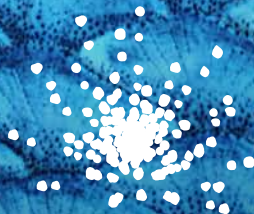


honest goodness

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.



morning & afternoon tea

refreshment break

per break \$6.50 per person / all day \$16 per person

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

enhance

price per person, per break

Expand your break with the below add-on options

Assorted biscotti **\$3**

Fresh whole fruit bowl **\$3**

Assorted biscuit selection **\$3**

Large house-made cookies **\$3.50**

custom break

\$11 per person
one sweet **OR** savoury item

\$14 per person
two sweet **OR** savoury items

\$16 per person
three sweet **OR** savoury items

\$18 per person
four sweet **OR** savoury items

additional items \$4 per person

*Price per item for additional sweet **OR** savoury items*

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Fruit-infused waters

House-made iced tea

Sweet Items

Seasonal diced fruit with berry yoghurt **V GF**

Assorted muffins **V**

Blueberry and coconut wholemeal muffins **V**

Orange and cardamom cake **V GF**

Traditional scones with compote and cream **V**

Lemon friands **V GF**

Banana bread with lemon ricotta **V GF**

Raspberry chocolate brownie **V**

Mini lemon meringue tarts **V**

Lemon and blueberry tarts **V**

Profiteroles with freeze-dried raspberries **V**

Paris-Brest with vanilla cream and strawberries **V**

Macadamia, chia and fruit slice **V GF**

Mixed berry and almond tarts **V**

Mini lemon polenta cake **V GF**

Fruit brochette, berry coulis **V GF**

Dried fruit and nut shooter **V GF**

Protein balls **V**

custom break (continued)

Savoury Items

Heirloom tomato and Cheddar croissant **V**

Tomato and feta Danish with balsamic glaze **V**

Chargrilled vegetable, hummus and rocket wraps **V**

Chicken finger sandwiches on wholemeal bread

Vegetable crudités with hummus **V GF**

Selection of nori sushi rolls with wasabi and ginger

Open-faced bagel with rare roast beef and horseradish crème fraîche

Tandoori chicken filo with minted yoghurt

Broccoli and brie mini quiche **V**

Capsicum and egg tarts **V**

House-made gourmet beef pie

Vegetarian quiche **V**

Lamb and feta sausage rolls

Caramelised onion, goat cheese and walnut rye fingers **V**

premium selections

price per person, per break

*Make your break all the more special
with the addition of our premium items*

Gelista ice cream tubs **V GF \$5.50**

Vanilla bean –

Mango –

Blood orange –

Mini stick ice creams **V \$5.50**

Vanilla ice cream with milk chocolate –

Chocolate ice cream with 70% cocoa dark chocolate –

Strawberry ice cream with white chocolate –

premium selections (continued)

price per person, per break

Fresh juice station **V GF \$7**

Freshly squeezed seasonal juices made to order.

Choose three from:

- Carrot
- Watermelon
- Pineapple
- Apple
- Celery
- Beetroot
- Ginger

Smoothie station **\$7**

- Dr Green Thumb: spinach, kale, cucumber, lemon, mint, pineapple, banana **V GF**
- Day Starter: banana, oats, honey, yoghurt **V**
- Berry Nice: strawberries, raspberries, blueberries, apple juice **V GF**

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