

# MMMMH! CORPORATE



# Mmmmh!

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[www.mmmh.be](http://www.mmmh.be)

# WHY MMMMH?

## A COOKING EVENT AT MMMMH!... WHY?

Created in 2004 by Carlo de Pascale, foodista and well-known in the Belgian cooking world, previously chef in his own restaurant, Mmmmh! has been since then the **leader in culinary team-building**. Cooking classes, battles of the chefs, culinary quiz as well as seminars aimed at improving the performance of your team, based on collaboration between the coach and the chef, have proved their **efficiency as far as team-building** is concerned.

Mmmmh! is a popular and strong brand, with one and only motto: **passion** for animation as well as for gastronomy, the guarantee of an unforgettable experience full of emotion and flavours.

Mmmmh! can boast of a **consolidated experience in " food "**, offering companies from different sectors marketing and product placement tools.

## Mmmmh! facilities

Our activities take place in our Brussels' facilities for groups from 12 to 100 people in our workshops and we can accommodate up to 400 people in other venues (all our events can be organized in outside locations).

## The Mmmmh! team

Cooking events cannot be improvised. They require a capacity to master cooking theory and practice as well as talent for leading a group and making the event dynamic and unforgettable. Our chefs have been chosen and trained to this end.

## THEY TRUSTED US...



# TEAM COOKING

**Objective:** to reinforce ties between colleagues

**The meal:** drinks, starter, main course, dessert

**Duration:** 3h30

**Budget:** € 78.00 excl. VAT / pp

## FEATURES

- A real collaborating experience between participants in the workshop.
- A cooking and learning experience.
- A unique tasting experience in good company.

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- A wine tasting course
  - A pastry course
  - The Big Quiz
- 

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome, drinks, (wines, water and briefing):** 30 min.

**Cooking:** 1h30

**Meal time:** 1h30

Our sales' staff will propose a seasonal menu for this event.

## The price includes

Water, tea/coffee

Welcome drink: Prosecco

The Mmmmh wine (1/2 bottle per person)

The meal

Lent aprons



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# TEAM COOKING MATCHING WINES/DISHES

Team cooking with the **addition of selected wines to accompany each dish.**

**Budget:** €90.00 excl. VAT/pp

Once seated, you will receive a selection of wines, chosen according to the menu.

Next, an initiation in the basic principles of wine tasting and matching.

For this activity our sales' staff will propose a seasonal menu or a customized menu for an additional cost.



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# THE GREAT RESTAURANT

**Objective:** to improve team work performance  
**The meal:** welcome drink, starter, main course, dessert  
**Duration:** 3h30  
**Budget:** € 90.00 excl. VAT / pp

## FEATURES

An ambitious objective: to put together a 4 course-menu as part of a restaurant team and to plate and serve each dish, warm or cold, with the help of a Mmmmh chef whose mission is to transmit his/her know-how and to foster team spirit.

## THE STAGES OF THIS ACTIVITY

The participants choose a chef to represent and organize their team. Everyone receives a chef's hat.

The Mmmmh chef gives a briefing about.

The work begins with the coaching of the Mmmmh chef(s) (depending on the number of participants).

The dishes are presented by each team in charge of the meal to the remaining participants and everyone eats together, respecting the tight timing similar to that of a fine restaurant.

At the end of the meal, the chef debriefs the team about: the level and quality of interaction within the group, the respect for timing, quality and tidiness of the preparations, the quality of the dishes (taste, presentation, temperature).

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome, drinks, (wines, water and briefing):** 30 min.

**Cooking:** 1h30

**The meal:** 1h

**Debriefing:** 30 min.

Our sales' staff will propose a seasonal menu for this event.

## The price includes

Water, tea/coffee

Welcome drink: Prosecco

The Mmmmh wine (1/2 bottle per person)

The meal

Lent aprons



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# BATTLE OF THE CHEFS

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Objective:** to stimulate team competition, dynamism, and creativity

**The meal:** welcome drink, starters, main course, dessert

**Duration:** 3h30

**Budget:** €95.00 excl. VAT/pp

## FEATURES

The Battle of the Chefs is a genuine cooking competition during which two or more cooking teams face each other in order to:

- Create a recipe
- Prepare and serve the dishes for the entire team. Timing is a key factor and each team will be forced to work against the clock.

## THE STAGES OF THE ACTIVITY

The group is divided into teams, each team in charge of cooking, plating, and serving a complete multi-course menu. Each team designates a chef among the participants.

The Mmmmh! chef(s) will provide a detailed briefing for all teams.

The menu **creating** and **cooking** begins under the supervision of one or more Mmmmh! chefs.

After 1h30, each team must have prepared and served the first starter to be followed by the remaining courses, one after the other. Be on your toes because you never know when you may be caught off guard by a surprise challenge!

At the end of the meal, the chef gives a **detailed debriefing** of the activity.

At the end of the debriefing, the winning team is announced and awarded a prize.

## Timing

**Welcome, aperitif (wine, water, briefing):**  
30 min.

**Cooking:** 1h30

**The meal:** 1h

**Debriefing:** 30 min.

Our sales' staff will propose a seasonal menu for this event.

## The price includes

Water, tea/coffee

Welcome drink: Prosecco

The Mmmmh! wine (1/2 bottle per person)

The meal

Lent aprons



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# 4-COURSE MENU WITH CARLO

**Objective:** a exclusive and creative cooking class with Carlo de Pascale

**Number of participants:** 12 minimum

**Duration:** 3h

**Budget:** € 130.00 excl. VAT/pp

## FEATURES

To follow a cooking class with **Carlo de Pascale**, and exclusive event with the founder of Mmmmh!, journalist at RTBF, author of numerous cooking books...

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome, aperitif (wine, water, briefing):** 15 min.

**Cooking:** 2h

**Eating:** 45 min.

The menu will depend on the chef's inspiration!

## The price includes

Champagne (welcome)

4-course menu

Wine

Water

Coffee

Lent aprons



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# WALKING AND COOKING DINNER

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Objective:** to improve communication and favor intra or inter-company Networking

**The meal:** drinks, starter, main course, dessert

**Minimum number of participants:** 40

**Duration:** 2h - 2h30

**Budget:** € 78.00 excl. VAT / pp

## FEATURES

An informal event with a variety of dishes, interactive, easy-going, and fun in a relaxing atmosphere  
The walking dinner formula is interactive and unique, suited for large groups.

## THE STAGES OF THE ACTIVITY

Imagine a space where the cooking workshops and the Mmmmh! chefs are in constant action. Each workshop offers a different menu. For about 2h, the participants go from one workshop to another at their leisure, to cook and taste recipes they have assisted in preparing or all the recipes of each workshop.

It is about cooking, eating, exchanging ... with the chefs, with the people on hand, casually and non-stop.  
This formula is also ideal to promote interaction within a large group.

## Timing

**Welcome, aperitif (wine, water, briefing):**  
30 min.

**Eating:** 2h - 2h30

Our sales' staff will propose a seasonal menu for this event.

## The price includes

Water

Welcome drink: Prosecco

The Mmmmh! wine (1/2 bottle p/p)

The meal

Lent aprons



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# TEAM LUNCH

**Objective:** create a motivating activity with your colleagues in a limited time frame, with a limited budget.

**The meal:** main course and dessert

**Duration:** 2h

**Budget:** € 55.00 excl. VAT/pp

## FEATURES

**Lunchtime** only

**Sharing** a friendly and **pleasurable** moment

**Original and unique alternative** to a restaurant lunch

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome, aperitif (wine, water, briefing):**  
15 min.

**Cooking:** 60 min.

**Meal:** 45 min.

For this activity our sales' staff will propose a seasonal menu.

## The price includes

Water, tea/coffee

Welcome drink: Prosecco

The Mmmmh! wine (1/3 bottle per person)

The meal

Lent aprons



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# LIVE COOKING

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Objective:** organize an informal lunch around an entertaining and gourmet cooking show

**Minimum number of participants:** 20

**Budget:** € 70.00 excl. VAT / pp

You want to welcome your guests in a relaxed and original venue while giving them a real experience? Mmmmh offers 'Live Cooking' options that allow you to enjoy different cooking styles, dishes and tastes.

Mmmmh! chefs cook live for your guests and create a real interaction with the help of several languages and the open space cooking formula:

- A staged cooking performance
- A demonstration of know-how
- The possibility to taste a large variety of dishes and preparations: world cuisines, creative cuisine, local cooking or molecular cooking.

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- Macaroon madness
  - Chocolate Madness
  - Wine-tasting class
  - Beer and cheese
  - Cupcakes
- 

## The price includes

Welcome drink: Prosecco

Water and wines

Chef and meal costs

Savoury snacks



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# CHOCOLATE MADNESS

**Objective:** strengthen ties between colleagues via a leisurely and instructive activity accessible to everyone. Discover and help your clients and foreign colleagues discover a tasted if Belgian culinary tradition.

**Minimum number of participants:** 12

**Duration:** 2h30

**Budget:** €55.00 excl. VAT / pp

## FEATURES AND STAGES OF THE ACTIVITY

A unique culinary and tasting experience! An unforgettable moment for your clients or foreign colleagues!

Each participant leaves with a small box of his creations.

Chocolate, a Belgian institution.

With the help of an Mmmmh chef, get ready to discover the passionate world of chocolate.

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- Team Cooking and the ideal choice, the "Belgian menu"
  - The Great Restaurant
  - Battle of the Chefs
  - Live Cooking
- 

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

Welcome, drinks (Prosecco, water and briefing): 15 min.

Cooking, sampling and wrapping: 2h15

## The price includes

Water

Welcome drink Prosecco

Chocolate tasting (Small box to take home)

Lent aprons



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# “LA FOLIE DU MACARON”

**Objective:** strengthen ties between colleagues via a leisurely and instructive activity accessible to everyone

**Minimum number of participants:** 12

**Duration:** 2h30

**Budget:** €55.00 excl. VAT/pp

## FEATURES AND STAGES OF THE ACTIVITY

The macaron! This little delicacy, with a rich history, has become a cult for its many followers. You can make them yourself, with a few technical pointers, a systematic approach and a little patience.

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

Welcome drink (Prosecco, water and briefing): 15 min.

Preparations, tasting and wrapping: 2h15

## The price includes

Water

Welcome drink Prosecco

Macaron tasting

Each participant takes home a bag of his or her creations

Lent aprons

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- Team Cooking
  - The Great Restaurant
  - Battle of the Chefs
- 



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# CUPCAKES

**Objective:** strengthen ties between colleagues via a leisurely and instructive activity accessible to everyone

**Minimum number of participants:** 12

**Duration:** 2h30

**Budget:** €55.00 excl. VAT/pp

## FEATURES AND STAGES OF THE ACTIVITY

Cupcake! A small, round cake, wonderfully moist, and with thousands of ways to decorate. The cupcake, the pleasure is as much in the making as it is in the tasting.

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- Team Cooking
  - The Great Restaurant
  - Battle of the Chefs
- 

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

Welcome drink (Prosecco, water and briefing): 15 min.

Preparations, tasting and packaging: 2h15

## The price includes

Water

Welcome drink Prosecco

Cupcake tasting

Each participant takes home a bag of his or her creations

Lent aprons



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# WINE TASTING

**Objective:** strengthen ties between colleagues via a leisurely and instructive activity accessible to everyone

**Minimum number of participants:** 12

**Duration:** 2h

**Budget:** € 55.00 excl. VAT / pp

## FEATURES AND STAGES OF THE ACTIVITY

A competent oenologist, a rigorous selection (6 wines) including the best rural wines from wine growers, close to nature. Let's go and begin an initiation in wine tasting, learning the fundamental notions that make up the world of wines:

- Basic principles of red and white wine vinification
- Discussion of the principal wine making regions in France and Europe
- Principal wine types
- Tasting techniques
- Initiation in tasting vocabulary

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends:

- Team Cooking
  - The Great Restaurant
  - Battle of the Chefs
  - Live Cooking
- 

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome:** 15 min.

**Discussion and tasting:** 1h45

This activity is ideal in the morning or in the afternoon.

## The price includes

Water  
Wines  
Bread and savoury snacks  
Tasting sheet



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# THE BIG CUIZ

**Objective:** improve communication between team members and stimulate group dynamics

**Minimum number of participants:** 30

**Duration:** 1h45

**Budget:** € 55.00 excl. VAT / pp

## FEATURES

A stimulating game for everyone, the goal: relaxation, pleasure and the development of team spirit. With the supervision of an Mmmmh! chef, several teams compete in a culinary cuiz with theoretical and practical tests.

## STAGES OF THE ACTIVITY

A Mmmmh! facilitator will brief the teams.

The tests are distributed among the different **stands**, facilitated by Mmmmh! chefs and oenologists.

**Cuiz** begins:

- Theoretical tests: theoretical questionnaire covering several subjects
- Practical tests: sensoral and tasting tests, demonstration tests: succeed in making mayonaise, whipping cream, cutting vegetables into different shapes and sizes etc...
- At the end of the tests, there will be a **final debriefing**, announcing the correct answers and the team results. The winning team will receive a special prize.

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends: Team Cooking, The Great Restaurant, Battle of the Chefs and Live Cooking.

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Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Timing

**Welcome, drinks (wine, water and briefing):** 15 min.

**Practical and theoretical tests:** 1h15

**Debriefing:** 15 min.

This activity is ideal in the morning or in the afternoon

## The price includes

Water

Welcome drink Prosecco

Drinks and ingredients for the cuiz



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# COOK & PERFORM

**Coach: Pierre-Yves Spaey**

**Objective:** stimulate performance and reinforce ties between colleagues via an experience that associates performance, pleasure and conviviality

**Group:** minimum 10 participants, maximum 16 participants

**Duration:** ½ day or full day

**Budget:** on request

## STAGES OF THE ACTIVITY

In practice the workshop is composed of brief theoretical and practical exercises about performance and feedback followed by a debriefing. The participants will perform exercises linked to performance and feedback while preparing together simple dishes in different situations, to be sampled together by the team.

**Details:** on request

**In particular, the participants will:**

- Examine the notion of performance and the elements that help facilitate it
- Practice giving and receiving feedback
- Measure to what extent recognition is a driving factor individually and collectively
- Experiment one's positive influence on one's performance
- Share a leisure activity that reinforces group ties

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**You can build on this activity with any another module from the catalogue.**

Mmmmh! recommends: Team Cooking, The Great Restaurant, Battle of the Chefs and Live Cooking.

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Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Pierre-Yves Spaey**

Pierre-Yves Spaey is a coach, consultant and trainer.

Lawyer and economist by training, his experience includes management and financial consulting, before turning towards individual and organizational training.

He specializes in **leadership development**, placing the individual in the center of action.



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# RECIPE CREATION

**Objective:** “culinarize” your product via the creation of recipes that will place it in the spotlight.

**Budget:** on request

Mmmmh! offers the latest in culinary practices and know-how. Our many years of experience enable us to put your product, activity or service in the spotlight, whether food or non-food related.

## OUR EXPERIENCE TO MATCH YOUR NEEDS

Over the past 8 years, our Mmmmh! chefs have created hundreds of recipes for diverse clients including editors, tourism offices, artisans, leading food industries, and pharmaceutical groups...and even car brands looking to incorporate a “lifestyle” image to their reputation via a culinary link.

Our experience facilitates the creation of trustworthy recipes that are readily available and user friendly.

We can even provide you with a finished product, translated into several languages including professional photos by the top photographers in food styling.

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**These recipes can also be used as part of a Team Cooking event for marketing specialists, sales specialists and end-users.**

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Would you like to make your event even more special? Apron embroidered with participant’s name. A gift box? Champagne? Special wine selection?

Choose among our options.

## Examples include:

- Recipes to promote new products for large food-related industries
- Recipes to promote local Belgian and French products with official labels
- Recipes to serve tourism (regions in France, winter sports, DOM-TOM)
- Recipes to promote health issues for different clients



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# CULINARY MARKETING

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Objective:** use our culinary and event planning expertise for your marketing needs

**Budget:** on request

We have strong experience in recipe creation for diverse food industry related companies. For all culinary events organized for the below mentioned public, we can create the recipes to best match your products:

- Sales staff
- Clients B to B
- End users

We can also provide support via market studies in order to enhance the culinary extra value of your products:

- Public competition
- Opportunities for consumption
- Tips and advice
- Recipes...



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# PRESS MEETING

Would you like to make your event even more special? Apron embroidered with participant's name. A gift box? Champagne? Special wine selection?

Choose among our options.

**Objective:** organize a press conference that leaves a lasting impression on the local media

**Budget:** on request

A gourmet press conference, an event that really brings in the press.

Whether or not your product is linked to the culinary world hardly matters. What counts is the impact and guaranteed success of a press conference around a cooking activity.

Our experience has taught us that the best way to get your message across is to partake in a well designed activity linked to gastronomy.

The activity can be purely one that people watch (live cooking) or one where they participate (cooking class).

## OUR EXPERIENCE TO MEET YOUR NEEDS

Mmmmh! has organized numerous press conferences in-house for dozens of products.

For example:

- Anti-adhesive pans
- The Ain region,
- Prosciutto di Parma,
- The program "Amazing Thailand",
- "French cheese" for Sopexa
- Champagne to be served with a meal
- Olive oils from Italy, etc...
- Magimix



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# MEETING AND SEMINARS

Looking for a space to hold a meeting with your team?

Looking for an original venue? A cozy space?

Why not organize your meeting, seminar or workshop in one of Mmmmh's spaces?

**Group:** 10 to 40 participants

**Budget:** on request

We can provide you a meeting room, tables, chairs, projectors, flipcharts and will organize the necessary coffee breaks throughout the duration of your meeting.

We also can organize a breakfast to welcome your staff or a business lunch at the time of your choice.

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**Of course you have the option of ending your day with one of our numerous cooking activities mentioned in our brochure.**



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# MMMMH! EVERYWHERE

**Number of participants:** 20 to 400

**Budget:** on request

A cooking class at your workplace, a live cooking in a castle or... in a factory?  
All of the events described in this brochure can be organized by our teams outside of our kitchens.

Since 2004, our teams have organized and held events for 20 to 400 participants in diverse settings including:

- selective hotels
- museums
- castles
- large event halls
- private homes
- offices
- fairs...

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**Our sales staff is available to make you an offer.**

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# OUR OPTIONS



# Mmmmmh!

**Your Mmmmmh! event is “all inclusive”  
but you can make it even more special, even more tasty!**

## WE PROPOSE THE FOLLOWING ADDITIONAL OPTIONS

### Champagne welcome

Two glasses of Champagne  
**€15.00 excl. VAT/pp**

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### Welcome with tapas

An appetizer before starting  
your cooking event?  
**€15.00 excl. VAT/pp**

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### Welcome Breakfast

Pastries (Pain Quotidien), organic  
fruit juice, Illy coffee, tea, seasonal  
fruit basket. **€15.00 excl. VAT/pp**

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### Organic fruit juice

At the welcoming of a morning  
activity or to accompany a non-alcoholic  
meal, plenty of vitamins and a healthy  
alternative. **€5.00 excl. VAT/pp**

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### Wine extra

We provide a half bottle  
of our house wine per person.  
Additional bottles:  
**€16.00 excl. VAT/per bottle**

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### Upgrade wine

Mmmmmh! has at its disposal a  
large range of wines, often organic  
and with few sulfites, for your  
tasting pleasure and healthy too!  
Would you like our sommelier  
to make a personalized selection?!  
**€16.00 excl. VAT/pp**

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### Birthday cake

A birthday cake with candles?  
A delicious chocolat cake?  
**€25.00 excl. VAT/ cake (8 persons)**

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### Lunch

During your meeting, before  
the organization of your culinary  
activity, a light lunch: surprise  
sandwiches (Pain Quotidien),  
organic fruit juice, Acqua Panna  
and San Pellegrino, seasonal  
fruit basket.  
**€19.00 excl. VAT/pp**

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### Beers

A trendy and organic Belgian beer  
to accompany a Belgian menu?  
A fresh Singha Beer to accompany  
your Thai menu?...  
**€6.00 excl. VAT/pp**

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### Corporate Gifts

Thanks to our specialized store  
selling delicatessen, we can  
make for you superb tailor-made  
“Corporate gifts” according  
to your budget.  
**Budget: on request**

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### Embroidered aprons

If you want to purchase an apron  
with the logo of your company  
and/or the name of your guests.  
**€25.00 excl. VAT/apron**

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