If you suffer an energy dip, people often suggest drinking ‘coffee’, but there are better ways to activate and maintain your concentration. Your brains require a constant supply of energy. That is why it’s important to eat food that slowly releases energy. With this in mind, Sound and Vision have come up with the brain food menu.

The menu is full of ingredients that boost your productivity during meetings and events. Enjoy a delicious and sensible meal.

Meet, eat, repeat!

4 hours meeting package including lunch with brainfood
- Arrival: unlimited coffee, tea and water met power balls
- Break: unlimited coffee, tea and water with an energy boost
- Lunch: lunch buffet served in the Lounge or Club
- Meeting: coffee, tea from a machine, and water with lemon and mint in carafes
Includes the room hire, entrance tickets to the museum, flip chart, office in a box and an LCD screen.

€62,00 p.p. *

8 hours meeting package
- Arrival: unlimited coffee, tea and water with wholemeal biscuits
- Break: unlimited coffee, tea and water, and power balls
- Lunch: lunch buffet served in the Lounge
- Afternoon break: unlimited coffee, tea and an energy boost and unroasted, unsalted mixed nuts on the table or a savoury snack, as well as soft drinks and (mineral) water
- Meeting: coffee, tea from a machine and water with lemon and mint in carafes
Includes the room hire, entrance tickets to the museum, a flip chart, office in a box and an LCD screen.

Individual boosts can be added to the meeting packages (see below).

€83,50 p.p. *

Powerballs
Power balls are made up of dates, hazelnuts and pecans.
We offer 3 varieties.
A natural variety, one with cacao nibs and one with grated coconut.
Fuel up with salad

Various salads will be available from the buffet. Guests can select a salad in 5 simple steps:

- Step 1 basic: various lettuces
- Step 2 vegetables: tomato, cucumber, avocado, marinated champignons
- Step 3 protein: sardines, smoked mackerel, and a boiled egg
- Step 4 topping: lentils, unsalted nuts, Parmesan cheese, spring onions, croutons
- Step 5 dressing: yoghurt dressing, vinaigrette, honey mustard dressing

Along with the salad, an assortment of sandwiches with salmon, humus with grilled vegetables, tuna, goat’s cheese and chicken will be provided. We also serve the above-mentioned range of beverages.

Savoury snacks

- A stuffed tomato with salmon tartar and avocado.
- Mini paprika filled with guacamole.
- Egg wrap filled with mackerel and spinach.
- Spinach pancake filled with goat’s cheese and avocado.

Energy boost

During the afternoon break energy boosts will be served in two flavours, along with the normal range of beverages.

Orange shot Carrot, ginger, apple, orange, and lemon
Green shot Cucumber, apple, celery, spinach, lime and parsley

Individual boosts

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Fruit skewers</td>
<td>€3.50 a piece</td>
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<tr>
<td>Vegetable ‘sweets’ such as mini cucumbers,</td>
<td>€2.00 per person</td>
</tr>
<tr>
<td>tomatoes and carrots</td>
<td></td>
</tr>
<tr>
<td>Nut bar, an assorted mix of unroasted</td>
<td>€3.50 per person</td>
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<tr>
<td>nuts</td>
<td></td>
</tr>
<tr>
<td>Chia pudding in a Weck jar with berries</td>
<td>€3.50 per person</td>
</tr>
<tr>
<td>or fresh fruit. Breakfast</td>
<td></td>
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<tr>
<td>Overnight oats based on soy or almond</td>
<td>€3.50 per person</td>
</tr>
<tr>
<td>milk. Breakfast</td>
<td></td>
</tr>
<tr>
<td>Energy boost (with a minimum purchase of</td>
<td>€4.00 per drink</td>
</tr>
<tr>
<td>20 boosts)</td>
<td></td>
</tr>
<tr>
<td>Power balls</td>
<td>€1.50 a piece</td>
</tr>
</tbody>
</table>

*All prices are including VAT*