



During your creative Thinking Factory meeting, choose your favourite selections from our **Brain Food Menu**.

Our Executive Head Chef Neal Kearns, has created a new menu based on the 'Brain Food' Concept.

This is a theory that's quickly gaining traction here and abroad. It is based on scientific studies that suggest mental factors such as mood, motivation and intellectual performance, are powerfully influenced by diet.

The brain needs a steady supply of energy in the form of glucose to have the ability to keep concentration and focus. This can be done by eating whole grains which can be found in wheat bran, granary bread and brown pasta. Omega 3 fatty acids make up the primary structural component of the brain, these must be obtained by eating oily fish, pumpkin seeds and soya beans.

Vitamin E, found in vegetables, eggs, olives and whole grains, help prevent cognitive decline while Vitamin C is associated with mental agility. Zinc is vital for enhancing memory and thinking skills.



Our Thinking Factory Brain Food menu options are served as a shared buffet, promoting team work and social interaction of delegates. In turn, this will encourage communication and make your meeting more productive. We all know that during that midday session our focus can decrease. We hope to assist in eliminating this crash.

Our Brain food menu incorporates all of the above in simple, fresh, funky and above all tasty food offerings for breakfast, lunch, dinner and evening canapés.

