



  
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.






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 2018

# BREAKFAST




## STAND UP BREAKFAST

\$25

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

-  Watermelon, lime and mint juice **V, GF, DF, VEGAN**
-  Coconut yoghurt, toasted walnuts, chia seeds, maple syrup **V, 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 **V, GF, DF, VEGAN**


**Additional items ..... \$5 each**

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

## SIT DOWN PLATED BREAKFAST




\$36.5

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

-  Watermelon, lime and mint juice **V, GF, DF, VEGAN**







### Choose one hot item

Sautéed mixed mushrooms, smashed avocado, crumbed 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 each**

-  Apple, cucumber, celery, coriander, parsley, fennel juice **V, GF, DF, VEGAN**
-  Far North Queensland banana espresso with almond milk **V, GF, DF, VEGAN**
-  Kale, coconut water and wheatgrass juice **V, GF, 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 **V, GF, DF, VEGAN**  
Mushroom, fetta, pine nut and almond muffins **V**  
Açaí bowl – seasonal fruits, antioxidant rich berries, pura veda, granola **V, DF, VEGAN**  
Organic bircher – organic oats soaked in almond milk, seasonal fruits, nuts, coconut yoghurt **V, 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

# MORNING & AFTERNOON TEA

## MORNING & AFTERNOON TEA

\$11.5

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 **V, 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**

Raspberry and coconut slice with chia seeds **V**

- Sliced seasonal and tropical fruit **V, GF, DF, VEGAN**

Halva "brain" balls - figs, almond, coconut, tahini, cinnamon, sesame seeds **V, DF, VEGAN**

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

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

Vanilla passionfruit cake **V, GF, DF**

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

Spiced apple crumble paleo cake **V, GF**

- Pumpkin muffins with kale nut butter **V**

Baked lemon cheesecake **GF**

Paleo banana and cranberry loaf **V, GF**

- Pear and ginger muesli crumble **V**

Peach and pecan buckwheat pancake slice

*"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

# LUNCH

## STAND UP BUFFET


Cold items and dessert .....	\$39
Cold with two hot items and dessert .....	\$43
To sit down add .....	\$4.5

### COLD ITEMS


#### Choose six


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


Organic white quinoa, asparagus, avocado, semi dried tomatoes, marinated feta 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 and pomegranate seeds **V, GF**


### HOT ITEMS


#### Choose two


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

-  Pumpkin, cauliflower and lentil curry, brown rice **V, GF, DF, VEGAN**

Quinoa fritters with salmon, fresh peas and goji berries **GF**


-  Grilled chicken, mushroom and red pepper skewers, turmeric rice pilaff **GF, DF**

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


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

### DESSERT

#### Choose two

-  Cinnamon poached pears, vanilla saffron yoghurt **V, DF**

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


-  Raindrop jelly, infused apricots, berry compote **V**

Low fat cornmeal and cherry cake **V**

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

Raw chocolate raspberry brownie **V, GF**

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

-  Kale, coconut water and wheatgrass juice **V, GF, DF, VEGAN**

*"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