



**THE**  
**nourish**  
**MENTALITY**

This mini menu has been crafted around Queensland flavours and nutrients that will feed the type of energy and atmosphere you want at every stage of your conference or event. We've joined forces with Queensland Firebirds Nutritionist Kerry Leech to consult and advise on menu content and as a result, this menu for the health conscious provides the necessary nutrition for focus of the mind and energy to keep you going.

# BREAKFAST

## STAND UP BREAKFAST

\$25.0

Locally roasted, freshly ground filtered Rainforest Alliance Certified™ coffee and a selection of Byron Bay teas served from stations

- ⌚ Watermelon, lime and mint juice GF, DF, VEGAN
- ⌚ Coconut yoghurt, toasted walnuts, chia seeds, maple syrup DF, VEGAN
- ⌚ Wheat free mango and coconut bread v, GF
- ⌚ Pumpkin and zucchini loaf, minty ricotta spread v
- ⌚ Spiced citrus and pear compote with chia seeds GF, DF, VEGAN

**Additional items .....** \$5.0 each

- ⌚ Apple, cucumber, celery, coriander, parsley, fennel juice GF, DF, VEGAN
- ⌚ Far North Queensland banana espresso with almond milk GF, DF, VEGAN
- ⌚ Kale, coconut water and wheatgrass juice GF, DF, VEGAN
- ⌚ Mushroom, fetta, pine nut and almond muffins v

## SIT DOWN PLATED BREAKFAST

\$37.5

Locally roasted, freshly ground filtered Rainforest Alliance Certified™ coffee and a selection of Byron Bay teas

- ⌚ Watermelon, lime and mint juice GF, DF, VEGAN

### Choose one hot item

- ⌚ Sautéed mixed mushrooms, smashed avocado, crumbled pistachio fetta, multigrain sourdough v
- ⌚ Far North Queensland banana paleo pancakes, coconut yoghurt, seasonal fruits, nuts, maple syrup v
- ⌚ Roasted pumpkin, lean bacon, sautéed wild mushrooms, haloumi, rocket, dukkah, guacamole, gluten free bread GF
- ⌚ Scenic Rim broccolini, kale and spinach leaf frittata, chicken chipolata, sautéed mushrooms, roasted cherry tomatoes, asparagus, sourdough

**All hot items can be adapted to vegetarian if required.**

**Additional items .....** \$5.0 each

- ⌚ Apple, cucumber, celery, coriander, parsley, fennel juice GF, DF, VEGAN
- ⌚ Far North Queensland banana espresso with almond milk GF, DF, VEGAN
- ⌚ Kale, coconut water and wheatgrass juice GF, DF, VEGAN
- ⌚ Wheat free mango and coconut bread v, GF
- ⌚ Spiced citrus and pear compote with chia seeds GF, DF, VEGAN
- ⌚ Mushroom, fetta, pine nut and almond muffins v
- Açaí bowl – seasonal fruits, antioxidant rich berries, pura veda, granola DF, VEGAN
- Organic bircher – organic oats soaked in almond milk, seasonal fruits, nuts, coconut yoghurt DF, VEGAN

*"When we think of breakfast, it should be just that – Break Fast. Your body has been replenishing and recovering overnight. The first meal of the day should top up your energy stores and provide a long lasting source of energy. It is also important to start your hydration practices for the day – juices that contain vegetables and lots of colour are a great way to get in a wide variety of vitamins and minerals."*

Kerry Leech, Nutritionist

Although every possible precaution has been taken to ensure that these menu items are allergen free, certain items may still contain traces of allergic ingredients as they are prepared in facilities that also process milk products, egg products, gluten containing products, fish, crustacean, soybean, lupin, sesame seeds and nut products.

# MORNING & AFTERNOON TEA

## MORNING & AFTERNOON TEA

\$11.7

Locally roasted, freshly ground filtered Rainforest Alliance Certified™ coffee and a selection of Byron Bay teas served from stations

- ⌚ Apple, cucumber, celery, coriander, parsley, fennel juice GF, DF, VEGAN

### Choose 2 items

Pear and lemon ricotta tart V, GF

Lemon and lime protein bites V, GF, DF

- ⌚ Low sugar orange almond cake V, GF

- ⌚ Sliced seasonal and tropical fruit GF, DF, NF, VEGAN

Protein balls: figs, almond, coconut, tahini, cinnamon, sesame seeds DF, VEGAN

- ⌚ Carrot and celery sticks, basil pesto, mixed seed and nut crackers V

- ⌚ Coconut and pineapple cake V, GF

Spiced fig and buckwheat bars GF, VEGAN

Vanilla passionfruit cake V, GF, DF

- ⌚ Mango, macadamia and lemon myrtle slice V, GF, DF

Spiced apple crumble paleo cake V, GF, PALEO

- ⌚ Pumpkin muffins V

Raspberry, lemon, coconut slice V, GF, DF

- ⌚ Paleo banana and cranberry loaf V, GF, PALEO

- ⌚ Pear and ginger muesli crumble V

Peach and pecan buckwheat pancake V

*"Healthy snacks can be a great way to recharge your energy stores; if you have been concentrating for long periods of time you will need these to top up your fuel for the brain – an organ that uses around a third of your daily energy intake."*

Kerry Leech, Nutritionist

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# LUNCH

## STAND UP BUFFET

\$44.0

To sit down add ..... \$4.5

### COLD ITEMS

#### Choose six

Flaked salmon, avocado, asparagus, sundried tomato, roasted almonds, kale GF, DF

Organic white quinoa, avocado, semi dried tomatoes, marinated fetta cheese, shallots, pistachio, lemon vinaigrette V, GF

 Kale, green apples, red onion, sunflower seeds, pumpkin seeds, sesame seeds, tamari, avocado, tahini dressing V, GF

Japanese brown rice, tuna, wakame, toasted pepitas, black sesame seeds, pickled carrot and daikon, miso lime dressing GF, DF

 Poached chicken, mango, avocado, macadamia nuts, chilli, rocket, chilli-lime dressing GF, DF

 Roasted sweet potato and pumpkin, pepitas, sunflower seeds, baby spinach, avocado, ranch dressing V, GF

 Scenic Rim roasted chicken, wild rice, almonds, red cabbage, carrot, shredded celery, dried cranberries GF, DF

Hot smoked salmon, fennel, orange and goat's cheese slaw, radicchio, honey mustard dressing GF

 Dukkah lamb, quinoa tabouleh, parsley, mint, tomato, minted yoghurt dressing GF

Thai vegetable salad, cucumber, capsicum, pineapple, coriander, Vietnamese mint V, GF, DF

Turmeric roasted cauliflower, chickpeas, coriander, garam masala yoghurt V, GF

### HOT ITEMS

#### Choose two

Thai infused poached fish, lemongrass, chilli, lime, pearl barley DF

 Pumpkin, cauliflower and lentil curry, brown rice GF, DF, VEGAN

 Roasted chicken, harissa spiced sweet potato, caramelised beets, toasted grains DF

 Quinoa fritters with salmon, fresh peas and goji berries GF

 Grilled chicken, mushroom and red pepper, turmeric rice pilaf GF, DF

 Roasted lean sirloin of beef, farro, grilled eggplant, cherry tomatoes, fresh dill DF

### DESSERT

#### Choose two

 Cinnamon poached pears, vanilla saffron yoghurt DF, VEGAN

Date pudding, candied walnuts, maple syrup DF, VEGAN

Low fat cornmeal and cherry cake V

 Buckwheat apple pancakes, ricotta, blueberry cream V

Raw chocolate raspberry brownie V, GF

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*"All of the lunch choices are designed to provide maximum nutrition through the use of colourful vegetables, grains and seeds, while not limiting flavour. Look for foods with plenty of colour to provide antioxidants, wholegrains for fuel, lean proteins to keep you satisfied through the afternoon but still light enough to keep you comfortable."*

Kerry Leech, Nutritionist

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