

Day 1: Thursday 27 February 2020

1100: Please meet your group and TUCO representative at TUCO HQ 3rd Floor, National House, 36 St Ann Street, Manchester, M2 7LE. The nearest station to this is Victoria station which is approx. 10 min walk away. You will be able to leave your luggage to be picked up later for the hotel.

TUCO Representative: Mandy Johnston (Procurement Manager for the vegetarian frame)
Anjali Dattani – 1 day only (Marketing)

Vegetarian Express: Sarah Montgomery
Dominic Ischt
Will Matier
Natalie Clyne

The list below is not exhaustive and there may be opportunities to visit more than the sites stated.

1130: Visit to Seed and Cherry

“Seed & Cherry is situated in the trendy Northern Quarter of Manchester and brings to you a unique artisan coffee drinking experience. Alongside this you can enjoy breakfast or brunch which includes a variety of healthy and creative recipes served as small plates.

Our menu has been created following careful consideration and consultation with a chef of extensive experience in Michelin starred establishments. We pay special attention to the mix of flavours and seasonings used so that each dish creates a unique and exciting experience to your taste buds. Best of all our portions come as small plates so you can try a variety of dishes without feeling overly full.”

20 Church Street M4 1PN, right in the City Centre (approx. 15 minute walk from TUCO HQ)

Visit to Wholesome Junkies, Panchos Burrito

“Chelsea, 27, from Manchester, worked as a waitress and front of house for eight years before setting up Wholesome Junkies in early 2017. After turning vegetarian three years ago, she read veggie cookbooks and watched documentaries about the ethics of the food industry and decided to become vegan. Once she started making her own nut milks, vegan butters and cheese she knew she was on to something tasty.

Wholesome Junkies attracts the interest of investor Chris Miller, founder of restaurant investment vehicle White Rabbit Fund. He is hoping to make his mark in one of the UK’s fastest-growing food sectors - one in three adults now claim to be eating less meat.”

“Serving up amazing food, Pancho's Burritos sits in the heart of Manchester Central. With dishes you're guaranteed to love.”

Both inside Arndale Market (approx. 2 minute walk from Seed and Cherry)

1400 Visit V-Rev Vegan Diner

It is common to relate vegan food with the idea of health and ‘free-from’, food basically made up from vegetables and pulses. What is less commonly thought of when you mention vegan food is a juicy burger that’s extra pink in the middle or served ‘on the bone’. V-Rev Diner showcases what is sometimes referred to as ‘Vegan Dude Food’. Vegetarians and vegans who crave the texture or taste of meat, but don’t want to eat animal products can find

what some have rated the best burgers in Manchester. Gone are the stereotypes of serving salad or falafel, successful vegan and vegetarian outlets understand the importance of variation and whilst a vegan burger designed to 'bleed' (yes – you can find this at Harvey Nichols!) may not be for everyone, it certainly creates 'food for thought' and can act as a good compromise meal for non-vegetarians/vegans looking to eat less meat. Indulgent food that provides umami.

20 -26 Edge Street, Manchester M4 1HN, England (approx. 5 mins from the Arndale)

1530 Visit Bundobust

Millennials have had the most intrepid taste buds yet – they're often in search for something exotic, adventuresome, memorable or new for their dining experience. In general, we are seeing more specialisation, with restaurants focussing on specific regions rather than countries. For instance, we see Basque and Andalusian restaurants trending more than typical Spanish restaurants. Indian restaurants are starting to specialise on north versus southern food. Bundobust offers Gujarat inspired street food (west of India).

61 Piccadilly, Manchester M1 2AG (5 minutes' walk from V Revolution)

Group to check into the hotel and meet the TUCO Representative at Hotel Reception ready to depart on tour.

- **Hotel:** Motel One, Royal Exchange, 11 - 15 Cross St, Manchester, M2 1WD
- **Luggage:** Should your room not be available at the time of check in, you will be able to leave your luggage in their luggage storage room and time will be made later this day to check into your room.
- **Board:** Double room, single occupancy, bed and breakfast

Dinner at a local restaurant.

Overnight in Manchester.

Day 2: Friday 28 February 2020

Breakfast at the Hotel

0900: Please meet your group and TUCO representative at TUCO HQ 3rd Floor, National House, 36 St Ann Street, Manchester, M2 7LE. You will be able to leave your luggage to be picked up later for the hotel.

0930: Visit Vertigo

If you haven't visited them before, Vertigo is a fully vegan, plant-based cafe. From full vegan brekkies to the most delicious plant-based sandwiches, they have a bit of something for everyone.

It's the perfect place to go whether you're on a health kick or even when you're feeling more indulgent, as they have a great mix of dishes on the menu & lots of delicious cakes!

18 Cross St, Manchester M2 7AE (approx. 2-minute walk from HQ)

Visit Dishoom

The old Irani Cafes have almost disappeared, their faded elegance welcomed all; rich businessmen, sweaty taxi-wallas and courting couples. Students had breakfast, families dined, lawyers read their briefs and writers found their characters. Fans turned slowly. Bentwood chairs were reflected in stained mirrors, next to sepia portraits.

Opened early last century by Zoroastrian immigrants from Iran, there were almost 400 cafes at their peak in the 1960s. These cafes broke down barriers by bringing people together over food and drink. They were the first places in Bombay where people of any culture, class or religion could take cool refuge from the street with a cup of chai, a simple snack or a hearty meal.

Dishoom pays homage to the Irani cafes and all the food of Bombay.

32 Bridge Street, Manchester M3 3BT (approx. 10- minute walk from Vertigo)

1300: Visit to Foodwell

“All Day Dining, Wine, Coffee, Cocktails, Fresh Pressed Juices

Californian inspired mindful Restaurant, Wellness Studio, Creative Events Space and beautiful place to work, meet and relax.

Brunch, Lunch, Coffee & Juice from 10am – 5pm. Fresh, Feel-Good Food...There’s no restrictions on taste, only the way we prepare our food just so happens to be healthier than most and better for you. Even our most indulgent of dishes are kind to the body & soul.”

Described as ‘your one-stop wellbeing destination’, Foodwell has been designed around a concept already thriving in Los Angeles. It comprises of a grab and go health deli, a 120-cover restaurant a huge 30ft bar, a wellness studio that’s provides classes such as Yoga, Meditation, Barre Core, Pilates and Chakra alignment and event space as well as housing a stunning private dining area. Open seven days a week, FoodWell is a destination venue that will naturally transform from day time relaxed lunch, co-working space and yoga haven to a vibrant bar and restaurant in the evening. On the weekend, it will become a laid-back brunch spot with a wide-ranging food offering to suit all tastes whilst staying true to their Mind, Body and Soul ethos.

The restaurant will offer a diverse and mindful menu including dishes such as an Ahi Sesame Tuna Poke Bowl, charred Cauliflower Shawarma and Lobster thermidor Nachos, FoodWell has committed to providing carbon-free dining options, in collaboration with the Green Earth Appeal. Much like veganism, vegetarianism and plant-based diets, food here is seen as a lifestyle choice and considers Mind, Body and Soul.

Ground Floor, One New Bailey, Stanley St, Salford M3 5JL (approx. 20 min walk)

1500: Travel back to TUCO HQ to collect luggage. 20 minute walk

This is the end of the Study Tour.
Please make your own way home.

Further Information:

What's included?

Everything detailed on the itinerary is included in the cost of the study tour. This includes 1-night accommodation, travel whilst on tour, visits, food and drink whilst on the study tour.

What's not included?

Any additional costs not mentioned on the itinerary, such as room service and additional food and drinks are not included in the package price.

Dietary/Access Requirements:

Please advise TUCO of any dietary or access requirements that you may have in advance of travelling on the Study Tour so that we can be sure to cater and accommodate for you correctly. Any requirements that you have mentioned on your booking form have been taken into consideration.

Dress Code:

Please dress business-casual for the duration of this tour. Please pack appropriately for the weather and for walking.

Prior to the date of this study tour, should you have any questions, please contact Academy@tuco.ac.uk

TUCO representative:

Your TUCO Rep will be Mandy Johnston but you can contact Sarah McLoughlin during the tour:

Mobile : 07497312463

Email : Sarah.McLoughlin@tuco.ac.uk