spaces
at The Spine

Hospitality Package

Autumn / Winter 2025

breakfast & refreshments

Breakfast

Morning bakery selection £3.50

A selection of freshly baked pastries. Based on **one per person**:

- Blueberry/raspberry croissant **(VE)** *393kcal*
- Pain au chocolate **(V)** *353kcal*
- Pain aux raisin **(V)** *428kcal*
- Cinnamon swirl **(V)** *449kcal*
- Plain croissant **(V)** *339kcal*
- Chocolate muffin **(V)** *245kcal*
- Lemon & poppy seed muffin **(V)** *390kcal*
- Salted caramel muffin **(V)** *320kcal*

Breakfast baps £6.50

A selection of soft white, wholemeal, and brioche baps.
All served with tomato ketchup and brown sauce:

- Roasted Portobello mushroom, spinach, tomato & mushroom ketchup **(VE)** *471kcal*
- Avocado, grilled halloumi, salsa wrap **(VE)** *368.9kcal*
- Free range egg muffin, sriracha **(V)** *309kcal*
- Dry cured bacon bap *512kcal*
- Cumberland sausage bap *556kcal*

Breakfast bowl selection

2 bowls	£7.50
4 bowls	£15.00
Additional bowl	£4.00

- Coconut yoghurt, spiced pears, date molasses, granola **(VE)** *352kcal*
- Golden pineapple, mint & lime **(VE)** *193kcal*
- Greek yoghurt, seasonal fruit, chai granola bee pollen **(V)** *277kcal*
- Bircher muesli, honey, blueberries, seed granola **(V)** *239kcal*
- Sweetcorn pancakes, smashed 'no avocado' peas, tomato jam **(V)** *291kcal*
- Shakshuka **(V)** *258kcal*
- Soft boiled eggs, chorizo Iberico bellota cheese **(NGC)** *330kcal*

Smoothies £3.00

- Carrot, ginger & pineapple smoothie **(VE)(NGC)** *87.2kcal*
- Kale, cucumber, lemon & mint smoothie **(VE)(NGC)** *91.5kcal*

(VE) Vegan (V) Vegetarian (NGC) Non Gluten Containing (DF) Dairy Free
For those with dietary requirements or allergies who wish to know about the food and drink ingredients used, please ask your event planner.
All prices are per person and exclude VAT.

breakfast & refreshments

Tea, coffee & soft drinks

Our teas include a selection of classic, fruit and herbal teas from Northwest supplier, Brew Tea. Our coffee comes freshly brewed from another local supplier, Neighbourhood Coffee:

- Brew Tea selection *(2kcal)*, Neighbourhood coffee *(6kcal)* & filtered water — £3.45
- Brew Tea selection *(2kcal)*, Neighbourhood coffee *(6kcal)*, filtered water & biscuits — £4.75
- Still & sparkling mineral water (750ml) — £3.00
- Seasonal fruit water infusions (5L Kilner jug) *(20kcal)* — £5.00
- Freshly squeezed orange juice (250ml glass) *(43kcal)* — £2.50
- Cranberry/pineapple/apple apple juice (per litre) — £10.00
- Homemade lemonade (per litre) *(94kcal)* — £10.00
- Sparkling elderflower (per litre) *(18kcal)* — £5.50
- Soft drinks (330ml cans) *(1kcal)* — £3.00

Energising add-ons

Please choose 2 options for **£4.50** or 3 options for **£6.00**

- Pineapple, lime & chia seed energy balls **(VE)(NGC)** — *81kcal*
- Goji berry & almond energy bite **(VE)(NGC)** — *111.6kcal*
- Dark chocolate & maple protein balls **(VE)(NGC)** — *108.7kcal*
- Apricot, oats & seed bites **(VE)** — *107kcal*
- Chocolate brownie bites **(V)** — *249kcal*
- Fresh fruit pots **(VE)(NGC)** — *97kcal*
- Fresh fruit bowl **(VE)(NGC)**
- Selection of toasted seeds & dried fruits **(VE)(NGC)** — *267.8kcal*

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Lunch

Conscious menus, simple
& enhanced sandwich
lunch, fork buffet

lunch

Conscious menus

Low 'GI' lunch £26.00
Maximum numbers 150

A great choice for those looking to keep blood sugar level steady and energy levels up.

The glycaemic index ranks food on a scale from 0 – 100, with the low end of the scale having foods that have little effect on blood sugar levels. On the contrary, the high end of the scale has foods with a big effect.

Our 'low GI' menu will leave you feeling awake and fresh for your afternoon event. No more feeling bloated or in need of that mid afternoon nap!

- Pear, pineapple & mint salad (VE)(NGC) *148kcal*
- Vietnamese beef salad (NGC) *486kcal*
- Chicken broth *275kcal*
- Spiced popcorn (VE)(NGC) *120kcal*
- Watercress, cucumber & mint juice (VE)(NGC) *42kcal*

Future 50 Salads lunch £35.00

A selection of healthy and vibrant seasonal salads containing ingredients from the 'Future 50 Foods' list, a list compiled by the World Wildlife Fund and Knorr Foods for their high nutritional density and low carbon impact

- Roasted sweet potato, edamame, grilled peppers, toasted seeds (VE)(NGC) *215kcal*
- Red cabbage & celeriac, orange, dill & pomegranate, dukkha (VE)(NGC) *187kcal*
- Charred broccoli, quinoa, hemp seeds, radishes, fresh garden herbs (VE)(NGC) *215kcal*
- Spelt and Khorasan tabbouleh with tomatoes, pomegranate, cashew nuts (V) *187kcal*
- Red onion, British halloumi, lentils, rocket, pumpkin seeds (V)(NGC) *227kcal*

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lunch

Sandwich lunch

Our sandwiches are made with a mix of popular and imaginative fillings which will keep your guests sustained and focused throughout the day.
Every package comes with a selection of classic, fruit, herbal and organic teas, Rainforest Certified coffee, and water.

The simple & classic £18.50

Sample sandwich selection on brown & white bread:

- Chickpea, rocket & carrot on granary **(VE)** *196.1kcal*
- Cheddar cheese Ploughman's on wholemeal bread **(V)** *244.3kcal*
- BLT on a granary bread *262.3kcal*
- Free range chicken & salad on wholemeal bread *179.9kcal*
- Tuna & sweetcorn on granary *183kcal*

Served with vegetable & potato crisps **(VE)(NGC)** *(123.1kcal)*, brownie bites **(V)** *(249kcal)* & fresh fruit bowl **(VE)(NGC)**

The modern & trendy £22.00

Sample sandwich selection on artisan breads & wraps:

- Quinoa falafels, carrot hummus, cucumber & gem wraps **(VE)** *190.5kcal*
- Roasted vegetables & buffalo mozzarella multi-grain bagel **(V)** *226.6kcal*
- Salt beef bagel, sweet mustard, baby spinach & pickles *284.4kcal*
- Avocado, sunblushed tomatoes, chicken & sumac wrap *201.1kcal*
- Tuna, rocket, roasted vegetables & cracked pepper sourdough baguette *197.3kcal*

Served with vegetable & potato crisps **(VE)(NGC)** *(123.1kcal)*, marinated olives **(VE)(NGC)** *(60.9kcal)* & lemon posset with seasonal berries **(VE)(NGC)** *(530.8kcal)*

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lunch

Sandwich lunch add-ons

Add-ons

Savoury

- Diced raw seasonal vegetables, green goddess dip **(VE)(NGC)** *(277kcal)* — £4.00pp
- Raw vegetables with romesco, hummus & cucumber yoghurt **(V)(NGC)** *(274kcal)* — £5.00pp
- British cheeseboard, biscuits, celery, grapes **(V)** *(286kcal)* — £5.50pp
- Selection of cured meats & pickles *(149kcal)* — £5.50pp

Sweet

- House brownies **(V)** *(289kcal)* — £3.50pp
- Scones with jam & clotted cream **(V)** *(310kcal)* — £5.50pp
- Seasonal fruit platter **(VE)(NGC)** *(107kcal)* — £5.00pp

Snacks

- Crisps & popcorn **(VE)(NGC)** *(84kcal)* — £3.50pp
- Olives, popcorn, chorizo & sun-dried tomatoes **(NGC)** *(149kcal)* — £5.50pp

Future 50 Salads add-ons — £4.95 per salad

A selection of healthy and vibrant seasonal salads containing ingredients from the 'Future 50 Foods' list, a list compiled by the World Wildlife Fund and Knorr Foods for their high nutritional density and low carbon impact

- Roasted sweet potato, edamame, grilled peppers, toasted seeds **(VE)(NGC)** *215kcal*
- Red cabbage & celeriac, orange, dill & pomegranate, dukkha **(VE)(NGC)** *187kcal*
- Charred broccoli, quinoa, hemp seeds, radishes, fresh garden herbs **(VE)(NGC)** *215kcal*
- Spelt and Khorasan tabbouleh with tomatoes, pomegranate, cashew nuts **(V)** *187kcal*
- Red onion, British halloumi, lentils, rocket, pumpkin seeds **(V)(NGC)** *227kcal*

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lunch

Enhanced sandwich lunch £33.50

Perfect for exhibitor and networking lunches, an alternative to the DDR fork buffet lunch option recommended for events with over 150 delegates. A selection of freshly made sandwiches, handheld snacks, artisan salads, dessert and fruit pots.

Please choose three snacks, two salads and one dessert from the menu below.

Handheld snacks

Vegan & vegetarian

- Vegetable gyoza with sesame & soy dip (VE) *376kcal*
- Indian samosa with mango chutney (VE) *561kcal*
- Buffalo cauliflower wings (VE) *350kcal*
- Steamed bao bun with BBQ jackfruit, jalapeno & pickled ginger (V)(NGC) *184kcal*
- Super green frittata (V) *256kcal*
- Caramelised mushroom tarts (V) *480kcal*

Fish & meat

- Thai chilli prawns with lime leaf & sriracha mayo (NGC) *765kcal*
- Spiced haddock goujons, pea & mint guacamole *500kcal*
- Smoked mackerel, radish, pickled cucumber, fennel seed cracker *192kcal*
- Ham hock croquette with pickled walnut puree *260kcal*
- Pulled chicken sliders with smoked cheese & red onion *390kcal*
- Nduja sausage roll *205kcal*

Seasonal artisan salads

- Raw & roasted beetroot salad, toasted seeds, coarse grain, mustard & balsamic (VE)(NGC) *649kcal*
- Freekeh pilaf, coriander, mint, spring onion & preserved lemon (VE) *381kcal*
- Jewelled couscous salad, pomegranate, pistachio, citrus & soft herbs (VE) *295kcal*
- Roasted broccoli miso Caesar salad (V) *223kcal*
- Chicory, orange & watercress (VE) *163kcal*

Dessert

- Plant based tiramisu (VE) *374kcal*
- Lemon curd Eton mess, blackberry gel (V)(NGC) *525kcal*
- Vanilla pannacotta, passionfruit, meringue shards (V)(NGC) *499kcal*
- Apple & berry compote, oat & tonka spiced crumble crème anglaise (V)(NGC) *805kcal*

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lunch

Hot fork buffet

£34.50

Monday

Mains

- Baked Portobello mushroom, spinach & pesto gnocchi (VE) *598kcal*
- Roasted salmon, pea & mint creamed fregola (NGC) *700kcal*
- Lamb lasagne *667kcal*

Sides

- Butternut squash macaroni cheese, herb crust (V) *500kcal*
- Chicory salad with rocket, cucumber & tomato (VE) *160kcal*

Dessert

- Sticky toffee pudding with cinnamon custard (V) *428kcal*

Tuesday

Mains

- Jackfruit biryani with mango chutney (VE)(NGC) *500kcal*
- Roasted sea bream with saag aloo & mint yogurt (NGC) *750kcal*
- Butter chicken curry (NGC) *556kcal*

Sides

- Lentil, chilli & curried cauliflower salad (VE)(NGC) *580kcal*
- Vegetable pilau rice (VE) *172kcal*

Dessert

- Coconut & mango cheesecake (V) *325kcal*

Wednesday

Mains

- Blind lentil scouse with pickled beetroot (VE)(NGC) *266kcal*
- Stuffed beef tomato with courgette, sweetcorn rice & crumbled feta (V)(NGC) *187kcal*
- Scouse with pickled beetroot (NGC) *674kcal*

Sides

- Sourdough bread (VE) *144kcal*
- Herb oiled new potatoes (VE)(NGC) *121kcal*
- Rocket & watercress salad with red onion, cherry tomato & Dijon dressing (VE)(NGC) *186kcal*

Dessert

- Apple & hedgerow crumble with cream custard (V) *297kcal*

Thursday

- Sweet and sour tofu with pineapple, coconut sambal & crispy seaweed (VE)(NGC) *700kcal*
- Roasted sea bass with teriyaki & stir fry noodles *600kcal*
- Turkey katsu curry with bok choi *987kcal*

Sides

- Asian slaw with sesame & coriander (VE)(NGC) *350kcal*
- Coconut rice with chilli, green beans & peas (VE) *210kcal*

Dessert

- Key lime pie (V) *440kcal*

Friday

Mains

- Med veg stuffed onion with carrot & cumin sauce (VE) *500kcal*
- Roasted hake, butterbean & roasted pepper gumbo (NGC) *674kcal*
- Buttermilk chicken, Cajun lime & chilli slaw, pretzel *925kcal*

Sides

- Hasselback potato with parmesan & truffle oil (V) *325kcal*
- Roasted courgettes, goats cheese & radicchio salad (V)(NGC) *391kcal*

Dessert

- Rice pudding, strawberry compote (V)(NGC) *190kcal*

All buffets include three main dishes, seasonal side dishes, a dessert and fresh fruit. Served with a selection of classic teas and seasonal fruit infusions, Rainforest Certified coffee, and water.

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