

TOUR MENU	TIMINGS	PRICE PER HEAD	MINIMUM GROUP SIZES	WHAT'S INCLUDED?
Artisan Skills Tour	60 minutes	£15.00 £20.00	30 people 15 people	Enjoy a unique tour of H. Forman & Son's famous smokehouse, including a fascinating carving demonstration from our very own Guinness World Record Salmon slicer, Darren Matson (who beat Gordon Ramsay in the challenge!). Includes a taster of our world famous London Cure smoked salmon made to the same recipe since 1905.
Meet Lance Forman	60 minutes	£17.50 £25.00	30 people 15 people	Smoked salmon is serious business at H. Forman & Son, the East End's last smokehouse, founded by Harry Forman in 1905 and run today by his great-grandson Lance Forman. Hear about the history of this 4th generation family business and smoked salmon, as well as Forman's re-location during the 2012 Olympics (and political battle that ensued). Followed by Q&A
Full Forman's Experience Tour	2 hours	£32.50 £45.00	30 people 15 people	Our most popular tour combining the Artisan Skill Tour plus Meet Lance Forman tour (details above)
The Taster Tour	1½ hours	£28.50 £33.50	30 people 15 people	Enjoy a unique half hour tour of our iconic smokehouse including a fascinating salmon carving demonstration with Darren Matson our Guinness World record Salmon slicer. This is followed by a brief talk on the history of smoked salmon from 4th generation business owner Lance Forman. Mr Forman will then conduct a tutored tasting where he guides you through the different types and cuts of salmon as you taste them. Perfect for lovers of salmon, it enriches your understanding of this gourmet food.

Optional Extras

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Light Refreshments	30 minutes	£2.50	Tea, Coffee, Still/Sparkling Water
Morning Tea	45 minutes	£5.00	Tea, Coffee, Still/Sparkling Water and Pastries baked in our kitchens
Bagel Lunch	1 hour	£12.50	Try our world famous London Cure smoked salmon & cream cheese bagels with a side salad, followed by homemade luxury chocolate brownie treats – and Tea, Coffee & Still/Sparkling Water
Two course set menu	1 hour	£17.50	A two course set menu (starter and main course) made by our team of award winning chefs – either select the same menu for your entire party or send us your pre-order.
Two course set menu & drink	1 hour	£21.50	As above with a glass of our finest English wine, local East End beer or soft drink