

make it a **mindful** meeting

Food plays an integral part of nearly every conference, meeting and event we manage so with objectives of being healthier for the planet, for our customers and guests - menus will, on a greater scale, focus on low carbon and sustainability.



WHAT DOES THIS MEAN IN PRACTICE?

- + Eco LEAP labelling of all our dishes.
- + Higher % of plant based dishes on the menus.
- + British sourced fruit and vegetables with no air freight produce in the menus.
- + Unlimited tea and coffee, served in reusable crockery.
- + Paperless - Going digital.
- + No Single Use plastic.
- + Complimentary area for a 'Quiet, calm space' for delegates to use if required.

HEALTHIER & DEMONSTRATED HOW?

- + Nutritious but not at the detriment of great taste.
- + Well balanced in protein & carbohydrates to avoid the after lunch snooze.
- + More brain food to aid concentration.
- + Lots of space for those that want to factor in exercise breaks.
- + Reduction of red meat.
- + Unlimited tap water to assist hydration.

RATES FROM
£30.50_{PP}



But don't take our word for it...

We will be embracing **LEAP Eco-Labelling**. LEAP (Livestock, Environment and People) which will highlight which meals have a higher or lower environmental impact, with scoring based on greenhouse gas emissions, water scarcity, water pollution and biodiversity loss.



CARDIFF CITY FC
CONFERENCE & EVENTS

It doesn't stop here. Talk to our friendly and knowledgeable team about other initiatives.



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