Opening Hours & Contacts

The MRC Conference Centre is open from **08.30 – 18.00 Monday to Friday.**
All meetings take place on the 13th Floor.

Contact Us

For all catering enquiries
**t.** 020 7395 2332
**e.** hospitality@mrc.ukri.org

For Room bookings and Event enquiries
**t.** 020 7395 2330
**e.** bookings@mrc.ukri.org

Conference Centre address
**Medical Research Council**
13th Floor
One Kemble Street
London
WC2B 4AN

https://mrc.ukri.org/about/contact/mrc-conference-centre/
Welcome

The MRC Conference Centre are delighted to present the Spring/Summer hospitality brochure in partnership with BaxterStorey

We have a dedicated hospitality chef preparing food on site daily. For advice, guidance or help in arranging catering for your meetings please do not hesitate to contact us. e. hospitality@mrc.ukri.org.

All prices shown reflect the cost per person and are exclusive of VAT @ 20%.

Special Events/Bespoke Menus
We are able to provide bespoke menus tailored to your individual requirements. Please don’t hesitate to contact us to discuss your event. e. hospitality@mrc.ukri.org

Notice Period Required for Catering Orders
Hot and cold beverages are available to order throughout the day to satisfy all of your needs. Please allow a minimum of ONE working days’ notice for all beverage orders. Please allow a minimum FIVE working days’ notice for all food orders.

All food for meetings in the MRC Conference Centre is supplied by BaxterStorey and must be booked through Condeco or bookings@mrc.ukri.org

We understand that on occasions our customers require catering (food) at short notice. If you need to place an order for delivery within 5 working days, please contact the hospitality department directly and we will endeavour to meet your requests promptly within the demands of the business as a whole. e. hospitality@mrc.ukri.org

Cancellation Notice
ONE full working day to cancel beverage orders
TWO full working days’ notice to cancel food orders

All catering orders will be charged for any meetings cancelled / changed within the time periods above. Please speak to the hospitality or Conference Centre team to cancel your meeting. Please do not use Condeco to cancel your meeting without contacting catering. e. hospitality@mrc.ukri.org

For users that book through the Conference Centre team, please continue to email: e. bookings@mrc.ukri.org

No food or beverages may be consumed in the Conference Centre unless supplied by our in house caterers BaxterStorey
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wellbeing
Health & Wellbeing

Dietary Requirements
We strive to provide variety for all of our customers as each individual is as valued as the next. We would be delighted to cater for your special dietary requirements. Please email your dietary requirements, date of booking, room number and name of delegate requiring a special menu at least FIVE working days before your meeting to. e. hospitality@mrc.ukri.org

Low Fat
We only use low fat mayonnaise and provide a range of plain fillings in our sandwiches.

Vegetarians
Suitable for vegetarians. All sandwich lunches include a vegetarian selection. We can also cater for vegans.

Allergens
If you have a specific allergy please let us know.

There are designated Allergen Champions on site to answer any questions about the ingredients in all food and beverages.

Nutrition is key at BaxterStorey. Our company ethos is that everyone should have access to locally sourced, freshly prepared food that is never over processed. This means it is inherently healthy, which promotes a healthy eating ethos. We hope we can help you to make the healthy choice with this brochure, but please do not hesitate to get in touch with us if you would like any further advice. e. hospitality@mrc.ukri.org

❤️ Items marked with this symbol promote a healthy eating ethos
Wholegrain Carbohydrates
Wholegrain carbohydrates – whole wheat pasta, brown rice, wholegrain bread and other sources such as quinoa, barley and rye provide you with much needed slow release energy and fibre. A good mixture of wholegrain carbohydrates and protein will leave you feeling full and energised. Some even contain small amounts of protein. A portion should be one heaped handful.

Fruit & Vegetables
Fruits and vegetables – make sure to get your 5 a day. Eat a different fruit or vegetable for each one portion, which should be 80g or two handfuls. Make sure to include a portion with each meal and also focus on fruits and vegetables as snacks. Bean, pulses and legume all count as one of you 5 a day.

Dairy
Dairy – dairy provides us with natural sugars, protein and calcium which are all needed for strong bones. Focus on choosing natural and Greek yoghurts that have not been flavoured. Some that are low fat have had processed sugar added to them to make up for lack of flavour and texture. A portion should be the size of the palm of your hand.
Protein
Protein – try and focus on plant sources of protein such as Quinoa, soy or Quorn. These are known and complete proteins and contain all 8 essential amino acids (the building blocks for your body). A benefit of choosing plant protein in your diet is less saturated fat, which in high amounts can increase cholesterol levels and lead to a high risk of developing heart disease, diabetes, some cancers. We need 0.8g per kilogram of body weight of protein each day (for the average woman, this is 45g, or 55g for men). A portion should be the size of the palm of your hand.

Fats
Fats – we should all be focusing on ensuring our total fat intake does not account for more than 35% of our calorie intake each day. When choosing foods look for those that contain more unsaturated fat (total fat – saturated fat on traffic light labelling). Unsaturated fat is the ‘better’ at and helps to lower cholesterol. Sources of unsaturated fat (oily fish, avocado and vegetable oils) also provide omega 3 and 6 which help regulate mood and concentration.
Smoothies
Recipe Ideas

1. Breakfast Boost
50g banana, peeled, 200ml skimmed milk
30g oats & 15g cashew nuts, unsalted
90g fruits of the forest, frozen
High in Calcium

2. Cacao & Berry Blend
40g fruits of the forest frozen
4g avocado, 40g banana, peeled
4g cacao nibs, 220ml skimmed milk
High in Protein

3. Carrot Zinger
1 lemon, 5g fresh ginger, peeled
100g carrot, 150g apple
Source of Vit C

4. Green Goddess
15g baby spinach, 45g pineapple
40g avocado, 4g fresh ginger, peeled
200ml water
Low in Sugar

5. Mango Tango
50g mango, peeled, 140g orange peeled
50g plain yoghurt
20g banana, peeled
Source of Vit C

6. Raspberry Crush
Squeeze of lime, 40g raw beetroot
25g raspberries, 60g apple,
15ml water, 2g chia seeds
Source of Vit K

7. Green Tea Tonic
16g carrot
125g orange, peeled
120ml green tea
Source of Vit C

8. Go Bananas
150g fresh beetroot
30g celery
25g cucumber
30ml water
High in Protein
Booking Tips
Guide to good choice
Booking Top Tips for Beverage Trays

- Why not mix and match? All beverage trays are the same price apart from BVT2. My favourite BVT4 & BVT5.
- For example book beverages for 15 attendees example: BVT1 x5, BVT4 x5, BVT5 x5. Page 21.
- NEW! Meetings of 10 or more try our new beverage tray combo’s Page 22.
- Soya milk is available on request for your beverage tray bookings Page 21.
- Why not book from our Something Extra selection with your beverage tray order? For example a cheeseboard, fruit platter or houmous and pitta bread. Page 28.
- Need inspiration with your order? e.hospitality@mrc.ukri.org
- BVT8 Superfoods flap jack bars. Page 21

Booking Top Tips for Lunches:

- To order your fruit for your meeting please go to Page 28.
- Our sandwich lunches include flavoured Artisan breads as well as the favourite brown & white. Page 24.
- Sandwich lunches of more than 6 now include an additional 2 rounds of sandwiches. Page 24.
- Add little crunch to your lunch with our Pop Chips (half fat). Page 28.
- Add our delicious Chef’s Special Chicken to your lunch (SNSC1). Page 24.
- You can order just plain sandwiches for your meeting if you wish with no added dressings. Page 24.
- For meetings of 8 or more, why not book one of our Wellbeing lunches to add variety to your sandwich lunch. We can help you with this. e. hospitality@mrc.ukri.org Page 26.
- A selection of plain sandwiches will be served with all lunches. Page 24.
- All sandwich lunches have a selection of meat, fish and vegetarian fillings. Page 24.
- Try something different from sandwiches. Sushi lunch with fruit smoothie. Page 24.
- Vegetarian or Vegan don’t worry book our VVL1 or tasty salads. Pages 24 & 27.
- Fancy a snack? Book our delicious finger food Page 25.
- Don’t forget to book your plain or vegetable crisps with your sandwich lunch on Page 26.
- Why not mix and match a Charcuterie and British cheese platter to go with your lunch. Page 24.

Booking Top Tips: Book Now!

- Soft drinks are available for you lunch. Book now Page 23.
- Don’t forget our fruit pots for a healthy hit. Book now on Page 28.
- Why not book an afternoon snack with your beverage tray. Page 28
- Cheeseboard, fruit platter or vegetable sticks and dips for your meeting? Page 28.
- Add our delicious Chef’s Special Chicken to your lunch (SNSC1). Page 26.
Why not book one of our healthy lunches below.
Summer Wellbeing
Finger Food
Sandwich Lunches
Special Dietary Requirements

Why not try one of the above or we have six more for you to choose from on Page 27”
Beverages

Did you know six of our beverage trays are the same price. Why not mix & match your order to add more variety to your meeting”
Cake Gallery
Cakes for Special Occasions

Please email: hospitality@mrc.ukri.org with your request

Pear Cake

Chocolate Cake
Focus on Food for your Meeting
Hot Beverages

If you have a specific allergy or dietary requirement please let us know e: hospitality@mrc.ukri.org

All Inclusive Beverage Tray £3.35 per person (BVT1) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- A selection of luxury biscuits including a No Gluten-Containing Ingredients option.

Beverage Tray £2.50 per person (BVT2) (£3.00)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.

Tea/Coffee and Cup Cake Beverage Tray (Homemade) £3.35 per person (BVT3) (£4.02)
- Freshly brewed fair trade filter coffee, selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Two varieties of home baked classic cupcakes.

Tea/Coffee & Mini Fresh Fruit Pot (Wellbeing/Healthy) £3.35 per person (BVT4) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Mini fresh fruit pot.

Tea/Coffee & Mini Danish Pastries (Breakfast Beverage) £3.35 per person (BVT5) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Mini Danish pastries.

Cream/Tea (Afternoon Tea) £3.35 per person (BVT6) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Home baked mini fruit scone, Cornish clotted cream & jam.

Tea/Coffee and Fresh Fruit Smoothie Shot. (NEW) £3.35 per person (BVT7) (£4.02)
- Freshly brewed fair trade coffee Selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Fresh Fruit Smoothie Shot.

Tea/Coffee and Individual Packets of Superfoods Flap Jacks. (NEW) £3.35 per person (BVT8) (£4.02)
- Freshly brewed fair trade coffee selected speciality tea and fruit infusions.
- Chilled sparkling and still purified drinking water.
- “Superfoods” selection of flap jacks.
Beverage Tray Combo’s (For Meetings of 10 or More)

The beverages will consist of 5 of one item i.e. smoothies & 5 of the other i.e. biscuits

All Inclusive Beverage Tray
Plus Fresh Fruit Smoothie Shot £3.35 per person (BVT9) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- A selection of luxury biscuits including a No Gluten-Containing Ingredients option.
- Fresh fruit smoothie shot.

Tea/Coffee & Mini Fresh Fruit Pot
Plus Superfoods Flap Jack £3.35 per person (BVT10) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Mini fresh fruit pot.
- Superfoods flap jack.

Tea/Coffee & Mini Danish Pastries
Plus Mini Fresh Fruit Pot £3.35 per person (BVT11) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Mini Danish pastries.
- Mini fresh fruit pot.

Cream/Tea (Afternoon Tea)
Plus Fresh Fruit Smoothie Shot £3.35 per person (BVT12) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Home baked mini fruit scone, Cornish clotted cream & jam.
- Fresh fruit smoothie shot.

Tea/Coffee & Cup Cakes
Plus Fresh Fruit £3.35 per person (BVT13) (£4.02)
- Freshly brewed fair trade filter coffee selected speciality teas and fruit infusions.
- Chilled sparkling and still purified drinking water.
- Two varieties of home baked classic cupcakes.
- Fresh fruit.
Cold Beverages

If you have a specific allergy or dietary requirement please let us know e. hospitality@mrc.ukri.org

Water
Vivreau chilled sparkling and still purified drinking water

£1.00 per person (WST/WSP) (£1.20)

Soft Drinks
- Coca Cola
  £1.30 per person (CC1) (£1.56)
- Diet Coke
  £1.30 per person (DC1) (£1.56)
- Fanta
  £1.30 per person (FT1) (£1.56)
- Princes Flavoured Water (Sugar Free)
  £1.00 per person (PFW1) (£1.20)
Sandwich Lunches

*If you have a specific allergy or dietary requirement please let us know e: hospitality@mrc.ukri.org*

No food may be consumed in the Conference Centre unless supplied by our in house caterers BaxterStorey.

Plain Fillings Sandwich Lunch £9.85 per person (PFL1) (£11.82)
A Selection of freshly made seasonal sandwiches on traditional brown & white plus artisan flavoured breads without any dressings served with olives, water and chilled fruit juice. (ONE round per person)

Simple Sandwich Lunch £9.85 per person (SL1) (£11.82)
A selection of freshly made seasonal sandwiches on traditional brown & white plus artisan flavoured breads served with olives, water and chilled fruit juice. (ONE round per person)

Vegetarian/Vegan Sandwich Lunch £9.85 per person (VVL1) (£11.82)
A selection of freshly made seasonal sandwiches served on traditional brown & white plus artisan flavoured breads with olives, water and chilled fruit juice. (ONE round per person)

OKS Deluxe Wrap & Mini Roll Lunch £12.50 per person (WRL1) (£15.00)
A selection of freshly made seasonal wraps & rolls served with olives, water & chilled fruit juice. (ONE round per person)

Chef’s selection of 1 fish, 1 meat and 1 vegetarian item from our finger food options. (ONE round per person)

OKS Deluxe Sandwich Lunch & Finger Food £12.50 per person (DL1) (£15.00)
A selection of freshly made seasonal sandwiches on traditional brown & white plus artisan flavoured breads served with olives, water and chilled fruit juice. (ONE round per person)

Chef’s selection of 1 fish, 1 meat and 1 vegetarian item from our finger food menu options. One round of sandwiches is equal to 4 quarters per person

Sushi, Olives & Fruit Smoothie
Minimum order of 6 & 1 days’ Notice Required £12.50 per person (SVS1) (£15.00)
5 pieces of freshly made sushi, olives, water and chilled fruit juice
Lunches Finger Food

If you have a specific allergy or dietary requirement please let us know e: hospitality@mrc.ukri.org

Meat
• Honey & Thyme Roasted Mini Sausages (FOUR) (HTCS1)
• Southern Fried Chicken (TWO) (SFC1)
• Mini Beef Burger, Cheddar Cheese & Smoked Bacon (ONE) (MCSB1)

Fish
• Breaded Prawns & Wasabi Dip (TWO) (EKWD1)
• Mini Caribbean Fish Patti (ONE) (MCFP1)
• Goujons of Haddock & Tartare Sauce (TWO) (GOH1)

Vegetarian
• Stilton & Cranberry Wontons (TWO) (SCW1)
• Feta & Sun Dried Tomato Tart (ONE) (FSDT1)
• Onion Bhajis & Garlic Mayonnaise (TWO) (OBGM1)

£3.30 per selection if ordered individually. (£3.96)

Chef’s Special Add On Spiced & Non Spiced Chicken £3.30 (SNSC1) (3.96)
Chef’s delicious blend of herbs and spices marinated chicken (4 Pieces Per Person)
Cold Buffets Lunches

If you have a specific allergy or dietary requirement please let us know.
A Minimum of 4 covers is required to order the Wellbeing menus.
No food may be consumed in the conference centre unless pre-ordered through BaxterStorey.

Summer Wellbeing 1
- Country Style Italian Beef
- Prawns, Roasted Sweet Potato & Cherry Tomatoes
- Penne Pasta, Mushrooms & Red Peppers
- Carrot, Pumpkin Seeds, Chick Peas, Radish & Cucumber

Summer Wellbeing 2
- Smoky Joe Pork
- Poached Salmon, Pineuts, Sun Dried Tomato & Rocket
- Moroccan Cous Cous
- Chilli Mango Slaw

Summer Wellbeing 3
- Classic Caesar Salad
- Smoked Mackerel, Orange, Spinach & Chia Seeds
- Potato, Egg & Olive Salad
- Roasted Mediterranean Vegetables

Chef’s Special Add On Spiced & Non Spiced Chicken
Chef’s delicious blend of herbs and spices marinated chicken (4 Pieces Per Person)

Charcuterie & British Cheese Platter (Serves 2)
A platter of premium sliced meats and British cheeses served with homemade chutney, freshly baked breads, vegetable stick, water and chilled fruit juice.
Special Dietary Requirements

**No Gluten Containing Ingredients Salads**
- Poached Salmon, Pineuts, Sun Dried Tomato & Rocket (£10.75 per person (£12.90))
- Smoky Joe Pork (GF2)
- Potato, Egg & Olive Salad (GF3)

**Dairy Free Salads**
- Prawns, Roasted Sweet Potato & Cherry Tomatoes (£10.75 per person (£12.90))
- Country Style Italian Beef (DF2)
- Penne Pasta, Mushrooms & Red Peppers (DF3)

**Vegan Salads**
- Roasted Mediterranean Vegetables (£10.75 per person (£12.90))
- Moroccan Cous Cous (VES2)
- Carrot, Pumpkin Seeds, Chick Peas, Radish & Cucumber (VES3)
Something Extra

Flatbread with Houmous and Olives
Freshly baked flatbread with homemade houmous and our marinated olives (serves 1)
£4.70 per person  (FHO1) (£5.64)

Vegetable Sticks, ❤️ Mezze Chips & Dips (Serves 4)
£4.70 per person  (VSD1) (£5.64)

Miniature Cakes
Freshly baked variety of homemade miniature cakes
£1.20 per person  (MFB1) (£1.44)

Fresh Fruit Pot
£1.50 per person  (IFP1) (£1.80)

Yoghurt, Granola & Fruit Compote Pots ❤️
£1.50 per person  (IYP1) (£1.80)

British Cheese Board
£5.85 per person  (BCBS1) (£7.02)

Marinated Olives
£2.00 per person  (HMO1) (£2.40)

Individual Whole Fruit ❤️
£0.80 per person  (IWF1) (£0.96)

Cut Fruit Platter ❤️
£3.60 per person  (CFP2) (£4.32)

Plain Salted or Vegetable Crisps
£0.70 per person  (CSP1) (£0.84)

Pop Chips (half fat)
All the flavour of fried chips but half the fat
£0.80 per person  (CSP2) (£0.96)
## Catering Codes

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<thead>
<tr>
<th>CODE</th>
<th>Item Type</th>
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<tbody>
<tr>
<td>BVT1</td>
<td>Beverage Tray With Biscuits</td>
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<tr>
<td>BVT2</td>
<td>Beverage Tray Without Biscuits</td>
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<td>BVT3</td>
<td>Beverage Tray &amp; Cup Cakes</td>
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<tr>
<td>BVT4</td>
<td>Beverage Tray &amp; Fresh Fruit Pots ❤️</td>
</tr>
<tr>
<td>BVT5</td>
<td>Beverage Tray &amp; Mini Danish Pastries</td>
</tr>
<tr>
<td>BVT6</td>
<td>Beverage Tray &amp; Scones Jam &amp; Cream</td>
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<tr>
<td>BVT7</td>
<td>Beverage Tray &amp; Fresh Fruit Smoothie Shot ❤️</td>
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<tr>
<td>BVT8</td>
<td>Beverage Tray &amp; Superfoods Flap Jacks</td>
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<tr>
<td>BVT9</td>
<td>Beverage Tray, Biscuits &amp; Fresh Fruit Smoothie Shot</td>
</tr>
<tr>
<td>BVT10</td>
<td>Beverage Tray, Superfoods Flap Jack &amp; Fresh Fruit Pot</td>
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<td>BVT11</td>
<td>Beverage Tray, Mini Danish Pastries &amp; Fresh Fruit Pot.</td>
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<td>Beverage Tray, Scones, Jam, Cream &amp; Fresh Fruit Smoothie.</td>
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<td>Beverage Tray, Cup Cakes &amp; Fresh Fruit</td>
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<tr>
<td>WRL1</td>
<td>Deluxe Wrap &amp; Roll Lunch &amp; Finger Food</td>
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<td>HTCS1</td>
<td>Honey &amp; Thyme Roasted Mini Sausages</td>
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<td>SFC1</td>
<td>Southern Fried Chicken</td>
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<tr>
<td>MCSB1</td>
<td>Mini Beef Burger, Cheddar Cheese &amp; Smoked Bacon</td>
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<tr>
<td>EKWD1</td>
<td>Breaded Prawns, Wasabi Dip</td>
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<td>MCFP1</td>
<td>Mini Caribbean Fish Patti</td>
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<td>GOH1</td>
<td>Goujons of Haddock &amp; Tartare Sauce</td>
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<td>SCW1</td>
<td>Stilton &amp; Cranberry Wonton</td>
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<td>Onion Bhajis &amp; Garlic Mayonnaasie</td>
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<td>Chef’s delicious blend of herbs and spices marinated chicken.</td>
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<td>Charcuterie Platter &amp; Cheese</td>
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<td>Poached Salmon, Pinenuts, Sun Dried Tomato &amp; Rocket 🥂</td>
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<td>GF2</td>
<td>Smoky Joe Pork 🥂</td>
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<td>GF3</td>
<td>Potato, Egg &amp; Olive Salad</td>
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<td>Prawns, Roasted Sweet Potato &amp; Cherry Tomatoes 🥂</td>
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<td>DF2</td>
<td>Country Style Italian Beef 🥂</td>
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<tr>
<td>DF3</td>
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<tr>
<td>VES1</td>
<td>Roasted Mediterranean Vegetables 🥂</td>
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<td>VES2</td>
<td>Moroccan Cous Cous 🥂</td>
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<td>Carrot, Pumpkin Seeds, Chickpeas, Radish &amp; Cucumber 🥂</td>
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<tr>
<td>VSD1</td>
<td>Vegetable Sticks, Mezze Chips &amp; Dips 🥂</td>
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</table>
Ideas & Comments?

What you think matters to us!

Please email your feedback.

e: ConferenceFeedback@mrc.ukri.org

or complete the Customer Satisfaction survey available in all meeting rooms or on our webpage.

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