

Ascot Racecourse Media Release

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**ASCOT RACECOURSE LAUNCHES PLANT-BASED DINING  
FOR ROYAL ASCOT, 18<sup>th</sup> – 22<sup>nd</sup> June 2019**



*LEFT: Smoked carrot 'lox' blinis, cucumber, avocado and dill salad, sour cream  
MIDDLE: Sarmado Sibley of Raw Love Life has designed the new plant-based menus  
RIGHT: Salt baked celeriac and potato cake, gratin potato, heritage carrots, crispy kale and red wine jus*

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 at eight of Royal Ascot's restaurants including the Lawn Club, The Gallery, The Old Paddock and The Pavilion, as well as all Private Boxes.

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.

**Commenting on the news, Royal Ascot's celebrity chefs said:**

*"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***

*“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***

*“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***

*“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***

*“Incorporating plant-based foods into your diet is not only good for you but also the environment, embracing seasonal vegetables and grains teamed up with plant based alternative products can add something completely new and different to your cookery.” – **James Tanner***

**Sarmado Sibley from Raw Love Life added:** *“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.”*

**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 promises five days of world-class horse racing, high fashion, pageantry and Fine Dining as the racecourse opens its gates to more than 300,000 racegoers from across the globe. From the arrival of the Royal Procession at 2pm to communal singing around the Bandstand after the last race, each day of Royal Ascot is a truly remarkable and memorable occasion.

Royal Ascot will be held from Tuesday 18th – Saturday 22nd June 2019. Tickets start from £37 with Fine Dining Packages starting from £269+VAT per person with Private Boxes from £810+VAT per person. Early booking is advised to avoid disappointment with several restaurants already sold out.

## ENDS

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## NOTES TO EDITOR

Ascot Racecourse was founded in 1711 by Queen Anne who saw the land had potential for horseracing. Royal Ascot in June is an occasion like no other in the sporting calendar. While its five days of Flat racing attracts entries from around the World and is demonstrably a celebration of horseracing at its very best, it is also a social occasion like no other, steeped in history and synonymous with pageantry and style.

On each of the five race days, The Queen arrives by Royal Procession along the racecourse with her guests, in full view of the 300,000 weekly spectators. At the heart of Royal Ascot is the Royal Enclosure which dates back to 1807 and the reign of George III. Within this area, a dress code of morning dress for men and formal day wear for ladies applies.

Outside of the Royal Meeting, Ascot Racecourse has a further 21 days of both Flat and Jumps racing which includes four dedicated family racedays, the King George Weekend at the end of July, the Dubai Duty Free Shergar Cup and Post-Racing Concert in August and QIPCO British Champions Day in October – the finale of the Flat season.

### **About Sarmado Sibley, Raw Love Life**

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. He consults to several food outlets including plant-based restaurant Nourish and Combe Grove Manor Hotel Spa, both in Bath.

He also develops raw vegan products for commercial food companies, especially in the Middle East, and has trained hundreds of raw foodies in how to prepare great nutrition through his company RawLoveLife.

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