

Detox/Healthy Eating Day Delegate Package by Party Ingredients

January detox packages to leave your guests feeling gratified rather than gluttonous

It's the same situation every year, you start January with good intentions and a slight pang of guilt at the gluttonous feasting that formed the backbone of December. With detox diets in full swing, finding a menu that pleases your delegates becomes a full-on dietary conundrum.

Well this year, Party Ingredients have come up with a solution that makes organising a new year conference event a little bit easier, with an exciting range of options that promise to please even the most prolific dieter. We are offering gourmet, healthy options for breakfast, lunch and dinner, which will delight your guests with calorie-controlled bites and vitamin-infused gastronomic creations. With great flavours and a commitment to using fresh, seasonal produce, our menu options are inspired and delicious.



Party Ingredients

Private Caterers

Healthy
Eating/
Detox

Day
Delegate
Package 1

Healthy Lunch

A feel good lunch for all appetites ideal for finger eating with a small plate.

The food would be displayed on colourful, tiered buffets from which guests can help themselves.

£76.00 + VAT per person based on a minimum of 50 guests

£65.50 + VAT per person based on a minimum of 60 guests

£55.00 + VAT per person based on a minimum of 80 guests

£48.00 + VAT per person based on a minimum of 100 guests

On Arrival

Fairtrade Morning Coffee or Tea, including herbal infusions

Tropical Fruit Brochettes, Seeded Granola Bars and Mini Whole Grain Fruit Muffins.

Midmorning

Fairtrade Morning Coffee or Tea, including herbal infusions

Date and Pineapple Flapjacks, Rosemary Shortbread

Grab and Go Lunch

Individual Salad Bowls of the following dishes:

Chickpea and Watercress Salad

With Poached Salmon

Sweet Pepper, Feta and Quinoa

Balsamic Dressing

Shredded Sprout, Parsnip and Rare Beef Salad

Horseradish Dressing

Dunsire Blue Cheese with Williams Pear, Chicory and Walnut

Sweet Items

Shots of Red Fruit Kissel

Dark Chocolate and Linseed Florentines

Brazil Nut and Rolled Oats

Fairtrade Continental Blend Coffee, Teas including Herbal Infusions

Mid-Afternoon

Fairtrade Afternoon Tea or Coffee, including Herbal Infusions

Ginger, Orange and Honey Polenta Cake

Party Ingredients

Private Caterers

Healthy
Eating/
Detox

Day
Delegate
Package 2

Power Lunch

A feel good lunch for all appetites ideal for finger eating with a small plate.

The food would be displayed on colourful, tiered buffets from which guests can help themselves.

£82.00 + VAT per person based on a minimum of 50 guests

£71.50 + VAT per person based on a minimum of 60 guests

£61.00 + VAT per person based on a minimum of 80 guests

£54.00 + VAT per person based on a minimum of 100 guests

On Arrival

Fairtrade Morning Coffee or Tea, including herbal infusions

Tropical Fruit Brochettes, Seeded Granola Bars and Mini Whole Grain Fruit Muffins.

Midmorning

Fairtrade Morning Coffee or Tea, including herbal infusions

Date and Pineapple Flapjacks, Rosemary Shortbread

Grab and Go Lunch

Scottish Smoked Salmon

Lemon, Black Pepper and Rye Crackers

Bresola and Galia Melon

Pumpernickel Squares

Cured Cucumber, Tomato and Basil Crostini

Warm Bowls

Chargrilled Chicken Strips

New Potato and Leek Vinaigrette

Smoked Haddock Kedgeree

Soft Boiled Quails' Eggs

Falafel

Beetroot, Cucumber, Tomato and Tahini

Cold Bowls

Freekah with Grilled Courgette

Toasted Almond and Pomegranate

Avocado and Coldwater Shrimp

Oakleaf Lettuce and Mild Chilli

Sweet Items

Prepared Seasonal and Exotic Fruit Platters

Fruit Shots

Citrus Jellies

Winter Fruit Compote

Dark Chocolate Shards

Chocolate Dipped Brazil Nuts

Fairtrade Continental Blend Coffee, Teas including Herbal Infusions

Mid-Afternoon

Fairtrade Afternoon Tea or Coffee, including Herbal Infusions

With Orange and Lemon Polenta Cake

Party Ingredients

Private Caterers

Healthy
Eating/
Detox

Day
Delegate
Package 3

A la Carte Fork Buffet Lunch Menu Selection

We invite you to choose your own favourites from the following a la carte selection for the lunch.

All Menus include:-

- Selection of Handmade Breads with Butter
- Speciality British Farmhouse Cheeses
- Served With Seasonal Fresh Fruit and Cheese Biscuits
- After Lunch Fairtrade Coffee and a Selection of Teas and Infusions

£85.00 + VAT per person based on a minimum of 50 guests

£74.50 + VAT per person based on a minimum of 60 guests

£64.00 + VAT per person based on a minimum of 80 guests

£57.00 + VAT per person based on a minimum of 100 guests

On Arrival

Fairtrade Morning Coffee or Tea, including herbal infusions

Tropical Fruit Brochettes, Seeded Granola Bars and Mini Whole Grain Fruit Muffins.

Midmorning

Fairtrade Morning Coffee or Tea, including herbal infusions

Date and Pineapple Flapjacks, Rosemary Shortbread

Fork Buffet Lunch

Choose 1 Main Dish from the following:

Additional dishes may be chosen from this section at a supplement of £5.00 per person for all guests

Poached Cornfed Chicken With Woodland Mushrooms

White Wine Jus & Savoury Rice

Smoked Haddock

With Spinach and Poached Eggs

Fillet Of Beef Stroganoff

With Savoury Rice and Paprika

Grilled Seatrout

Bok Choy and Light Soy

Chicken Scalopini

Sunblushed Tomato, Orange and Basil

Tuscan Lamb

With Artichoke Hearts, Tomatoes & Red Wine

Salmon And Rocket Saffron Risotto

Cherry Tomatoes & Fine Herbs

Lamb Stirfry

Mangetout, Carrot and Rice Noodles

Paupiette Of South Coast Gurnard

Caramelised Leeks And Raisins

Tarragon Salsa & Minted Cous Cous

Choose 1 Vegetarian/alternative dish from the following:

Additional dishes may be chosen from this section at a supplement of £4.00 per person for all guests

Butternut Squash And Pinenut Risotto

Topped with Micro Hebs

Wild Mushroom Galette

Tomato Concasse

Avocado Pear With Orange And Croutons

Tarragon Dressing

Crispy Mushroom And Pumpkin Parcels

Salsa Roja

Aubergine, Courgette And Tomato Paupiette

Green Herb Salsa

Feta, Aubergine And Sweet Pepper Tian

Tamarind Salsa

Party Ingredients

Private Caterers

Healthy
Eating/
Detox

Day
Delegate
Package 3

A la Carte Fork
Buffet Lunch
Menu Selections
Continued



Choose 2 Accompaniment Dishes from the following:

Additional Dishes may be chosen from this section at a supplement of £2.00 per person for all guests.

Minted New Potatoes

Watercress, Endive And Oakleaf Salad

With Avocado And Orange

Salad Nicoise

Beans, Tomato, Egg And Cucumber

Medley of Green Vegetables

Penne Pasta

Peas, Sweet Pepper And Pesto

Medley Of Roasted Mediterranean Vegetables

Olive Oil And Thyme

Baby Spinach And Red Chard Salad

Balsamic Dressing

Tomato And Mangetout Vinaigrette

Little Gem Salad

Cherry Tomatoes, Cucumber And Spring Onion

Potato And Apple Salad

With Fresh Mint

Choose 1 Dessert from the following:

Additional dishes may be chosen from this section at a supplement of £4.00 per person

Salad Of Tropical Fruits

Passion Fruit Dressing

Caramelised Lemon And Almond Tart

Raspberry Coulis

Raspberry And Blueberry Cheesecake

Lime And Lemon Soufflé

Citrus Coulis

Light Chocolate And Cherry Brownie

Rhubarb and Elderflower Compote

Fromage Frais

Mid-afternoon

Fairtrade Afternoon Tea or Coffee, including Herbal Infusions

Ginger, Orange and Honey Polenta Cake

Party Ingredients

Private Caterers

The Package



What's included;-

The attached catering packages are fully inclusive of the following:

- Venue
- Arrival Refreshments
- Mid-morning Refreshments
- Lunch
- Soft drinks with lunch
- Afternoon Refreshment Break
- Linen and furniture hire
- Glassware and iced tap water
- Basic PA system

Our package prices do not include:

- Additional meals for any of your own staff or entertainers
- AV Equipment or Technician
- Additional meals for organisers, presenters etc.
- After conference reception – which is available at an additional cost
- VAT

Numbers

Catering packages are quoted for specific numbers and there is a minimum number for each type of menu. Changes in numbers will result in price changes. Final numbers are required seven days before your event.

Hall Hire

The halls are buildings of outstanding architectural significance and contain valuable pieces or art and furniture. Guests will be required to respect this at all times and behave in an appropriate manner.

We reserve the right to reject a booking application if we do not consider it suitable for the premises.

VAT

All prices are subject to VAT

Party Ingredients

Private Caterers

Terms and Conditions

It is important that you read and understand the terms under which we agree to supply catering services. Confirmation of booking our services either in writing or verbally will be taken as acceptance of our quoted charges and these terms.

NUMBERS

The high quality of our catering depends on the fact that any event we undertake is separately planned, purchased and cooked. This does mean, however, that we have to have very strict terms regarding numbers.

- 1) All prices are quoted for a specific number of guests. When numbers drop, our overheads do not reduce proportionally and therefore our menu prices increase.
- 2) We require confirmation of numbers to be catered and charged for on the Friday before the week of an event (or for Monday and Tuesday functions on the Wednesday before the event). After this date, increase in numbers of up to 10 people can usually be accommodated but no allowances can be made if numbers drop.
- 3) If the number of guests attending exceeds the numbers booked (and we are able to cater for them) we will charge for the greater number.
- 4) If the number of guests attending is less than the number booked we will still charge the total number ordered.

CANCELLATION

Once a particular date is booked we reserve the staff and kitchen time to do that function on that date and we will refuse other events which come in later. Therefore, cancellation charges are payable for any cancellation of a confirmed date. The minimum cancellation charge is 10% of the total estimated cost. This will increase to 20% within two months of the event, 40% within one month of the event and up to 100% within the week.

PAYMENT

Deposit payments are required from all non-account clients. Payment of a final invoice is required within three weeks after the event.

FOOD TASTINGS

We are happy to provide food tastings for confirmed events where the expected turnover of the event exceeds £8,000.00. In cases where the turnover is less than £8,000.00, or the booking is not confirmed, we will make a charge for the tasting of £300.00.

DAMAGE TO PROPERTY

- 1) If Party Ingredients' property is wilfully or negligently damaged or stolen at a function the replacement cost is payable by the client.
- 2) If we book premises, a marquee or other property on behalf of the client, the responsibility of security or damage to property will rest with the client.
- 3) If a client's property is wilfully or negligently damaged by Party Ingredients we will be responsible under our liability insurance.

INGREDIENTS

Whilst every effort will be made to produce the exact agreed menu we reserve the right to alter a particular ingredient if it is not available.

FOOD LEFT OVER

It is not our policy to leave left over food as it is never the same the following day. If, however, you wish to keep the food you must ask the event manager in charge on the site. They will then transfer any left overs to your own dishes once the service staff have been fed.

ACCESS

We require 'reasonable' access to the area of an event in order to deliver and collect our catering equipment. This will include use of lifts to upper floors, use of loading bays and vehicular access.

CLEANING UP

We always leave an event as neat and tidy as possible and we undertake to completely clean up any kitchen we use. This does not however, mean we will clean the function area. Unless otherwise arranged, rubbish will be neatly bagged up and left for your dustmen to collect.