



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. This menu for the health conscious, provides the necessary nutrition for focus of the mind and energy to keep you going.





Please note many of our dishes may contain allergens. Advise your Event Planning Manager of your guests' food allergies or intolerances. Menus valid to 30th June 2020.

BREAKFAST





STAND UP BREAKFAST

\$26.0

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

-  Watermelon, lime, pomegranate, pineapple and chilli juice **VEGAN, GF, DF**
-  Coconut yoghurt, toasted walnuts, chia seeds, maple syrup **VEGAN, DF**
-  Wheat free mango and coconut bread **V, GF**
-  Spiced citrus and pear compote with chia seeds **VEGAN, GF, DF**






Additional items\$5.0 each

-  Apple, cucumber, spinach and melon juice **VEGAN, GF, DF**
-  Far North Queensland banana espresso with almond milk **VEGAN, GF, DF**
-  Kale, coconut water, mint, cucumber, celery, pear and spinach juice **VEGAN, GF, DF**
-  Mushroom, fetta, pine nut and almond muffins **V**

SIT DOWN PLATED BREAKFAST







\$39.0

Locally roasted, freshly ground Arabica coffee and a selection of Rainforest Alliance Certified™ teas

-  Watermelon, lime, pomegranate, pineapple and chilli juice **VEGAN, GF, DF**
- Choose one hot item**
-  Scrambled eggs, sautéed mixed mushrooms, smashed avocado, crumbled pistachio fetta, sourdough **V**
 -  Far North Queensland banana paleo pancakes, coconut yoghurt, seasonal fruits, nuts, maple syrup **V, GF**
 -  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, spinach and melon juice **VEGAN, GF, DF**
 -  Far North Queensland banana espresso with almond milk **VEGAN, GF, DF**
 -  Kale, coconut water, mint, cucumber, celery, pear and spinach juice **VEGAN, GF, DF**
 -  Wheat free mango and coconut bread **V, GF**
 -  Spiced citrus and pear compote with chia seeds **VEGAN, GF, DF**
 -  Mushroom, fetta, pine nut and almond muffins **V**
- Açaí bowl – seasonal fruits, antioxidant rich berries, pura veda, granola **VEGAN, DF**
- Organic bircher – organic oats soaked in almond milk, seasonal fruits, nuts, coconut yoghurt **VEGAN, DF**

“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 take 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

\$12.0

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

- 🌿 Apple, cucumber, spinach and melon juice **VEGAN, GF, DF**

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, DF**

- 🌿 Sliced seasonal and tropical fruit **VEGAN, GF, DF, NF**

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

- 🌿 Carrot and celery sticks, baba ghanoush, mixed seed and nut crackers **V, DF**

- 🌿 Coconut and pineapple cake **V, GF**

Passionfruit vanilla cake **V, GF, DF**

- 🌿 Mango, macadamia and lemon myrtle slice **V, GF, DF**

- 🌿 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**

Rhubarb sago pots **VEGAN, GF**

“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


\$45.5

To sit down add \$4.5


COLD ITEMS


Choose six

Salmon salad, cocktail potato, green beans, kale, tomato seeds, fennel, mustard dressing **GF, DF**


 Chicken salad, fermented carrot, daikon, brown rice, soft herbs, celery, cranberries **GF, DF**


Lamb salad, capsicum, chickpeas, onion, tomatoes, quinoa, parsley, mint, sunflower seeds **GF, DF**


 Kale salad, avocado, grilled corn, celery, sunflower and pumpkin seeds, tahini dressing **V, GF, DF**

 Tomato salad, avocado, red onion, olives, white beans, rocket, frizee lettuce **V, GF, DF**

 Sweet potato salad, fermented cabbage, currants, pepitas, pumpkin, wild rice **V, GF, DF**

 Roasted cauliflower salad with lentils, capsicum, cashew nut, pepitas, soft herbs, cumin **V, GF, DF**


 Thai salad of daikon, grilled pineapple, cucumber, capsicum, snow pea tendrils, basil, mint and coriander **VEGAN, GF, DF**


 Garden salad of mixed leaves, cucumber, tomato, pine nuts and soft herbs **V, GF, DF**


HOT ITEMS


Choose two


 Steamed fish with Asian flavours, jasmine rice **GF, DF, NF**

 Sweet potato, cauliflower and lentil curry, brown rice **V, GF, DF**

 Grilled chicken, seaweed, ginger, carrot, cucumber, cashew and sesame salad **GF, DF**


 Cauliflower, zucchini and quinoa pikelets with salmon and pesto **GF**

 Roasted pork loin, miso vegetables, rice, black sesame dressing **GF, DF**

 Sirloin of beef, barley, roast fennel **DF**


DESSERT

Choose two

 Cinnamon poached pears, vanilla saffron, coconut yoghurt **VEGAN, DF**

Date pudding, candied walnuts, maple syrup **VEGAN, DF**

Low fat cornmeal and cherry cake **V, GF**

 Buckwheat apple pancakes, ricotta, blueberry cream **V**

Raw chocolate raspberry brownie **VEGAN, GF**

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

"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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