

etc.venues  
food facts:

test your skills as a foodie  
and see if, like us, you know  
your onions from your chives!

# fact 1

## it all starts with a delivery

Our food is delivered daily and prepared from 7:30am to be served that day only.

We organise our orders and deliveries for the week and our food arrives fresh everyday. We also have good open relationships with our suppliers so if something on the day is not up to scratch, we just won't have it so that we can provide you with the best alternative.

# fact 2

## if it's not in season we won't use it

It has become the norm to see the same fruit and veg all year round. Mostly grown under controlled conditions or flown in from sub continental countries, they're often bland and of poor texture. We know that it does not make sense to offer summer food stuff in winter and vice versa and that's why you will not find strawberries on our menus at Christmas.

# fact 3

## whole or nothing!

Whole grain food ingredients are our preferred choice of carbs. It tastes the same or better and because it is rich in fibres it means that we won't put you to sleep for the whole afternoon with our food.

# fact 4

## happy salad days!

Our salads are mainly undressed, low in seasoning and offer a range of veggie, and protein alternatives. It's not because we are lazy that we don't add dressings, it's because we understand that everyone eats differently. Our dressings are home made, simple in contents and free of nasties

# fact 5

## slow food served fast!

Our food is cooked in small batches as we understand that keeping food heated for long periods of times affects taste and texture. As a result we want your food from the pan to your plate as quickly as possible.

# fact 6

## all made on site in real kitchens!

Our food is cooked or prepared fresh on our premises – from sandwiches to canapés, from baked pastries to main courses, all our food where possible is made from original and traditional recipes. Our trained chefs only know one way to cook: the proper way. They are proud and passionate teams that have an incredible eye for detail and offer the best value for money day in, day out.

# fact 7

## we promote sensible food miles!

We are realistic that lemons, pineapples, vanilla pods and other favourites grow on islands far beyond the British ones. But if we can find an alternative with less food miles we will use it.

# fact 8

## we buy Fair Trade teas and Rainforest Alliance coffees

The reason we do so is because we understand that fair working conditions and better pay in developing countries are also our business. Fair deal for our staff of our supply chain is important to us.

# fact 9

## we know where our meat comes from

Our meats come from traceable reputable sources as follows - our lamb is from the Texils breed and free to roam on the North Devon Hills, our Chickens are free range from Suffolk and live in a welfare friendly environment and our Beef is a cross Charolais breed from Northumbria known for its unique taste. Finally our butcher only provides us with meat from animals raised under the Five Freedoms concept set up by the FAWC (Farm Animal Welfare Council). We don't choose this because it sounds better but because it is more sustainable.

# fact 10

## our fish is fresh **and** sustainable

Our preferred source of fish is to be only from sustainable origin, we are aware of endangered species and buy fish which has been line caught or farmed. All fish origins are batch numbered which gives us a complete guarantee on traceability. Our fish monger also complies fully with legislation in regards to compulsory checks of origin.

# fact 11

## CSR from beginning to end

All our food suppliers are committed to CSR activities in helping us to provide sustainable sources of food, lowering their carbon footprint, and ensuring that waste packaging is recyclable and the impact on environment is as low as possible.

# fact 12

## flavour not fats

We fully understand the concept of a nutritious balanced diet. Our preferred source of fat is to be unsaturated mainly from olive or vegetable oil and in strict moderation. Saturated fat are controlled and minimised by ensuring that our meats are prepared to low fat standards. We do not use ghee or lard due to their link to cardio vascular diseases. Our default mayonnaise is low fat only and chefs have clear guidelines on balanced usage.

# fact 13

## we say no to flavour enhancing additives

We promote mainly the use of natural sea salt and in strict moderation due to its link with coronary heart diseases. We do not use MSG or any other flavour enhancing additives and only use natural ingredients and no artificial colouring or flavouring.

# fact 14

## wholemeal goodness

We promote the use of grains, pulses and seeds as many contain healthier provisions of proteins, unsaturated fats and fibres. We also always offer bread made with wholemeal flour or seeds as a healthy alternative to the white bread lower in nutrients.

# fact 15

## tasty treats **and** healthy options

Our breakfasts and coffee breaks aim to promote healthy choices as well as ensuring an effective working day. We offer all year round seasonal fruit either whole or cut, and delicious home baked treats. Caffeine and fat free it can be but still with fun and tasty in mind.

# fact 16

## hydrate your brain

We offer unlimited filtered water at our sites. The reason we do so is because water is the key carrier of glucose gained from carbohydrates which in turn is the fuel to our brain. The glucose needed for your brain needs to come from grains, fruit and vegetables. Sugar from soft drinks and sodas do not provide efficient fuel for the brain hence why we do not promote its usage by our delegates. Instead we provide orange juice at breakfast, smoothies made of fresh fruit and plenty of water!