



THE WINCHESTER  
HOTEL & SPA

# Fuel Your Brain, Boost Your Day

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## ARRIVAL TEA, COFFEE & WELCOME BUFFET

*Locally  
sourced Boka*

### BLUEBERRY YOGHURT

Topped with berries, chia seeds and coconut flakes

### PASTRIES

### BREAKFAST BARS

*Blueberries are rich in  
antioxidants and linked  
to improved memory.*

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## MID-MORNING TEA, COFFEE & SNACK BUFFET

### HOMEMADE MIXED BERRY CRUMBLE BARS

### SHORTBREAD

### BRAIN BALLS

*Packed with nuts, seeds, and natural sweetness for sustained energy and sharper thinking.*

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## WORKING LUNCH

### SALMON SALAD

With crisp leaves, hard-boiled eggs and edamame beans

### CAESAR SALAD

With chargrilled chicken, croutons and parmesan

### ROASTED BUTTERNUT SQUASH

Pomegranate seeds, roasted Cajun chickpeas and kale

### CARROT, CUCUMBER AND PEPPER STICKS

With hummus and Dijon dips

### WARM BREADBASKET

With local cold-pressed rapeseed oil, balsamic reduction and butter

*Rapeseed oil is high in  
vitamin E and healthy  
fats that support brain  
function.*

*Salmon is rich  
in omega-3s,  
essential for  
cognitive function.*

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## AFTERNOON TEA, COFFEE & SWEET TREATS

### BLONDIE BITES

### DARK CHOCOLATE BROWNIE BITES

### SMOOTHIE WITH BLUEBERRY, GOJI BERRY AND BLACKCURRANT

*A super-berry blend  
bursting with antioxidants  
and vitamin C.*

*Dark chocolate contains  
flavonoids that help improve  
blood flow to the brain.*