

Brain Food concept. Now in Radisson Blu Resort Bukovel!

Brain Food is an innovative and responsible food & beverage solution developed by skilled chefs and nutritionists. Brain Food serves fresh, well-balanced and primarily locally sourced low-fat & low-sugar items: lots of fish, whole grain products, fruits and vegetables that keep the conference participants blood sugar level constant and help them to stay concentrated and to lower their stress level.





• **Buffets**

Price 250 UAH

1.

- Minestrone soup with grissini
- Grilled bread with roast beef, tomato and salad
- Prawn salad sandwich on granary bread
- Pumpkin seed bread with cottage cheese, walnuts, raisins and chives
- Seasonal salad greens, mushrooms, cucumber, tomatoes and balsamic dressing
- Poached salmon salad, sour cream and dill dressing
- Green bean salad
- Sliced seasonal fruit, nut cake
- Coffee / tea strawberry flavored water
- Chilled still & sparkling water, orange juice

2.

- Tomato soup with crotons
- Rye bread with tomato and red onion salad
- Marinated salmon crostini
- Seasonal salad greens, mushrooms, cucumber, tomatoes and balsamic dressing
- Thai beef salad, grilled peppers with capers
- Shot with low fat yogurt, honey and baked apples, banana cake
- Coffee / tea, lemon flavored water
- chilled still & sparkling water apple juice

- **Set menus**

Mineral water, coffee/tea is included into price.

Price 170 UAH

- Green mix-salad with fresh mushrooms and olive oil
- Chicken medallions, light tarragon jus, steamed vegetables
- Fruit salad

Price 200 UAH

- Salad from fresh vegetables and brynza cheese
- Green asparagus with poached egg and potatoes pancakes
- Assorted local cheeses

Price 250 UAH

- Chicken broth with egg
- Fried trout fillet with tomato salsa, green beans and potatoes
- Apple baked with cottage cheese and raisins