



Mindful Meetings



FROM
£42.00
exc VAT.
PER PERSON

Minimum
40 people



Where clarity meets creativity.

KEY BENEFITS

-  Escape the hustle and bustle for a day of balance and wellbeing.
-  Take advantage of our serene spaces, with natural daylight and inspiring views.
-  Enjoy our outdoor walking routes, including exclusive access around the racetrack.
-  Healthy menus designed to enhance productivity and fuel your energy.
-  Hydration stations.
-  Optional digital detox box.
-  Free parking.





Fuel your day the athlete's way, inspired by our Jockey menu.

Our health-focused, calorie-conscious menu is inspired by the nutritional plans we provide our elite jockeys.

✕ Featuring high-protein, lean options, with slow-release carbohydrates, and nutrient-packed foods and treats, it's carefully designed to support focus, performance, and overall wellbeing.

Try our well balanced menu*

Hydration

- Strawberries, cucumber & mint iced water

Lean proteins

- Slices of thyme and lemon marinated chicken breast & hand carved lean ham, piccalilli
- Vegan protein wraps, spiralised vegetables, hoisin (Ve)

Carbohydrates

- Baby new potatoes, tossed in a light parsley & olive oil dressing (Ve)
- Watermelon, feta, mint salad (V)

Healthy fats

- Slices of avocado, lime salsa dressing (Ve)
- Selection of mixed nuts

Nutrient filled sweet treat

- Flax seed, chia & vanilla protein puddings (V)
- Slices of Pineapple, melon & fresh berries (Ve)

*Menu upgrade options also available

Book your *Mindful* Meeting today!!!

☎ 01273 603 580 🌐 brighton-racecourse.co.uk

✉ events@brighton-racecourse.co.uk

