



Well-grounded package

2019-20



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Delicious, nutritious and 100% plant-based as standard, our 'Well-Grounded' package is the perfect choice for your meeting if you want to feel good, perform well and do a little bit to help the planet. Utilise our complimentary interactive flipcharts to save on paper waste, and arrive at BMA House feeling fresh by following our clean-air walking route!

Well-grounded package

£75.00 plus vat per person

- Main meeting room hire (09:00-17:00)
- Catering room hire (09:00-16:00)
- Fairtrade filter coffee, speciality tea and mini blueberry muffins on arrival
- Mid-morning Fairtrade filter coffee and speciality tea, granola bars and whole fruit
- Hot fork buffet lunch
- Flavoured hydration station
- Mid-afternoon fresh mint tea and cake bites
- Still and sparkling bottled water throughout
- Interactive flipchart
- Soya milk is provided as standard, dairy provided on request



“Make your event entirely digital to reduce paper waste – just speak to your planner for details”

Recent studies have shown that eating a plant-based diet has links to health benefits and lowering the environmental impact. By choosing our new Well-Grounded menu, guests can expect a day full of delicious food which is sure to be the talking point of the event.

With inspiration from our Botanical Garden, we have introduced a fresh mint tea break for the afternoon. This reduces the impact on the environment by limiting the amount of non-biodegradable tea bags used, and further aids digestion.

“For those further afield, invite them to join the meeting through a video conference to save on travel – just ask your planner for details”

Plant-based menu 2019–20

Hot fork buffet menu

Suitable for more than 25 guests

Choose two main dishes, two sides/salads and one dessert

Additional main course **£5.25**

Additional side/salad **£3.25**

Additional dessert **£3.25**

Spicy

- Pulled jackfruit & sweet potato chilli with cocoa nibs
- Curried plantain, black bean & okra with jerked organic tofu
- South Indian soya mutter & green peas in coconut gravy
- Thai yellow curry with crispy tofu, shiitake mushrooms & green beans

Mediterranean

- Herb polenta topped with Mediterranean vegetables & black olive tapenade
- Tomato gnocchi with Sicilian aubergine stew & parsley pesto
- Fregola pasta with edamame beans, garden peas, courgettes & mint dressing
- Oven baked ratatouille with basil pesto & vegan parmesan

‘Hearty’

- Tofu katsu curry with garlic & chilli fried greens
- Five spice seitan & vegetable stirfry with mushroom oyster sauce
- Roasted vegetable & soya Bolognese lasagne topped with garlic crumbs
- Soya bourguignon with red wine, wild mushrooms & vegan bacon



“Walk or cycle to BMA House and ask your planner for our Clean Air Walking Route from King’s Cross Station”

Sides & salads

- Fragrant brown rice and quinoa pilaf
- Steamed new potatoes with herbs
- Whole wheat couscous with green lentil & caramelised onions
- Steamed seasonal greens
- Cherry tomato, garden pea & baby gem chopped salad
- Ancient grain tabbouleh with herb & lemon dressing
- Broccoli, edamame beans & spinach salad with a creamy miso dressing
- Summer vegetables with sumac, chickpeas and farro wheat
- Buckwheat, courgette, radish & hempseed salad with za’atar spices
- Indian spiced broccoli, lentil & potato salad with tamarind dressing

Desserts

- Date & ginger pudding with caramel sauce
- Apple & blackberry crumble with soya custard
- Dark chocolate mousse pots with Summer fruit compote
- Sweet potato & chocolate brownies with raspberries
- Coconut sago pudding with chia seeds & mango
- Fresh fruit pots with lime juice

“Go completely plant-based with your event menu”






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Hospitality with heritage

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