



ROYAL  
ASCOT

# FOOD ALCHEMY

*Plant-based dining of the highest order*







*Left:* Smoked carrot 'lox' blinis, cucumber, avocado and dill salad, sour cream. *Below:* Salt baked celeriac and potato cake, gratin potato, heritage carrots, crispy kale and red wine jus.

*All pictured dishes are vegetarian, vegan, nut free and dairy free.*

## ROYAL ASCOT CHEFS IN RESIDENCE

"Today, there is a true realisation that we must change the way we eat. Vegetarianism and veganism is not a trend, but an important change based on knowledge and awareness that we, be it chefs, home-cooks and retailers alike, must embrace. It's also a fantastic opportunity to get creative in the kitchen, creating some amazing dishes which are light, seasonal, fresh and exciting, with good health simply a by-product."

*Raymond Blanc OBE, Panaromic Restaurant*

"Plant-based dishes allow us to use hyperlocal ingredients, which is the very freshest of produce with the best flavour. These ingredients will be at their absolute prime and perfectly in season. We can make a dish at L'Enclume and Rogan & Co with ingredients that have been growing in the ground only a few hours before. Hyperlocal, plant-based dishes also mean that we cut down on the carbon footprint, as it minimalises the environmental impact of transporting produce across the country or the world."

*Simon Rogan, The Green Yard*

"Throughout Royal Ascot, we will have a vegan menu available. This is quite straightforward as fresh fruit and vegetables have always featured prominently on my menus. It is important that the food offering available there moves with the times."

*Ollie Dabbous, Balmoral Restaurant*

"The plant-based menu is a thoroughly appropriate progression for 2019. Whilst the backbone of the offering is still very much seasonal and classic British fare it is only logical to respond to the growing trend for both vegetarian and vegan dishes. June is a perfect month to showcase some of the country's most wonderful ingredients such as asparagus and in doing so the plant-based menu has no sense of compromise whatsoever!"

*Phil Howard, ON 5 Restaurant*

Ascot Racecourse is delighted to unveil its brand-new plant-based menus for Royal Ascot 2019 as the world-famous event continues to respond to consumer demand for alternative food and drink.

As well as each 'Chef in Residence' - Raymond Blanc OBE, Phil Howard, Simon Rogan and Ollie Dabbous - creating their own plant-based menus for their respective restaurants, Sarmado Sibley from Raw Love Life has created a range of menus that will be served in many of Royal Ascot's restaurants this year.

Racegoers can savour dishes such as wild mushroom parfait, truffle bean salad and toasted hazelnut to start, followed by salt baked celeriac and potato cake, gratin potato, heritage carrots, crispy kale and red wine jus, with chilled lime and coconut custard and passion fruit ribbons to finish. True to form, the new Royal Ascot menus will continue to comprise the finest, fresh ingredients locally sourced wherever possible.



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*“We work hard to  
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Royal Ascot truly  
Like Nowhere Else”*

Sarmado’s plant-based  
menus will be served in:

Trackside Restaurant

Wyndham Club

Furlong Restaurant

The Lawn Club

The Gallery

Old Paddock Restaurant

Pavilion Restaurant

&

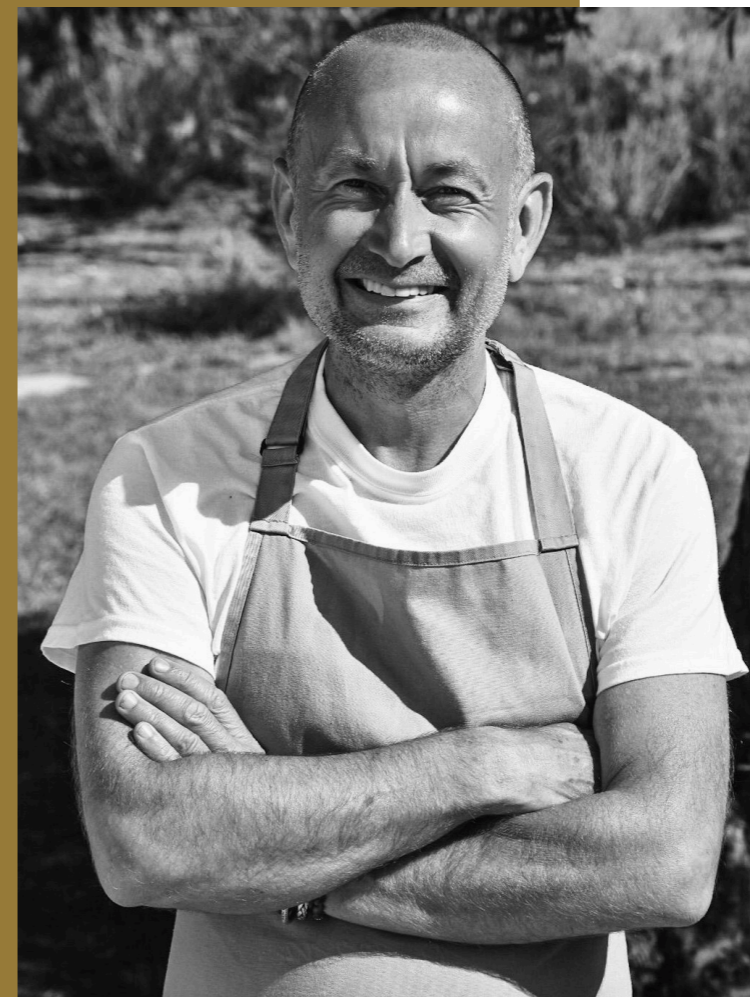
Private Boxes

Jonathan Parker, Director of Food & Beverage at Ascot Racecourse, said: “We are constantly looking at ways to improve and evolve the food offering at Royal Ascot. It’s important to be progressive, in keeping with people’s natural inclinations these days, whilst maintaining an excellent standard at delivery. Ascot is a leading light in racecourse gastronomy and we work hard to make a day at Royal Ascot truly like nowhere else.

“Over the past 300 years, Ascot Racecourse has established itself as a national institution and food and drink plays a huge part. With a reputation of being the highlight summer event in society’s calendar, we are constantly evolving and enhancing the experience for racegoers and 2019’s Fine Dining really does set the bar high.”

Royal Ascot 2019  
Tuesday 18th - Saturday 22nd June

For more information or to book please  
call 0344 346 3000, email [hospitality@ascot.co.uk](mailto:hospitality@ascot.co.uk)  
or visit [ascot.co.uk](http://ascot.co.uk)



Raw Vegan Chef & Coach  
**SARMADO  
SIBLEY**  
*from Raw Love Life*

“I’ve been working within plant-based food for more than 15 years, combining my Michelin star experience with cutting edge nutrition. I’m passionate about combining fine, fresh flavours with the power of superfoods and I’m beyond excited to bring a taste of this to Royal Ascot this year for the first time.”

Sarmado Sibley is known internationally as a leader in world-class, plant-based food, marrying Michelin star kitchen experience with cutting edge nutrition and a flair for flavour.

His signature approach is to combine the power of superfoods with the wisdom of natural medicine on the plate - perfectly pitched symphonies that not only taste superb, but do you the power of good, too.

Sarmado is currently head chef and plant-based educator at The Body Camp in Ibiza, Europe’s leading transformation retreat centre.

His culinary career started at the age of 15 as an apprentice chef at the Michelin starred Relais & Chateaux Hotel Gravetye Manor in West Sussex. He went on to work with the Roux Brothers and some of the UK’s leading chefs. While working as pastry chef for celebrity cook Anthony Tobin, he was introduced to Richard Neat and taught the art of the craft.

By the time he was 20, Sarmado was working in Porto Cervo, Sardinia, as head chef of a prestigious restaurant offering locally sourced and often organic produce.

Sarmado created and was co-director of a successful events company in London where he worked as head chef at a range of high-end events including the state opening of Parliament and Wimbledon.

By the year 2000, having explored the best in fine dining, Sarmado felt something was missing. He found that missing piece of the puzzle in 2004 when he was introduced to macrobiotic and ayurvedic foods.

The discovery that food could be used to bring about an optimal state of health and well-being transformed his approach to both food and cooking from that point on.

He went on to train in various meditation and holistic practices throughout Asia before discovering raw foods in Thailand during 2006. In 2010 he studied David Wolfe’s Longevity programme and trained as a raw food coach with Karen Knowler before setting up RawLoveLife to share the benefits of a healthy, raw food lifestyle.

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Chocolate tart, orange sorbet and crisp honeycomb