



ESCRS

EUROPEAN SOCIETY OF
CATARACT & REFRACTIVE
SURGEONS

SYMPOSIUM MENU PLANNER



GREAT FOOD MAKES GREAT EVENTS



WELCOME

- Here at Excel London Hospitality (ELH), we are delighted to welcome you to ExCeL London.
- Our Symposia menu planner that follows has been designed to offer you a selection of food and beverage options for your Symposia.
- Excel London Hospitality (ELH) is the official and sole provider of catering at Excel London. ELH hold the exclusive right to supply all food and beverages consumed on-site.
- If you have any further enquiries about the options in this planner, please email sales@excelhospitality.london and a member of our team will contact you to discuss your catering requirements and process your order.
- All orders must be placed by **28th July 2026** to secure the **Advance Rates** stated in this planner.
- Orders placed after this date will be subject to a 10% increase in price. All catering to be ordered no later than **14th August 2026**.
- Please note all prices subject to VAT at current rate.



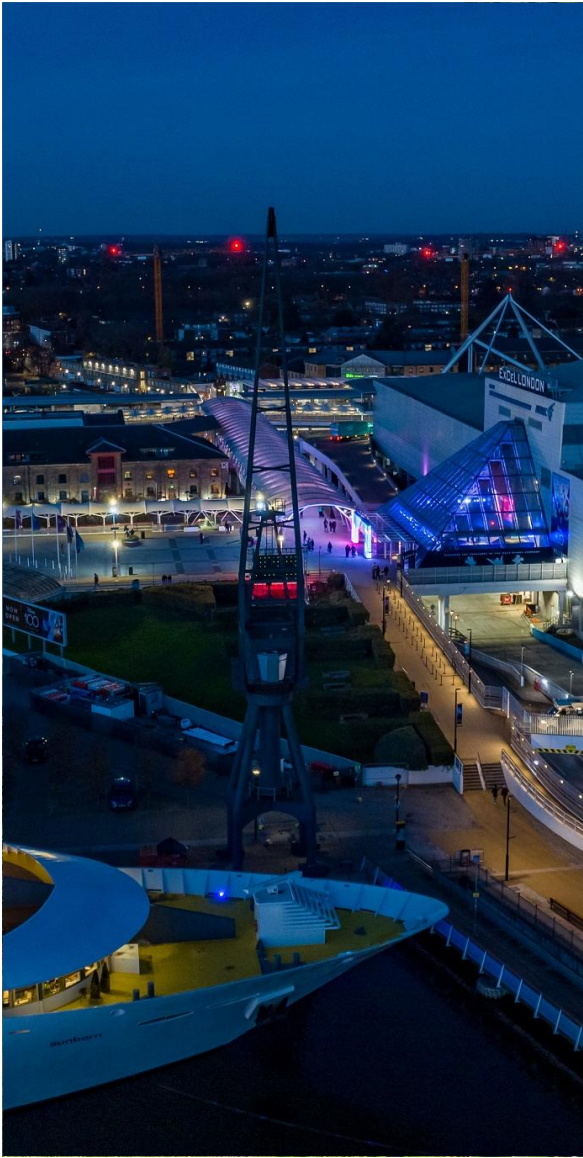
At ESCRS, we recognize the critical role of sustainability in shaping the future of events. As part of our Mission. Zero initiative, we are committed to reducing environmental impact through responsible food sourcing, waste reduction, and ethical procurement.

We have worked closely with Excel London Hospitality to design a catering experience that aligns with our sustainability goals, offering nutritious, high-quality food while supporting local communities and reducing waste. By making sustainable choices, we ensure a healthier, climate-friendly approach to catering at ESCRS 2026.

- 50% of food served is vegetarian
- 90% of all produce sourced from the UK
- 90% of single-use plastic is eliminated
- 100% seasonal sourcing for all menus

How does this impact your catering order?

Your catering choices directly contribute to a more sustainable ESCRS Congress. By selecting **vegetarian and locally sourced options**, you are supporting responsible food production while enjoying fresh, high-quality meals. The reduction of **single-use plastics ensures a lower environmental footprint**, and our commitment to ethical sourcing strengthens local communities and businesses.



SYMPOSIA SERVICE



Staff to deliver, set and clear catering – this is mandatory for any catering ordered within the Symposium areas.

Staff to set up and clear symposium areas for catering regardless of catering numbers – £180.00 +VAT

Important information

- All orders must be placed 45 days prior to show commencement to secure the advance rates stated in this planner.
- Orders placed after this date will be subject to a 10% increase in price. All catering to be ordered no later than 28 days prior to show start.
- Staff cost mandatory for service in symposium rooms.
- Staff will clear dirty/ unwanted catering only.
- Standard service times are 8am until 10pm, service outside of these times will be subject to a staff welfare charge.
- Please note all prices subject to VAT at the current rate.

REFRESHMENTS



SYMPOSIA REFRESHMENTS



HOT BEVERAGES – minimum of 10 guests

(Served with disposable cups)

30 min Tea and Coffee Package £8.50 per person

Fairtrade English breakfast tea and filter coffee served with dairy and non-dairy drink

1 hour Tea and Coffee Package £13.50 per person

Fairtrade English breakfast tea and filter coffee served with dairy and non-dairy drink

2 hour Tea and Coffee Package £18.50 per person

Fairtrade English breakfast tea and filter coffee served with dairy and non-dairy drink

COLD REFRESHMENTS

(Please note glassware is not included)

Still water (24 x 330ml can) £62.50

Sparkling water (24 x 330ml can) £62.50

Pepsi (24 x 330ml can) £69.50

Pepsi Max (24 x 330ml can) £69.50

Tango Orange (24 x 330ml can) £69.50

7Up (24 x 330ml can) £69.50

SPEAKERS WATER

(Includes a crates of 49 glasses, delivery and collection only)

Still water (12 x 750ml glass bottle) £55.00

Sparkling water (12 x 750ml glass bottle) £55.00

Still water (24 x 330ml glass bottle) £72.50

Sparkling water (24 x 330ml glass bottle) £72.50

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Symposia Rooms – served in Symposia Rooms only and not on the exhibition floor

LUNCH BOXES



Minimum order of 25 per box per day. Lunch box, made from Notpla, includes one sandwich, one salad, a piece of whole seasonal fruit. Available to only be served inside the meeting room. Each served with a fork and a napkin. **£32.00 + vat per item**

Day 1 Menu

Lunch Box - £32.00 + vat per box

- > Chicken Caesar Wrap
- > Cannellini beans | flame roasted peppers | roasted Westland tomatoes | red onion | capers | citrus infusion (VE)
- > Piece of whole seasonal British fruit

Vegan Lunch Box - £32.00 + vat per box

- > Falafel & Sweet Potato Wrap (VE)
- > Cannellini beans | flame roasted peppers | roasted Westland tomatoes | red onion | capers | citrus infusion (VE)
- > Piece of whole seasonal British fruit

Day 2 Menu

Lunch Box - £32.00 + vat per box

- > Coronation Chicken sandwich
- > Roasted top to tail broccoli | young spinach | butter beans | tahini dressing | citrus | black sesame (VE)
- > Piece of whole seasonal British fruit

Vegan Lunch Box - £32.00 + vat per box

- > New York Vegan Deli sandwich (VE)
- > Roasted top to tail broccoli | young spinach | butter beans | tahini dressing | citrus | black sesame (VE)
- > Piece of whole seasonal British fruit

Day 3 Menu - Vegan Day

Lunch Box - £32.00 + vat per box

- > Coronation Chickpea sandwich (VE)
- > Cornish mid potato salad | young spinach | radish | foraged wild garlic emulsion (VE)
- > Piece of whole seasonal British fruit

Vegan Lunch Box - £32.00 + vat per box

- > Mexican Birria Sweet Potato Wrap (VE)
- > Cucumber | edamame beans | young spinach | Sicilian citrus | toasted sesame | pickled ginger | black beans | cold press rapeseed oil (VE)
- > Piece of whole seasonal British fruit

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- /// Some seasonal ingredients may be subject to change.

Meeting Rooms Lunch Boxes

(V) Vegetarian, (VE) Vegan (NGCI) Non Gluten Containing Ingredients

LUNCH BOXES



Minimum order of 25 per box per day. Lunch box, made from Notpla, includes one sandwich, one salad, a piece of whole seasonal fruit. Available to only be served inside the meeting room. Each served with a fork and a napkin **£32.00 + vat per item**

Day 4 Menu

Lunch Box - £32.00 + vat per box

- > Chicken Salad sandwich
- > Cornish mid potato salad | young spinach | radish | foraged wild garlic emulsion (VE)
- > Piece of whole seasonal British fruit

Vegan Box - £32.00 + vat per box

- > Coronation Chickpea sandwich (VE)
- > Cornish mid potato salad | young spinach | radish | foraged wild garlic emulsion (VE)
- > Piece of whole seasonal British fruit

Day 5 Menu

Lunch Box - £32.00 + vat per box

- > BBQ Southern Fried Chicken & Slaw Wrap
- > Toasted quinoa | black beans | charred corn | peas | red chilli | lime | coriander (VE)
- > Piece of whole seasonal British fruit

Vegan Box - £32.00 + vat per box

- > Falafel & Sweet Potato Wrap (VE)
- > Toasted quinoa | black beans | charred corn | peas | red chilli | lime | coriander (VE)
- > Piece of whole seasonal British fruit

Non Gluten Containing Ingredient Option

Sandwich Selection (please select one option) - £32.00 + vat per box

- > Applewood Cheese, Slaw & Gherkin roll (VE) (NGCI)
- > Roast Chicken Salad Sandwich (NGCI)
- > Cheddar Ploughman's (NGCI)

Served with daily salad and whole seasonal fruit

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SNACK BOXES

Minimum order of 25 per box per day.

Available to only be served inside the symposia room.



Snack Box Option 1 - AM – £15.00+ vat per box

AM snack box (available until 11am)

- > Large croissant (VE)
- > Piece of seasonal locally sourced fruit (VE) (NGCI)
- > Carton of fruit juice (VE)

Snack Box Option 1 - PM – £15.00+ vat per box

PM snack box (available from 2pm)

- > Bitter chocolate brownie | fermented black garlic ganache | raw cacao nibs (VE) (NGCI)
- > Piece of seasonal locally sourced fruit (VE) (NGCI)
- > Carton of fruit juice (VE)

Snack Box Option 2 - AM – £18.50+ vat per box

AM snack box (available until 11am)

- > Large croissant (VE)
- > Tahitian vanilla & citrus infused muffin | white chocolate frosting | raspberry crumb (VE)
- > Piece of seasonal locally sourced fruit (VE) (NGCI)
- > Carton of fruit juice (VE)

Snack Box Option 2 - PM – £18.50+ vat per box

PM snack box (available from 2pm)

- > 71% dark chocolate brownie | HEJ coffee ganache | Cornish sea salt flakes (VE) (NGCI)
- > Loaded granola bar | dried apricot | toasted sunflower seed | sesame | roasted hemp | glebe farm oats (VE) (NGCI)
- > Piece of seasonal locally sourced fruit (VE) (NGCI)
- > Carton of fruit juice (VE)

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(V) Vegetarian, (VE) Vegan, (NGCI) Non Gluten Containing Ingredients.

WE LOOK FORWARD TO WORKING WITH YOU

To discuss your requirements please contact our team at Excel
London Hospitality.

■ T: +44 (0)20 7069 4126

■ E: sales@excelhospitality.london

