



breakfast

Pictured: Native bush tomatoes on the vine

continental breakfast

Stand-up breakfast

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Fresh Start juice – blood orange, carrot, ginger & native basil (125ml) **GF, NF, PB**

Overnight oats, macerated peach & mint compote **NF, PB**

Assorted muffins **NF, V**

Seasonal sliced fresh fruits **GF, NF, PB**

Choice of breakfast bowl (select one):

- Sprouted dirt(y) Inc. lentils, whipped avocado, soaked white muscatels, pickled carrot, native herbs & toasted seeds **GF, NF, PB**

OR

- Miso rice, avocado, boiled egg, kale, crispy onion, pickled mushrooms, spiced pepitas **DF, GF, NF, V**

enhance

Upgrade your continental breakfast with one or more of the below add-on items

Barossa Valley smoked ham* & Finnis River Romano cheese croissant **NF**

Heirloom tomato & Finnis River Romano cheese croissant **NF, V**

Barossa Valley bacon*, Clare Valley folded egg, Beerenberg chilli jam chutney on a charcoal roll **NF**

Grilled La Casa Del Formaggio haloumi, Warrigal greens, native verde, brioche bun **NF, V**

Clare Valley free range egg, rocket, avocado, spinach wrap **NF, V**

Mini herb savoury muffin, smoked salmon, whipped dill cream cheese **GF, NF**

Low-carb dragon fruit chia pudding with house-made toasted pumpkin seed granola **GF, NF, PB**

*All bacon & ham used at Adelaide Convention Centre is certified nitrite free.

breakfast

DF – dairy free **GF** – gluten free **NF** – nut free **PB** – plant based **V** – vegetarian

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seated breakfast, design your own

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 – blood orange, carrot, ginger & native basil (125ml) **GF, NF, PB**

Overnight oats, macerated peach & mint compote **NF, PB**

Seasonal sliced fresh fruits **GF, NF, PB**

Hot Items (select one)

Scrambled Clare Valley free range eggs, chives, toasted Turkish bread **NF, V**

Poached Clare Valley free range eggs, spinach, hollandaise sauce on an English Muffin **NF, V**

Gluten free French toast, roasted butternut pumpkin purée, petit native salad **GF, NF, V**

Accompaniments (select three)

Barossa Valley bacon* **DF, GF, NF**

Fresh chorizo **DF, GF, NF**

Saltbush poached salmon **DF, GF, NF**

Chicken & native thyme sausage **DF, GF, NF**

Confit black garlic & native thyme kipfler potatoes **GF, NF, PB**

Burnt broccolini **GF, NF, PB**

Sautéed Warrigal greens **GF, NF, PB**

Grilled La Casa Del Formaggio haloumi **GF, NF, V**

Sautéed Swiss brown mushrooms with native basil **GF, NF, PB**

Blistered truss tomatoes **GF, NF, PB**

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seated breakfast, individually plated

Select one item from the Choice range

Included

Brewed coffee

Hot chocolate

Selection of T Bar teas

Fresh Start juice – blood orange, carrot, ginger & native basil (125ml) **GF, NF, PB**

Overnight oats, macerated peach & mint compote **NF, PB**

Seasonal sliced fresh fruits **GF, NF, PB**

Choice (select one)

Sautéed wild mushrooms, Taleggio polenta, air-dried tomato, Warrigal greens,
poached Clare Valley eggs, native verde **GF, NF, V**

Sourdough crumpet, poached Clare Valley free range eggs, dirt(y) Inc. lentils, charred broccolini,
herb & feta salad **NF, V**

Caramelised pumpkin, spinach & parmesan frittata, roasted mushrooms, preserved lemon broccolini,
rocket & sunflower seed pesto **GF, NF, V**

Barossa Valley bacon*, chicken & native thyme sausage, scrambled Clare Valley free range eggs,
confit tomatoes, sautéed mushrooms **NF**

Herbed potato rosti, sautéed leek, poached Clare Valley free range eggs, charred asparagus,
sun-dried tomato hollandaise, micro herbs **GF, NF, V**

grab & go breakfast

Choice (select one)

Cold zucchini & sun-dried tomato slice, Danish pastry, whole fruit, Fleurieu yoghurt,
house-made Davidson plum slice, seasonal native juice **NF, V**

Mushroom, spinach & gruyere quiche, whole fruit, Fleurieu yoghurt, blueberry muffin,
house-made Davidson plum slice, seasonal native juice **NF, V**

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