



Bringing *Mum's Big Night Off* to your space

NERVOUS SYSTEM
NOURISHMENT FOR MUMS

We bring 'Mum's Big Night Off' directly to your yoga studio, wellness space or mum community event. You bring the mums. We take care of the nourishment. Everything is built around supporting the nervous system and sending mums home feeling rested and looked after.

Pricing • Per Head
Minimum order of 10

Item	Price
Hearty salad box	£13 pp
Sweet treats	£4 pp
Herbal teas	£2 pp
Wellness Shot	£3.50 pp
Herby infused water	£1 pp
Goodybag	£6 pp

Add Ons • Flat Fee

Item	Price
Nervous System & Nutrition Talk (10-15 mins)	£75
Intention card activity	£45
Printed nervous system tips card	£15

Good To know

- * Minimum based on 10 people. Fewer guests are absolutely welcome but the minimum charge will still apply.
- * Perfect for yoga studios, wellness spaces, mum groups and community events.
- * Travel outside Bristol charged at 45p per mile.
- * All food freshly prepared on the day.
- * Dietary requirements catered for with advance notice.
- * Please note the kitchen used contains all major allergens and whilst every care is taken, we cannot guarantee a completely allergen-free environment

What's On The Table:

Example Menu

The Salad Box

Served in a kraft paper box with a wooden fork

Herby quinoa · roasted sweet potato · broccoli sprouts · smokey hummus · zingy slaw ·
toasted pumpkin seeds · pomegranate · maple tahini lemon dressing

Sweet Treats

Served on a sharing platter

Puffed quinoa chocolate bites · bliss balls · matcha coated raspberries

Herbal Teas

Individual tea bags and cups provided

A selection of herbal teas

The Wellness Shot

Served in a small glass bottle

Fresh beetroot · apple · ginger · lemon

Herby Infused Water

Water served in a pitcher with little glasses

Still water with fresh mint, cucumber and ice

Goody Bag

A little something to take home

Thoughtfully put together with nervous system nourishment in mind. Contents may vary seasonally but will include some form of drink, snack and activity. Every bag includes a 10% discount card for 1:1 nutritional consultations with Alex

The Nervous System & Nutrition Talk

10–15 minutes · delivered by Alex, qualified nutritionist

A short, warm and practical talk on how food and lifestyle can directly support your nervous system, designed specifically for mums. Just a nice chat and a few simple tips your guests can take away and use from tomorrow.

The Intention Card Activity

Facilitated by Alex · includes printed cards

A really special moment in the evening. Guests are invited to write three words that describe themselves on their very best day, then in a gentle reveal, the cards are passed to the person next to them as a gift to keep for their worst days.

The Nervous System Tips Card

Printed card · designed to take home

Simple, practical tips for supporting nervous system health through food and lifestyle. Something your guests can stick on the fridge. A little reminder that they were looked after tonight and how they can continue to do so in their own homes.

And Finally...

All ingredients are chosen with nervous system nourishment in mind, because food really can help mums feel calmer, more energised and properly looked after. The menu above is only an example and contents may change.

Every event is different and I'm really flexible, if you have an idea, a question or just want to have a chat about what might work for your space, I'd absolutely love to hear from you.

info@alexcapadosenutrition.com · @mumsbignightoff · 07752238504

www.alexcapadosenutrition.com