



# MEETINGS FOR CHANGE FROM £31 PER PERSON + VAT

We recognise the risks posed to the planet from climate change. That's why, as part of our 2027 net zero promise, we have created our 'Meetings for Change' package.

## Package includes:

- Unlimited, **ethically** sourced tea and coffee served throughout the day
- Selection of **seasonal**, fresh, whole fruit
- **Hydration** station
- Delicious, calorie & **carbon footprint** labelled lunch
- Morning & afternoon **refuel** snack
- Standard presentation screen
- Complimentary WiFi access
- Room Hire Included
- Event planner to ensure your event runs smoothly
- Onsite car parking available\*, although we do encourage delegates to car share or use public transport wherever possible

To minimise waste and support our sustainability objectives notepads & pens aren't available in our meeting packages.

## Extras

Syndicate rooms | AV packages | Stadium tour | **and much more!**



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[cardiffcityconferenceandevents.co.uk](http://cardiffcityconferenceandevents.co.uk)

Minimum numbers may apply. Subject to availability. Valid on new bookings.  
\*Car parking onsite is limited, please ask us for more information.





# SAMPLE MENU

## ARRIVAL

Unlimited, ethically sourced tea and coffee served throughout the day



## MORNING SNACK

Salted caramel muffin (409 kcals)



Selection of seasonal, fresh, whole fruit (ve, ngci), (188 kcals)



## FOR LUNCH

One pot garlic chicken (ngci) (326 kcals)



Thyme roasted potatoes, roasted winter vegetables (ngci, ve) (87 kcals)



Deluxe wild mushroom stroganoff, wild and basmati rice (ve) (462 kcals)



Chargrilled courgette, rocket, pearl barley & butternut squash salad (ve) (134 kcals)



Warm harissa spiced roasted chickpea and cauliflower fresh herbs salad (ngci, ve), (93 kcals)



Orange panna cotta, cinnamon shortbread (ve) (730 kcals)



## AFTERNOON SNACK

Freshly made banana bread (ve) (77 kcals)



## WHY NOT UPGRADE?

PLEASE ASK US FOR MORE INFORMATION.



**Low**  
0.1-0.5 kg CO<sub>2</sub>e

Choose meals with a low climate impact to eat within the planetary boundaries and contribute to reducing emissions from food in line with UN's climate goals.



**Medium**  
0.6-1.5 kg CO<sub>2</sub>e

Meals with a medium climate impact have a carbon footprint comparable to the average lunch or dinner in the UK today, which is roughly 1.6 kg CO<sub>2</sub>e.



**High**  
1.6+ kg CO<sub>2</sub>e

Meals with a high climate impact have a higher carbon footprint than the average lunch or dinner in the UK.



In the UK today, an average lunch or dinner has a carbon footprint of approximately 1.6kg CO<sub>2</sub>e. An adult needs an average of 2000 kcals a day. We cannot guarantee that any of our products are allergen free due to being produced in a kitchen that contains allergens. Events at our venue are operated by Levy UK & Ireland, sister company to Lime Venue Portfolio and part of Compass Group UK & Ireland.