

nourish

BY SEARCYS

FUEL YOUR BODY, NOURISH THE EARTH

'Nourish' has been developed by our nutritionist and chef team.

It is designed to offer maximum nutritional benefit whilst minimising environmental impact.

The **'Nourish'** range incorporates ingredients that support the brain, immunity and the gut, whilst helping to produce energy and improve concentration.

All recipes in the Nourish range have a low - moderate CO2 footprint, measured using our Nutritics system.

THE RANGE FEATURES

A wholefoods-based approach, which means it has less processed ingredients and lower Co2.

Well balanced menus and dishes that contain a good quality 'complete' protein with beneficial fats, wholefood carbs and high plant content.

More healthy fats found in oily fish, nuts, seeds, avocado, olives, certain grains and leafy veg.

More wholegrains that provide essential fibre and supports gut health and essential energy boosting nutrients.

More fruit + veg supporting energy levels and engagement.

Reduced animal protein and increased plant protein supporting concentration and minimising Co2.

Sugar from natural sources - our cakes and bakes are made with sugar only from natural sources, such as dates and bananas and have added 'nutrition' benefitting ingredients, such as seeds, grains, nuts, fruits, vegetables, and powders such as Acai and Spirulina. Our breakfasts incorporate lower sugar options such as birchers and chia's.

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Spring Day Delegate Menu 1

BREAKFAST

COLD

Turmeric citrus zinger shot (ve)
Green pina colada smoothie (ve)
Golden bircher (ve)
Acai, beetroot and almond chia pot (ve)
Searcys (plain or chocolate) granola
+ yoghurt + berry compote (v)

HOT

Tomato, flat mushroom and spinach on sourdough (ve)
Hot smoked salmon + rocket on sourdough

BREAKS AM / PM

Cranberry, almond + peanut granola bars (ve)
Turmeric and blueberry breakfast muffins (v)
Marinated tofu veggie pot (ve)

LUNCH FORK BUFFETS

MAINS - MEAT

Spring chicken and butterbean casserole

MAINS - FISH

Black quinoa, roast red onion and sprouting
broccoli, poached sea trout

MAINS - VE / V

Greens, grains and eggs, Gochujang dressing (v)

CARBOHYDRATE

Herbed barley (ve)

SALADS

Carb - Roast squash, feta, pumpkin seed
and rocket (v)

Veg - Beetroot, carrot, blood orange
and coriander salad (ve)

Leaf - Bitter leaf salad, shaved fennel
and watercress (ve)

DESSERTS / CAKES

Searcys Carrot Cake