

# Select your preferred tea breaks

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	OPTION 1	OPTION 2	OPTION 3
MORNING	<ul style="list-style-type: none"> <li>Plain croissant</li> <li>Pain au chocolat</li> <li>Vanilla muffins or pancake</li> <li>Bircher muesli</li> <li>Blueberry yoghurt or yogurt parfait with chia seeds</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Za'atar croissant</li> <li>Berry Danish</li> <li>Blueberry muffin or French toast</li> <li>Granola bar</li> <li>Mango yoghurt or yoghurt pudding with granola</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Almond croissant</li> <li>Apple turnover</li> <li>Lemon muffin or waffle</li> <li>Overnight apple cinnamon oats</li> <li>Mix berry yoghurt</li> <li>Seasonal sliced fruits</li> </ul>
MID-MORNING	<ul style="list-style-type: none"> <li>Scottish smoked salmon, horseradish, onion bagels</li> <li>Feta cheese &amp; bell peppers, zaatar roll (V)</li> <li>Vegetable samosa</li> <li>Classic chouquette</li> <li>Banana walnut cake</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Roast beef, mustard mayo &amp; rye roll</li> <li>Coronation egg sandwiches</li> <li>Falafel and feta wrap</li> <li>Chocolate or vanilla eclairs</li> <li>Red velvet cake</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Poached chicken and hummus, tomato roll</li> <li>Muhammara with crispy pita bread</li> <li>Vegetable &amp; potato frittata</li> <li>Hazelnut chocolate profiteroles</li> <li>Lemon pound cake with lemon sauce</li> <li>Seasonal sliced fruits</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>Chicken &amp; grain mustard éclair</li> <li>Cucumber, labneh, Zatar and olives on focaccia</li> <li>Mushroom quiche</li> <li>Strawberry cream cake slice</li> <li>Chocolate dipped madeleines</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Chicken tikka wrap</li> <li>Polenta-crusteD halloumi with preserved lemon sauce</li> <li>Chicken sausage puff</li> <li>Chocolate and berry meringue</li> <li>Date &amp; coffee cake with walnuts</li> <li>Seasonal sliced fruits</li> </ul>	<ul style="list-style-type: none"> <li>Salmon rilette, frisée on rustic baguette</li> <li>Bowl of guacamole with nachos</li> <li>Saffron arancini, spicy aioli</li> <li>Mocha nougatine cream cake slice</li> <li>Passion fruit madeleines with passion sauce</li> <li>Seasonal sliced fruits</li> </ul>

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