

The Grand, York launches industry-first corporate menu to enhance brain power

The Grand, York, part of Splendid Hospitality Group, has launched a new, industry-first corporate menu, focusing on foods which enhance cognitive function to help drive productivity and creativity during meetings, events, and away days.

Created by The Grand's Executive Head Chef, Kevin Bonello, the 'Food for Thought' menu has been specifically crafted to include ingredients which continue to boost brain power throughout the whole day. With each ingredient specially selected to keep colleagues sharp, the menu has aims to keep energy levels high, increase employee engagement and avoid the dreaded post-lunch slump.

Dishes such as the Poached Salmon Roulade include brain-boosting ingredients like oily fish, packed with omega-3 and essential fatty acids, which can't be made naturally in the body, for promoting healthy brain function. Other key ingredients include pumpkin and blackcurrants, which help reduce stress and anxiety due to the high vitamin C content, and wholegrains for a slow release of energy into the bloodstream, helping to keep energy levels consistent.

The Grand's Food for Thought Corporate Menu

Savoury options

Poached Salmon Roulade

Capsicum & Bean Cassoulet, Wilted Spinach, Lemon Verbena Sauce

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

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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.

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Textured Leafy Insalata

Broccoli, Kale, Red Onion, Pomegranate & Almond Emulsion

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

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Celeriac Nosotto

*Cumin Gastrique sauce, Grilled Asparagus, Tomato Jelly*

Leafy greens, such a celeriac and asparagus, are key for promoting a healthy brain in general.

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Sweet options

Pumpkin Cake with Seeds & Honey Crumble

Macerated Strawberries, Blackberry Sorbet, Orange Jel

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

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Greek Yoghurt & Blackcurrant Custard

*Basil Sorbet, Blood Orange & Mint Salad*

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

Kevin Bonello, Executive Head Chef at The Grand, comments; “Keeping your brain sharp and healthy is important, not just for your general health, but also to ensure you are proactive and efficient at work. One key way of doing this is through the food you eat. The Grand’s new ‘Food for Thought’ menu not only helps businesses promote a healthy lifestyle with their employees but also supports them in making the most out of their meetings with us.”

As well as their new ‘Food for Thought’ menu, The Cookery School at The Grand offers a range of exciting and innovative classes that act as fantastic team building exercises, for company’s looking to add a bit of sparkle and fun to their away days and meetings.

Marc Williams, Head of The Cookery School, comments; “Food is famous for bringing people together, and that doesn’t have to stop at social occasions. Using food and cooking as a team building exercise is not only a fantastic way to get people together and bond colleagues over a common love, but also an opportunity for everyone to learn a new skill in cooking, or improve on what they already know, helping promote healthy brain power and function.”

Businesses looking to take advantage of the Food for Thoughts menu can do so by visiting [events@thegrandyork.co.uk](mailto:events@thegrandyork.co.uk) or calling 01904 380038. The menu includes options that are suitable for vegan and vegetarian guests, and can be flexed to be made suitable for a range of dietary requirements – such as gluten-free and dairy-free.

**-ENDS-**

## **About The Grand, York**

The Grand, York is part of the Splendid Hospitality Group which consists of 24 hotels and is one of the UK’s fastest growing-privately owned hospitality groups, owned and directed by Shiraz and Nadeem Boghani. The five-star property is housed in one of the historic city’s most iconic buildings, offering guests a unique approach to inclusive luxury. A destination for memorable experiences and unforgettable service, The Grand delivers the finest of Yorkshire hospitality, from locally sourced food and beverage to bespoke experiential packages. The award-winning hotel features 207 rooms alongside an intimate and relaxing Spa, state-of-the-art Cookery School, world-class event facilities and exclusive food and beverage outlets including a fine dining restaurant, Legacy, The Rise Restaurant, Terrace & Bar for breakfast, afternoon tea and dinner and The 1906 cocktail bar. The Grand has been acknowledged with multiple awards, including ‘Hotel of the Year- Group’ at the Cateys Awards, ‘Best Afternoon Tea’ by Condé Nast Johansens Award for Excellence, 100 Best Places to Work by The Sunday Times and ‘Large Hotel of the Year’ at the Visit York Tourism Awards.

[www.thegrandyork.co.uk](http://www.thegrandyork.co.uk)

## **About Splendid Hospitality Group:**

Splendid Hospitality Group, controlled and directed by Shiraz and Nadeem Boghani, is the operator and developer of a portfolio of 24 hotels with over 2500 bedrooms as well as 39 fast food restaurants (KFC). It is one of the UK’s fastest growing privately-owned hospitality groups which has made a name for itself through the design, construction, and operation of a full range of hotel styles and locations across the UK, ranging from limited service to luxury. The group enjoys the support of major franchisors such as IHG, Accor, and Hilton. The portfolio includes York’s only five-star hotel, The Grand, York and Hilton London Bankside, a phenomenal 5-star property in the heart of London’s Bankside. [www.splendidhospitality.co.uk](http://www.splendidhospitality.co.uk)

**THE GRAND**

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YORK



**SPLENDID**

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