Artist & Manager Awards 2026
Environmental impact assessment of dinner menu.

The environmental impact of our food choices is significant. Consider that, over an average 70-year lifetime, we consume approximately three meals a day, every day of the year. The cumulative environmental impact of those choices is therefore considerable.

This assessment has been prepared in order to offer the guests of the A&M Awards 2026 the opportunity to know the impact of their food choices.

Chef has used identical ingredients for the starters (both options are plant based) therefore we will ignore the emissions for this starter dishes as there is no difference.

The calculations for the assessment have been based upon standard restaurant portions and the published food-production emissions data from Poore and Nemecek (2018), as made available through Our World in Data.

There is one important finding: the difference between the chicken and sweet potato main courses is very likely to be substantial.

The dessert comparison is more complicated because chocolate itself can have a high carbon footprint. I want to preserve that distinction rather than make claims simply because one dish is vegan and the other not.

Estimated carbon footprints main course comparison
PRELIMINARY MODEL, KG CO_2e PER SERVING

Chicken
1.8–2.1 kg

Sweet potato
0.35–0.55 kg

Using the mid point estimates, in choosing the plant based main course, approximately 75–80% potential reduction in greenhouse gas emissions can be achieved. These are modelled estimates, not measured kitchen footprints. The ranges reflect uncertainty in recipe quantities and processed ingredients.

Why is the difference so significant?
The global average emissions factor for poultry meat is approximately 9.87 kg CO_2e per kg, compared with 0.46 kg for potatoes and 0.53 kg for other vegetables. Even before considering the rest of the plate, the chicken contributes substantially more emissions. Our World in Data.

Suggested menu wording:
Provençal Herb Roasted Chicken
An estimated 1.8–2.1 kg CO_2e per serving. Chicken production is the principal contributor to this dish's carbon footprint.

Crusted Sweet Potato Escalope
An estimated 0.35–0.55 kg CO_2e per serving. This plant-based alternative has a substantially lower estimated carbon footprint, largely because it avoids poultry production. An estimated saving of around 1.5 kg CO_2e per guest choosing the sweet potato option.

For 400 guests choosing the sweet potato instead of chicken, that could represent approximately **600 kilograms CO_2e** saved.

Estimated carbon footprints dessert course comparison
PRELIMINARY MODEL · KG CO_2e PER SERVING

Biscoff cheesecake
1.2–1.8 kg CO_2e per serving.

Vegan brownie
0.9–1.5 kg CO_2e per serving.

There is a possible overlap between the plant based and the dairy dessert options. The brownie may have a lower footprint, but we cannot confidently quantify the saving without knowing more detailed chocolate and cream quantities and sources. Dairy ingredients have relatively high environmental impacts, but chocolate is also a carbon-intensive ingredient.

The published global average for chocolate is 46.65 kg CO_2e per kg, while cheese is 23.88 kg CO_2e per kg. These figures are not directly comparable by nutritional value, but they help explain why the brownie cannot automatically be assumed to have the lowest footprint. Our World in Data+1

Suggested menu wording:
Biscoff Crumb Cheesecake
An estimated **1.2–1.8 kg CO_2e per serving.** This dairy-based dessert contains cream cheese, double cream and butter, all of which contribute to its environmental footprint.

Vegan Chocolate Brownie
An estimated **0.9–1.5 kg CO_2e per serving.** Made without dairy or eggs, this plant-based dessert uses vegan cream and butter alternatives. Chocolate production remains an important contributor to its overall footprint.

If all 400 guests chose the vegan brownie *instead* of the Biscoff cheesecake, this could represent an estimated saving of approximately **120 kilograms CO_2e** (around 20%) across the dessert course, based on the midpoint estimates.

How the figures have been calculated:
Principal research: Poore & Nemecek (2018). Joseph Poore and Thomas Nemecek's research, published in Science, examined approximately: 38,700 farms in 119 countries and over 570 lifecycle studies. The research assesses greenhouse gas emissions across the supply chain, including land-use change, farming, animal feed, processing, transport, packaging, retail and losses. Our World in Data.

Ingredients list as supplied by Chef:

Fire Roasted Red Pepper and sage arancini, sun Blushed Tomato pesto
Arborio rice, red peppers, vegetable stock, onion, garlic, vegan parmesan, sage, olive oil, gluten free flour, gluten free panko bread crumb, soy milk, salt, pepper, mixed herbs

Sun blushed Tomato pesto
Sun blushed tomatoes in olive oil, Fresh Basil, Garlic, Nutritional Yeast, lemon juice, ice cubes, olive oil.

Vegan falafel with plant-based Tzatziki (Vegan)
Vegan Falafel
Chickpeas, bicarbonate of soda, garlic, onion, chilli, ground cumin, cayenne pepper, sumac, chopped coriander and parsley, gram flour, and vegetable oil.
Plant based Tzatziki
Vegan yoghurt, cucumber, garlic, dill, salt, white wine vinegar, black pepper, extra virgin olive oil.

Flat bread, red pepper hummus, salsa
Red pepper Hummus
Chickpeas, garlic, roasted red peppers, lemon juice, olive oil, chilli powder, salt, pepper, tahini.
Salsa
Tomatoes, onion, garlic, jalapenos, coriander, lime juice, ground cumin, sugar, salt.
Flat bread
Plain flour, yoghurt, baking soda, salt, olive oil.

Provencal Herb Roasted Chicken
Boneless skin on chicken supreme, Potatoes, stock, onion, whirl (vegan butter) Carrots, tender stem broccoli, Provençal herbs(thyme,rosemary,savoury,marjoram,oregano,basil,tarragon). Chicken Stock, Alcohol free Red Wine, gluten free thickener, honey, salt and pepper.

Crusted Sweet Potato Escalope, vegan cream peppercorn sauce.
Sweet potato, gluten free panko, olive oil, Vegetable oil, soy milk, vegan cream, green peppercorns, farina (potato starch), vegetable stock. Potato, whirl, onions, garlic, thyme, baby carrots and savoy cabbage, salt and pepper.

Biscoff Crumb Cheesecake.
Salted butter, lotus Biscoff biscuits, Biscoff spread, cream cheese, double cream, icing sugar. Toffee sauce, double cream, brown sugar, unsalted butter, vanilla extract.
Honeycomb
Caster sugar, golden sugar, baking soda.
Chantilly cream
Double cream, icing sugar, vanilla bean.

Vegan chocolate Brownie , vegan Chantilly cream, berries
Flax seed, dark chocolate, coffee, vegan butter, g/f plain flour, cocoa powder, golden caster sugar, vanilla extract.
Vegan Chantilly cream
Vegan cream, icing sugar, vanilla bean.
Strawberries, raspberries, blueberries.

Emissions factors used:

Ingredient/kg CO_2e per kg
Poultry
9.87
Cheese
23.88
Chocolate
46.65
Rice
4.45
Potatoes
0.46
Root vegetables
0.43
Other vegetables
0.53
Berries and grapes
1.53
Wheat and rye
1.57
Soy milk
0.98
Olive oil
5.18
Sugar (cane)
3.20
Coffee
28.53

Source: Poore & Nemecek (2018), processed by Our World in Data.
Calculation used. {Total CO_2e} = {ingredient kg} x {emissions factor}

Cooking energy is not separately included in the estimates above. I have used standard restaurant portions throughout.

Here's the baseline I have used:

Agreed portion assumptions
Chicken breast (raw, skin-on)
170g
Sweet potato escalope
170g
Potatoes
150g
Carrots
60g
Tenderstem broccoli
60g
Savoy cabbage
60g
Sauce per main course
60ml
Cheesecake
150g
Chocolate brownie
100g
Chantilly cream
30g
Fresh berries
50g

Some ingredients, such as vegan cream, vegan butter, gluten-free panko and processed sauces, do not have directly matching categories in this dataset. We therefore need to use suitable ingredient proxies or additional product-specific data. These substitutions introduce uncertainty, hence the estimated ranges provided.

Nina Sebastiane, Yin Yang Media UK November 2026