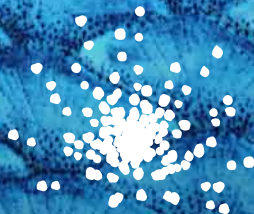


honest goodness

feel good, whole food, made fresh

MENU 2018/19



ADELAIDE
CONVENTION
CENTRE

Developed in collaboration with
the South Australian Health and Medical Research Institute (SAHMRI),
University of Adelaide and CSIRO, Health and Biosecurity

honest goodness

In this newly reinvented Adelaide Convention Centre menu, nature is the hero. Developed in collaboration with the South Australian Health and Medical Research Institute (SAHMRI), the University of Adelaide and CSIRO, Health and Biosecurity, it is packed with authentic, wholesome foods sourced from local sustainable environments.

It focuses on Honest Goodness – feel good, whole food, made fresh – achieved using minimal intervention foods and artisan produce, along with an unwavering commitment to 'house-made'. The result is memorable, restaurant-quality dishes that are not only nutritionally-balanced but full of flavour.



Special thanks to Professor Gary Wittert of the South Australian Health and Medical Research Institute (SAHMRI), the Freemasons Centre for Men's Health, School of Medicine, University of Adelaide; and Pennie Taylor, CSIRO, Health and Biosecurity and the University of Adelaide, for their assistance in developing this menu.

A microscopic image of plant cells, showing a network of cell walls in shades of yellow and orange. The cells are roughly rectangular and elongated, with thin, dark lines representing the cell walls. The overall texture is organic and textured. The word "breakfast" is written in a white, bold, sans-serif font in the lower right quadrant of the image.

breakfast

continental breakfast

\$28 per person

Stand-up breakfast, served buffet-style

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Fresh Start juice – kale, spirulina, green apple, cucumber (125ml)

Muesli with chai-poached fruit **V**

Muffins and loaves (select any two) - please refer to [page 7](#) for options

Seasonal sliced fresh fruits **V GF**

enhance

\$6 per person

Upgrade your buffet breakfast with one of the below add-on items

Banana and oat pancakes with seasonal fruits and maple syrup **V**

Egg and spinach wrap with tomato chutney **V**

Croissant with heirloom tomato and Cheddar cheese **V**

Egg and rocket on wholemeal roll with house chutney **V**

Breakfast sliders – sausage, egg, Worcestershire chutney

Mini hot-smoked salmon bagel with dill and caper cream cheese

Chargrilled mushrooms and semi-dried tomato on toasted sourdough **V**

Roasted Mediterranean vegetable wrap with rocket and hummus **V**

Acai bowl – seasonal berries, nuts, seeds, coconut shavings **V GF**

Breakfast bowl – avocado, roasted tomato, quinoa, poached turkey, cranberry and baby salad leaves **GF**

Breakfast berry parfait with house-made granola and walnuts **V GF**

set breakfast

\$38 per person

*Seated breakfast, individually plated
Select one item from the Choice range*

Included

Brewed coffee
Hot chocolate
Selection of T Bar teas
Fresh Start juice – kale, spirulina, green apple, cucumber (125ml)
Muesli with chai-poached fruit **V**
Seasonal sliced fresh fruits **V GF**

Choice (Select One)

Poached free range Kangaroo Island eggs, poached salmon,
watercress, rocket and pomegranate salad, saltbush tomatoes, house-made focaccia

Chargrilled capsicum, spinach, butternut pumpkin frittata
with heirloom tomato and baby basil salad **V GF**

Mushroom and spinach pancakes with roasted radicchio and chive crème fraîche **V**

full breakfast

\$38 per person

Seated breakfast, individually plated

Select one item from the Hot Items range

Select any three items from the Accompaniments range

Included

Brewed coffee

Hot chocolate

Selection of T Bar teas

Fresh Start juice – kale, spirulina, green apple, cucumber (125ml)

Locally sourced yoghurt with granola and fresh berry puree **OR** chia with raspberries and toasted almonds **V GF**

Seasonal sliced fresh fruits **V GF**

Hot Items (Select One)

Scrambled eggs with chives **V GF**

Poached eggs with hot-smoked salmon on English muffin with dill crème fraîche

Poached eggs with spinach on English muffin with herb crème fraîche **V**

Corn and Manchego fritters, watercress and salsa verde **V**

Sundried tomato and feta frittata, rocket salad **V GF**

Spinach and feta quiche with basil and sunflower seed pesto **V**

Roasted turkey fillets, grilled asparagus, sundried tomatoes, basil dressing **GF**

Accompaniments (Select Three)

Roast field mushrooms with shallots and thyme **V GF**

Chicken, basil and sundried tomato sausage **GF**

Pork and fennel sausage **GF**

Hot-smoked salmon **GF**

Crushed avocado **V GF**

Grilled haloumi **V GF**

Blistered cherry tomatoes **V GF**

Roasted baby potatoes **V GF**

Roasted pumpkin **V GF**

Rocket and pomegranate salad **V GF**

Crushed rosemary potatoes **V GF**

Steamed asparagus **V GF**

Sautéed spinach **V GF**

Blanched kale **V GF**

House baked beans **V GF**

Lamb cutlet **GF** (additional \$2.75 per person)

Grilled 100g beef tenderloin **GF**

(additional \$2.75 per person)

optional extras

Vitalisers \$7 per person

Eye Opener – ginger, carrot, watermelon, mint **V GF**

Morning Glory – carrot, apple, orange, chilli **V GF**

Veggie Power – spirulina, celery, apple, spinach **V GF**

optional extras

Muffins & Loaves \$6 per person

Select any two

Assorted muffins **V**

Blueberry wholemeal muffins **V**

Date and walnut loaf **V**

Mixed fruit and almond loaf **V**

Apple, cranberry and walnut bread **V GF**

Banana bread **V GF**

For more information
+61 8 8210 6677
sales@avmc.com.au
www.adelaidecc.com.au



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