

TOUR MENU	TIMINGS	PRICE PER HEAD	MINIMUM GROUP SIZES	WHAT'S INCLUDED?
Artisan Skills Tour	1 hour	£15.00 £20.00	30 people 15 people	Enjoy a unique visit to 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	1 hour	£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 for the individual tours are listed above)
The Taster Tour	1½-2 hours	£30.00 £36.00	30 people 15 people	Enjoy a unique half hour visit to 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.
Salmon & Sail	3 ½ hours	£39.95	40 people	Start your tour with the Artisan Skills Tour, including the carving demonstration from Darren Matson. You depart Formans from our private pontoon with a delicious picnic lunch (including a divine smoked salmon bagel, salad, drink and chocolate brownie) which you eat on board your private two hour cruise of some of the forgotten Rivers of East London. The tour concludes in the beautifully landscaped park lands of The Queen Elizabeth Olympic Park
Holy Smoke! Behind the scenes Private Tour	1 hour	£59.95	Min 2, max 6 guests	There's no smoke without fire. Except when friction burning oak logs to create the perfect amount of smoke required for the delicate London Cure. Discover this and more trade secrets when you step behind the scenes at Formans smokehouse in London. For over a century H. Forman & Son has been producing world class London Cure Smoked Salmon in the East End of London. Remaining faithful to principles established in 1905 Lance Forman & his team of artisans are upholding traditional values and skills that would otherwise have died out long ago. Tour the state-of-the-art facility. Marvel at the Willy Wonka-esque kilns. Learn about the heritage of our PGI certified smoked salmon and experience a carving demonstration from a true artisan.

## 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
Three course set menu	1 ½ hour	£23.50	A three-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.
Three course set menu & drink	1 ½ hour	£27.50	As above with a glass of our finest English wine, local East End beer or soft drink