



Mood &
Functional
Food



Health &
Beauty
Food



Comfort
Food



Brain
Food

GREAT MEETINGS BY NOVOTEL: To ensure your meeting is a full success!

There are many success factors for successful conferences. Nutrition is an important one. With our innovative concept “**GREAT MEETINGS BY NOVOTEL**“, we contribute towards making sure that all participants keep fit, happy and motivated. Our nutritional concept is based on the latest findings in dietetics (nutritional science) and consists of four components:

Mood & Functional Food

These foods and spices promote the release of serotonin, among other things, in the brain – and thus maintain people's good moods. Almond rice pudding with cinnamon, chocolate with chilli and milkshakes belong to this category, as do probiotic yoghurts, which have an additional positive effect on health.

Health & Beauty Food

Fruit, raw vegetables and smoothies are ideal snacks for meetings. They are light and fresh, and increase people's sense of well-being. Moreover, their trace elements and mineral nutrients ensure beauty from the inside out.

Comfort Food

This group comprises foods that reliably sate even the largest of appetites fast – without leaving you feeling stuffed. What we serve therefore includes salmon-filled wraps, focaccia variations, tapas, tarte flambée and light pastries.

Brain Food

The vitamins and mineral nutrients contained in these foods ward off slumps in performance, lapses in concentration and fatigue. In addition they provide the brain with a quick burst of new energy. For instance, you will find grains, salads, yoghurt variations and dishes such as salmon on bulgur on our buffets.

All dishes are prepared fresh and with care to retain nutrients by our skilled kitchen team. Simply get in touch with us when you begin planning your event: We would be delighted to advise you in detail.

MEETING
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