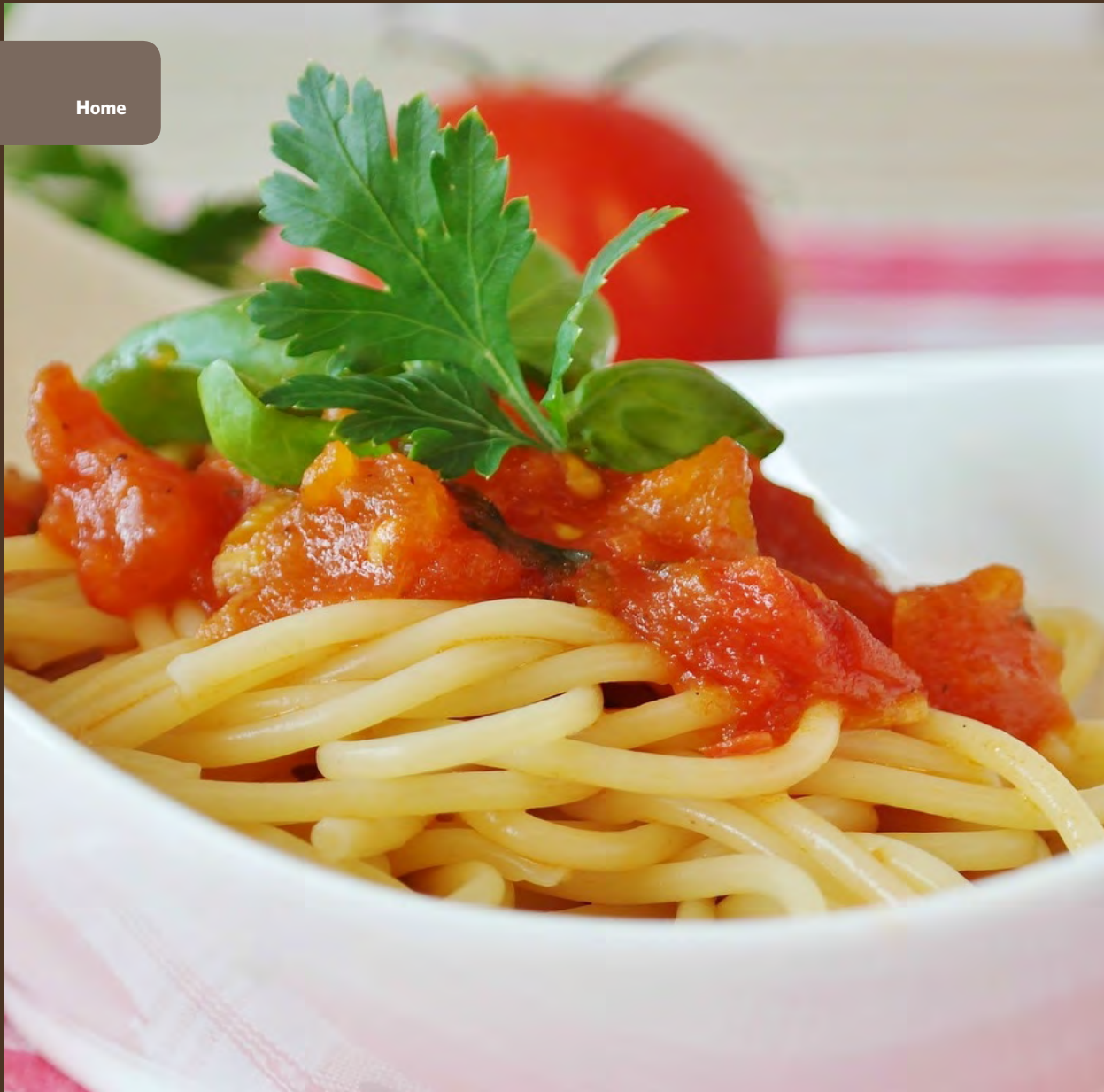
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Coffee & tea





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## MEETINGS SIMPLIFIED MENU

# WEDNESDAY LUNCH 12PM - 2PM

### FREE FROM

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Gluten free pasta in a sweet bell pepper fondue, cherry tomatoes and basil

Three colored hummus, pita bread

### SUPERFOOD & ENERGISERS

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Roasted chicken breast with chard

Roasted root vegetables

Greenbeans with roasted apple, sun dried tomato and lemon

### GUILTY PLEASURES

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Quiche Lorraine

Traditional czech Koláče

Kiwi salad with fresh ginger juice

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water, still water

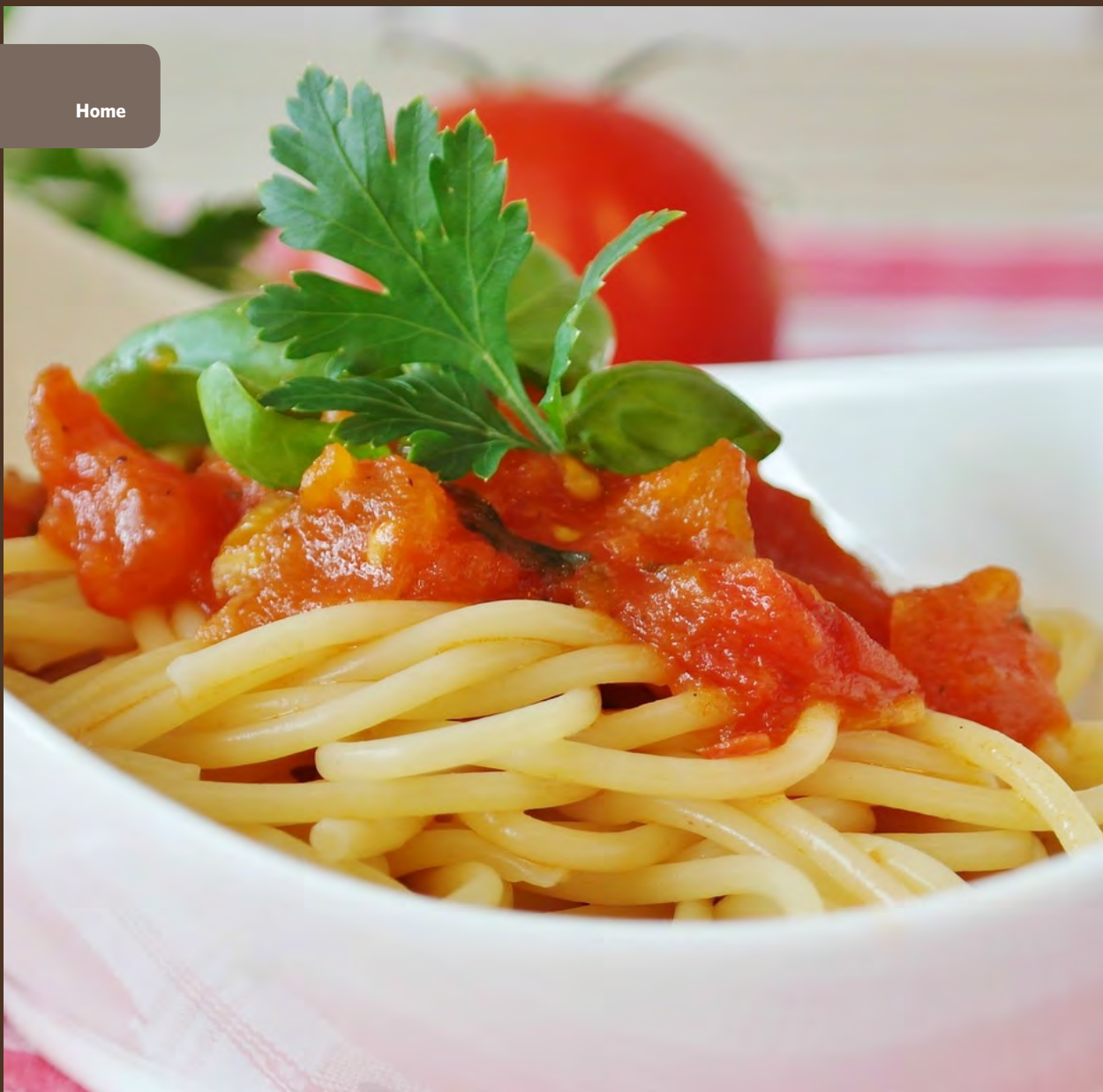
### BEVERAGE STATION

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Coffee & tea



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## MEETINGS SIMPLIFIED MENU

# WEDNESDAY PM BREAK 2PM - 5PM

### FREE FROM

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Chicken tandoori wraps

### SUPERFOOD & ENERGISERS

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Granola bars

### GUILTY PLEASURES

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Rustica cake

Carrot cake

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

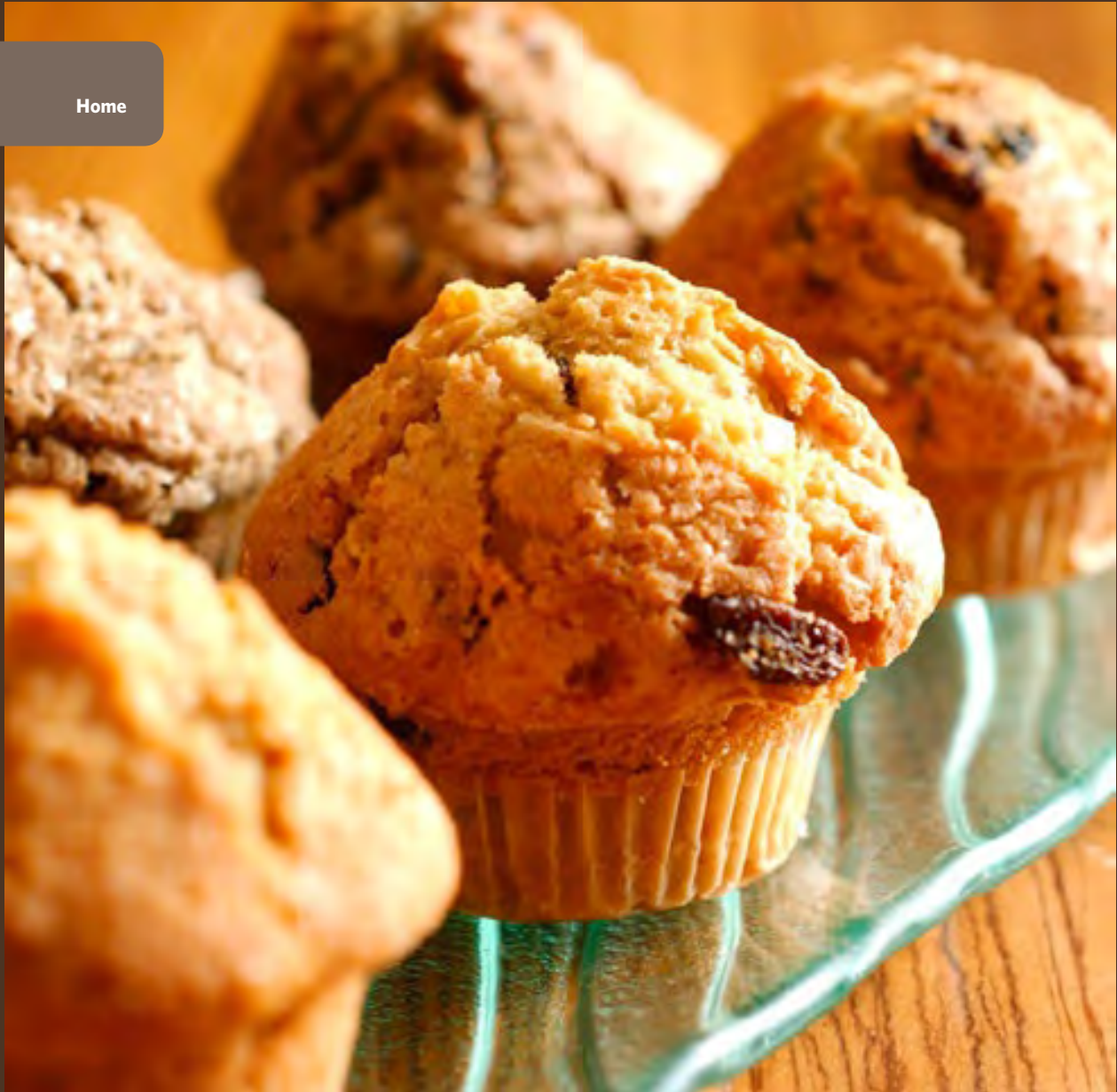
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Coffee & tea





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## MEETINGS SIMPLIFIED MENU

# THURSDAY AM BREAK 8AM - 12PM

### FREE FROM

---

Granola & honey parfait

Vegetable medley wraps

### SUPERFOOD & ENERGISERS

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Energy protein bars

### GUILTY PLEASURES

---

Vanilla muffins

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

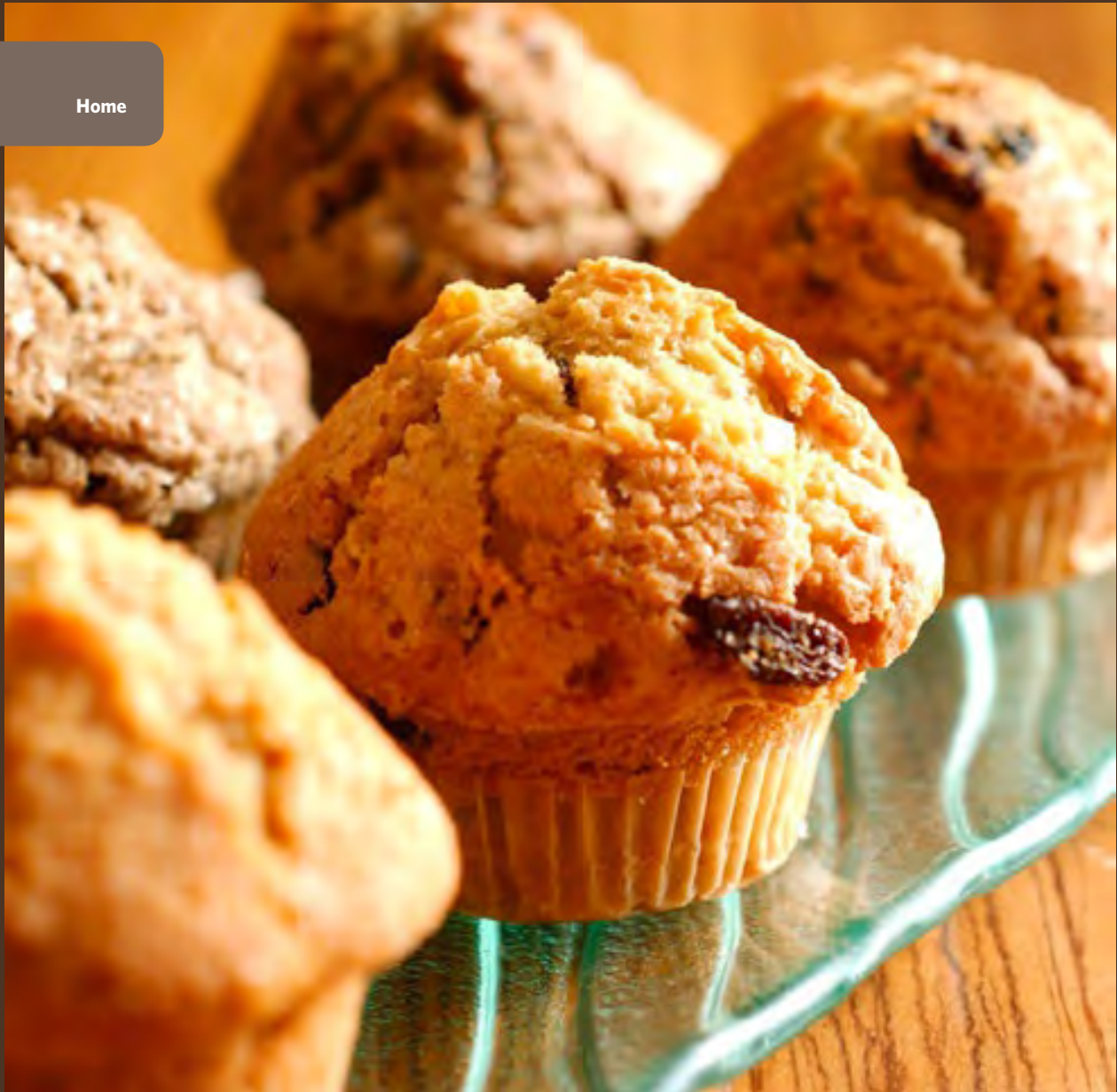
### BEVERAGE STATION

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Coffee & tea



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## MEETINGS SIMPLIFIED MENU

# THURSDAY LUNCH 12PM - 2PM

### FREE FROM

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Gluten free fusilli, broccoli and chili sauce

Quinoa and vegetable salad

### SUPERFOOD & ENERGISERS

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Mediterranean style cod fillets

Thyme roasted potatoes

### GUILTY PLEASURES

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Lasagna alla Bolognese

Wild berries tartlets

Strawberry and fresh tarragon soup

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

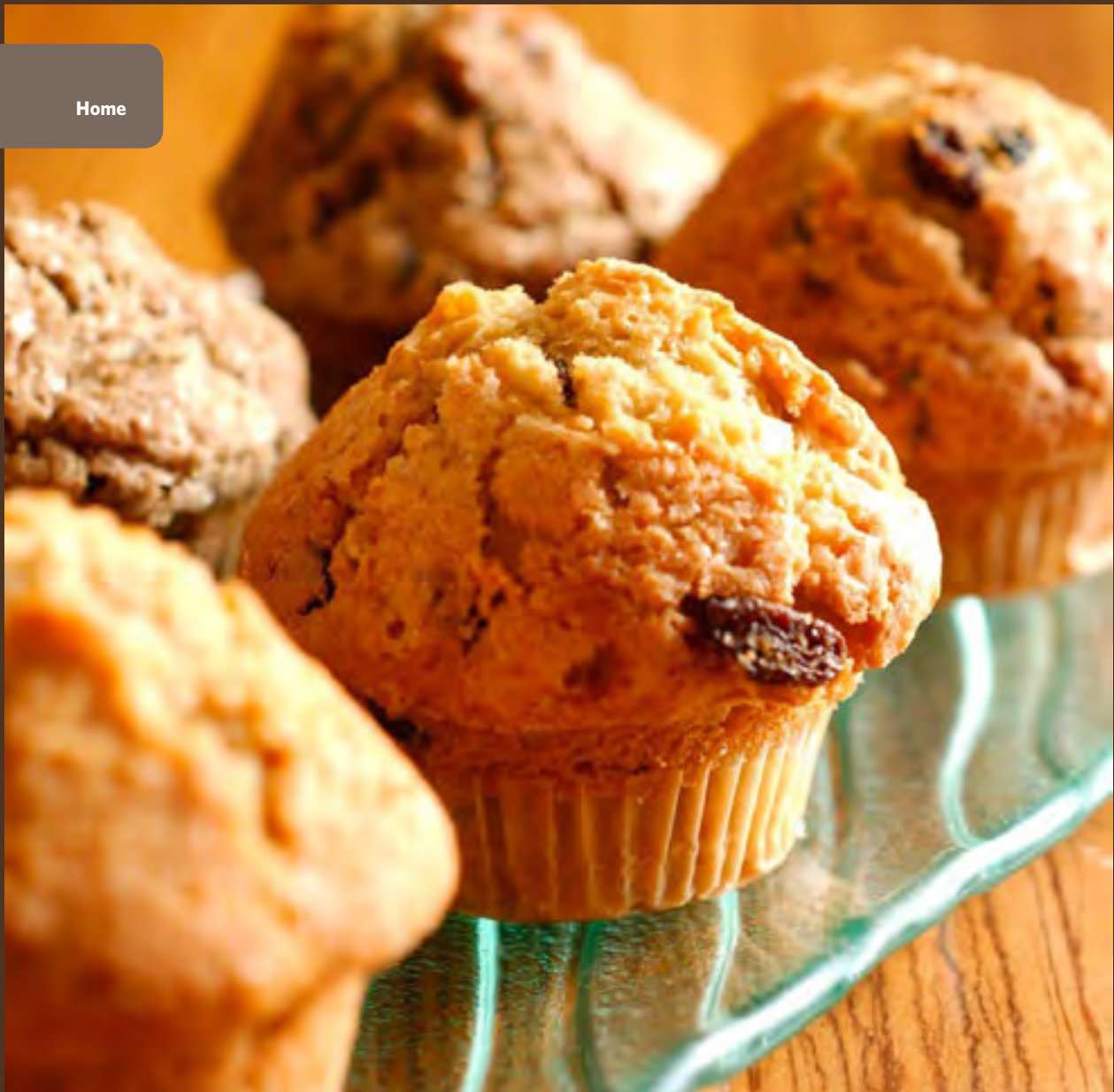
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Coffee & tea





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## MEETINGS SIMPLIFIED MENU

# THURSDAY PM BREAK 2PM - 5PM

### FREE FROM

---

Poppy seeds savoury cup cakes

### SUPERFOOD & ENERGISERS

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Green apple and ginger smoothies

### GUILTY PLEASURES

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Forest fruit log

Macao cake

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

---

Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# FRIDAY AM BREAK 8AM - 12PM

### FREE FROM

---

Vegan chocolate mousse

Asparagus & Philadelphia tramezzini

### SUPERFOOD & ENERGISERS

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Roast beef sliders with coleslaw

### GUILTY PLEASURES

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Selection of danish

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

---

Coffee & tea





Home



## MEETINGS SIMPLIFIED MENU

# FRIDAY LUNCH 12PM - 2PM

### FREE FROM

---

Gluten free tagliatelle, artichoke and thyme sauce

Moroccan vegetable and chickpeas tagine

### SUPERFOOD & ENERGISERS

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Chicken in lemon and capers sauce

Pad thai salad with shrimps

Green pea puree

### GUILTY PLEASURES

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Pizza Margherita

White chocolate profiteroles

Ice cream Sundae

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

---

Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# FRIDAY PM BREAK 2PM - 5PM

### FREE FROM

---

Almond milk rice pudding

### SUPERFOOD & ENERGISERS

---

Pad Thai salad with shrimps

### GUILTY PLEASURES

---

Mille feuille cake

Grilled pineapple with maple syrup

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

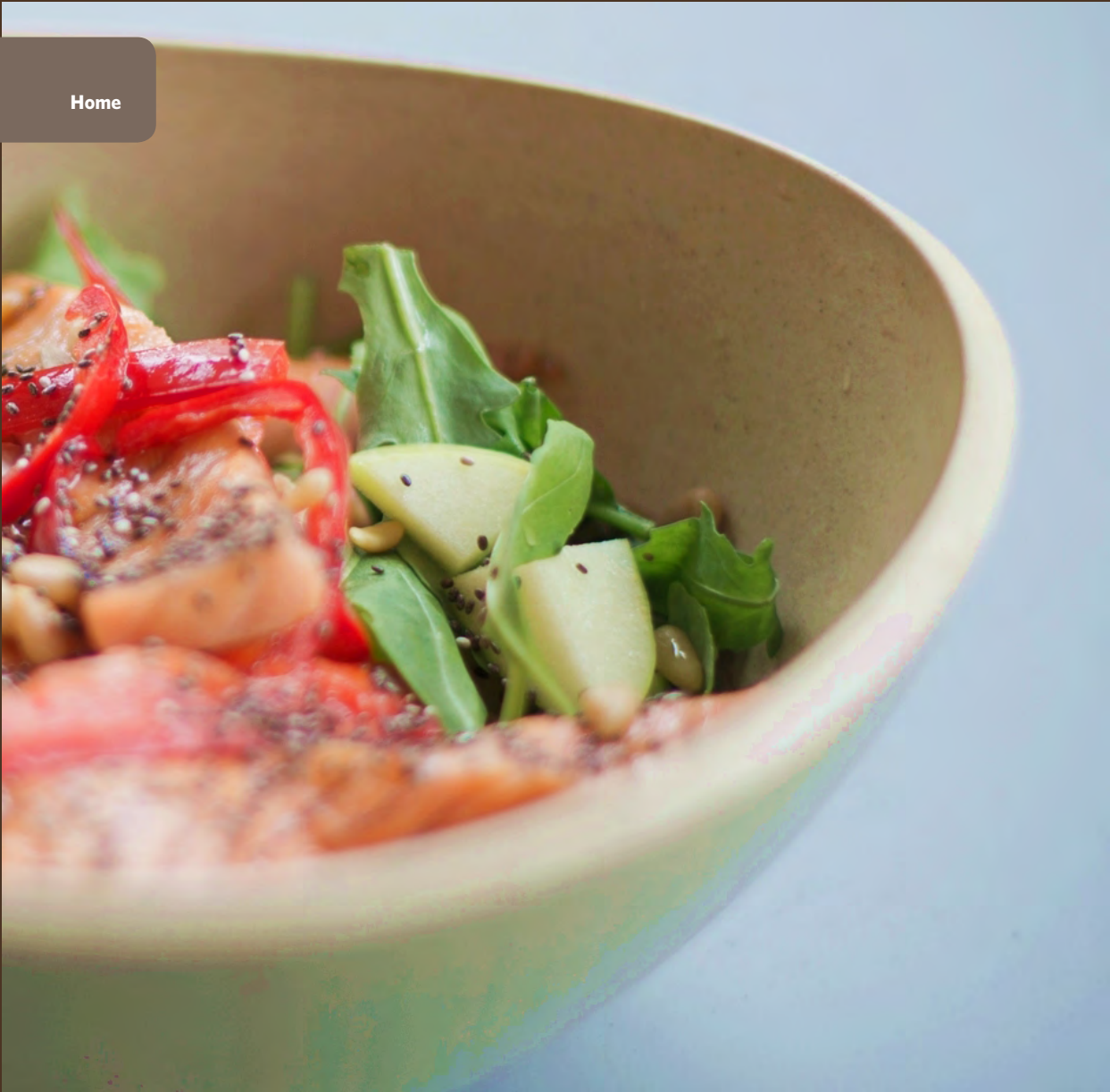
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Coffee & tea





Home



## MEETINGS SIMPLIFIED MENU

# SATURDAY AM BREAK 8AM - 12PM

### FREE FROM

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Waffles with raspberry puree

Olive ciabatta with tomato tapenade

### SUPERFOOD & ENERGISERS

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Nut brownies

### GUILTY PLEASURES

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Banana bread

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

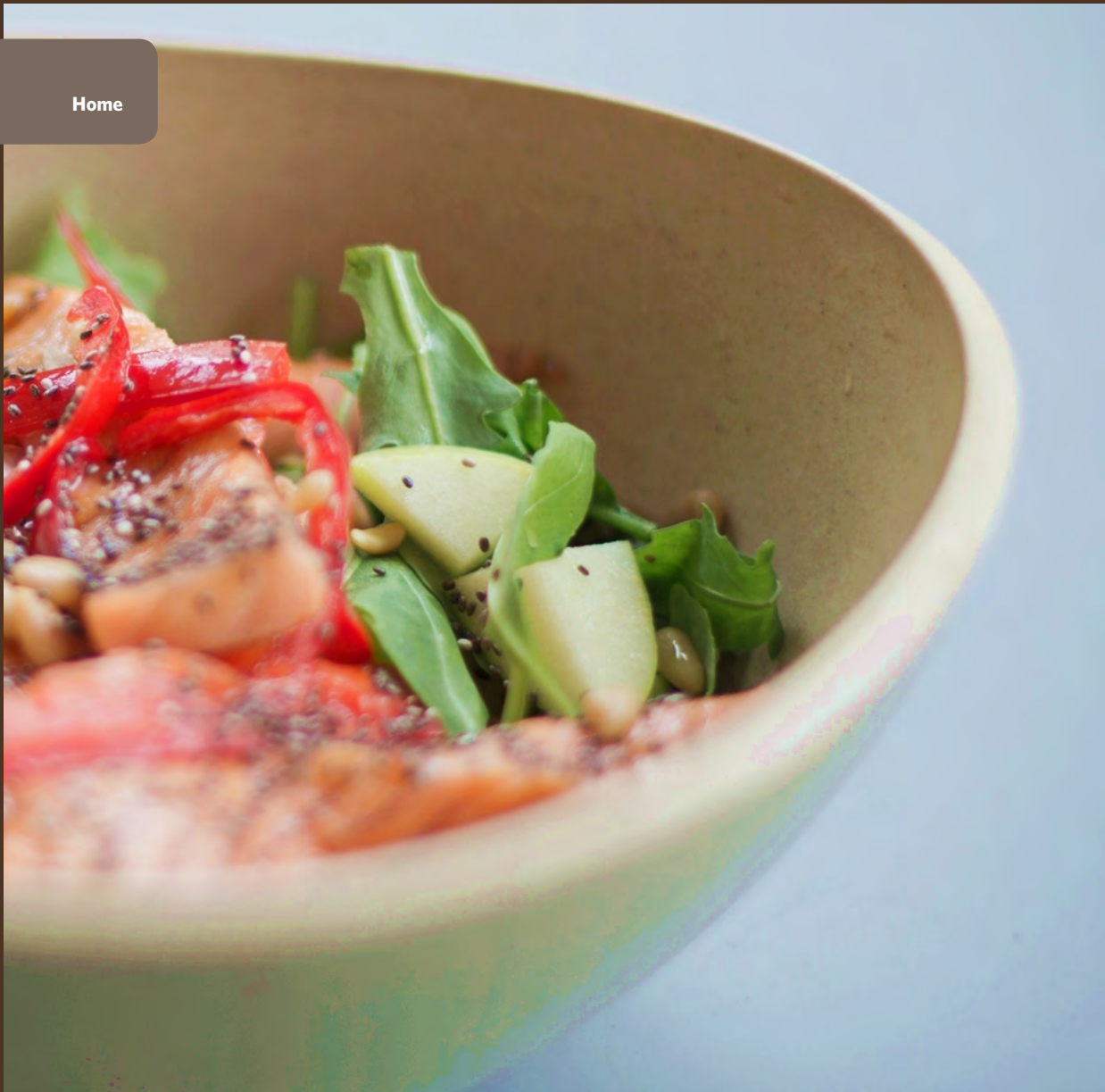
### BEVERAGE STATION

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Coffee & tea



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## MEETINGS SIMPLIFIED MENU

# SATURDAY LUNCH 12PM - 2PM

### FREE FROM

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Marinated salmon sashimi salad with beetroot and black sesame

Stuffed eggplant baked with tomato sauce, mozzarella and oregano

### SUPERFOOD & ENERGISERS

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Roast duck with apple and caraway seed sauce, served with braised red cabbage

Green asparagus and halloumi salad

Dumplings

### GUILTY PLEASURES

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Stir dried seasonal vegetables

Crostata italian cherry pie

Cantaloupe melon and almond salad

### HYDRATION STATION

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Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

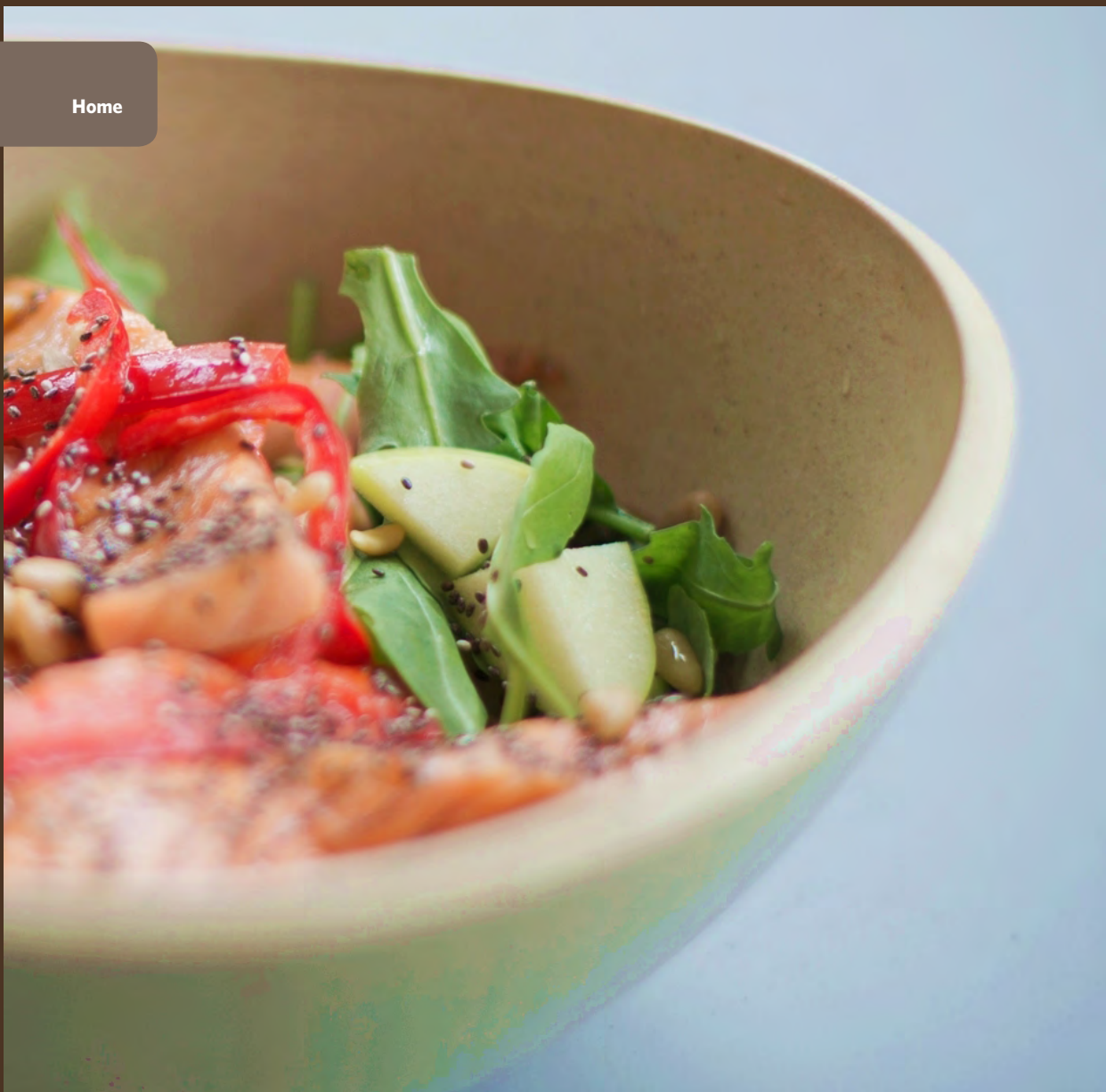
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Coffee & tea





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## MEETINGS SIMPLIFIED MENU

# SATURDAY PM BREAK 2PM - 5PM

### FREE FROM

---

Green apple crumble

### SUPERFOOD & ENERGISERS

---

Vegetable crudité's with avocado dip

### GUILTY PLEASURES

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Lime and ginger flan

Black forest cake

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

---

Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# SUNDAY AM BREAK 8AM - 12PM

### FREE FROM

---

Walnut gluten free cookies

Rye bread smoked salmon tramezzini

### SUPERFOOD & ENERGISERS

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Apricot kefir

### GUILTY PLEASURES

---

Plum tart

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water,  
still water

### BEVERAGE STATION

---

Coffee & tea





Home



## MEETINGS SIMPLIFIED MENU

# SUNDAY LUNCH 12PM - 2PM

### FREE FROM

Grilled Mediterranean marinated vegetable salad with herbs and garlic oil

Stir-fried glass noodles with root vegetables, tofu and shitake mushrooms

### SUPERFOOD & ENERGISERS

Teriyaki salmon in black sesame

Sauteed chicory with aromatic olive oil

Spinach salad with chicken, avocado, goat cheese

### GUILTY PLEASURES

Deep fried czech hermelin with lightly herbed yoghurt dip

Lemon pie

Pineapple carpaccio in cardamom syrup

### HYDRATION STATION

Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

Coffee & tea



Home



## MEETINGS SIMPLIFIED MENU

# SUNDAY PM BREAK 2PM - 5PM

### FREE FROM

---

Pecan nuts cookies

### SUPERFOOD & ENERGISERS

---

Vegetable samosa with 3 dips

### GUILTY PLEASURES

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Acai & Guarana mousse

Apple strudel, vanilla sauce

### HYDRATION STATION

---

Smoothie, juice, 2 types of fruit infused water, still water

### BEVERAGE STATION

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Coffee & tea

