



recovery resources

from people in recovery to help others into recovery

DB Recovery+ UKESAD

Thursday 30 June 2022
The Tower Hotel, London E1W 1LD

MENU

Arrival refreshments

Bircher Muesli - Apple & Banana
Eggs & Mushroom Butti
Fruit Pot Coulis
Selection of Seeds
Sweet Mini Pastries
Tea and Coffee

Mid-morning refreshments

Black Cherry Smoothie
Cucumber & Mint Water
Fresh Fruit Bowl
Mini Muffins
Tea and Coffee

Hot lunch

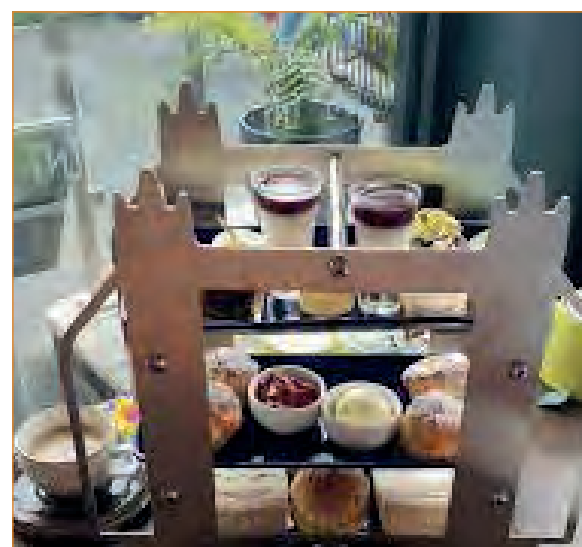
Green Pea Soup
Grilled Tilapia with Soft Herbs
Butterbean Ragu
Edamame Beans & Peas, Chilli Flakes & Sesame Oil
Thai Chicken Curry
Sticky Jasmine Rice
Quinoa with Roasted Vegetables, Nuts & Seeds
Tomato & Mozzarella

Desserts

Fruit Salad
Lemon Tart

Afternoon refreshments

Banana Cake
Fresh Fruit Bowl
Mint & Lime Water
Tea and Coffee



Lunch salads (both days):

Chopped tomatoes
Deconstructed Caesar
Gherkins, Silver Skin Onions, Olives,
Sundried Tomatoes
Mixed Leaf Salad, Sliced Cucumber
Mixed Spiced Beans
Parma Ham, Salami, Pastrami & Turkey
Red Cabbage Slaw
Smoked Salmon, Smoked Mackerel,
Roll Mop Herrings, Prawns,
Seafood Salad
House Dressings



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Friday 1 July 2022
The Tower Hotel, London E1W 1LD

MENU

Arrival refreshments

Fruit Pot Coulis
Selection of Seeds
Spanish Frittata
Sweet Mini Pastries
Tea and Coffee
Yoghurt & Granola

Mid-morning refreshments

Banana Blueberry Smoothie
Cucumber & Mint Water
Fresh Fruit Bowl
Homemade Seeded Cookies
Tea and Coffee

Hot lunch

Leek & Potato Soup
Steamed White Fish Fillets Cantonese Style
Vegetable Gratin
Artichoke, Courgette, Chicory & Pomegrate
Babaganoush & Med Veg Cous Cous
Chicken Paella
Steamed Kale & Lemon Oil
Minted New Potatoes

Desserts

Fruit Salad
Mini Tartlet Selection

Afternoon refreshments

Carrot Cake
Fresh Fruit Bowl
Mint & Lime Water
Tea and Coffee