



THE GRAND

YORK

FOOD FOR THOUGHT MENU



SAVOURY

POACHED SALMON ROULADE

Capsicum and Bean Cassoulet, Wilted Spinach, Lemon Verbena Sauce

Full of Omega 3 fatty acids, salmon is fantastic for promoting healthy brain function, helping improve concentration. As well as this, the wilted spinach and lemon help build a strong memory.

GRILLED FRESH TUNA

Chilli Unagi, Charred Broccoli, Piperade

Broccoli is well known for its properties that improve brain function. Great for concentration and memory retention.

TEXTURED LEAFY INSALATA

Broccoli, Kale, Red Onion, Pomegranate and Almond Emulsion

Full of leafy greens, this dish promotes healthy brain function, helping people stay sharp.

CELERIAC NOSOTTO

Cumin Gastrique, Grilled Asparagus, Tomato Jelly

Leafy greens such as celeriac and asparagus are key for promoting a healthy brain.

SWEET

PUMPKIN CAKE WITH SEEDS AND HONEY CRUMBLE

Macerated Strawberries, Blackberry Sorbet, Orange Jel

Pumpkin is one of the best foods, not just for improving memory, but also mood, helping to encourage high spirits for the whole meeting. Plus, blackcurrants reduce anxiety and stress, and oranges are great for memory retention.

GREEK YOGHURT AND BLACKCURRANT CUSTARD

Basil Sorbet, Blood Orange and Mint Salad

Oranges are well known for improving memory, whilst herbs, such as mint, improve concentration.

