



lunch

Pictured: Native karkalla

daily lunch menu

Our daily lunch menu—offered as a stand-up lunch—accommodates a large variety of dietary requirements, food trends and seasonal varieties, and includes a plant based (vegan) option. This concept has been designed to minimise food waste and reduce our carbon footprint by using locally sourced produce where possible.

A requested change to a daily menu (for example, Monday menu on a Tuesday) will incur an additional charge.

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Water infused with native herbs & fruits

Sparkling mineral water

Whole seasonal fruits **GF, NF, PB**

lunch

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

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Monday

daily lunch menu

Sandwich

Smoked Barossa Fine Foods leg ham*, mild English mustard, smoked Cheddar roll, Ploughman's pickle **NF**

Salads

Mexican three bean salad, charred corn, green onion, red capsicum, lime dressing **GF, NF, PB**

Baby cos lettuce, snow peas, green beans, sprouts, mixed herb & lemon myrtle emulsion **GF, NF, PB**

Hot Protein

Braised Taka Tala chicken, tomato & eggplant ragout, capsicum, peas, spring onion **DF, GF, NF**

Massaman beef curry, crispy shallots, roasted pineapple, kaffir lime, coriander **DF, GF, NF**

Coconut rice **GF, NF, PB**

Plant Based

Braised chickpeas, roast peppers, beans, spinach **GF, NF, PB**

To Finish

Onkaparinga Creamery triple cream brie, sour cherry compote, wattleseed lavosh **NF, V**

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

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Tuesday

daily lunch menu

Sandwich

House-made rye bread, tuna dressed in preserved lemon mayonnaise, coriander & red onion **DF, NF**

Salads

Moroccan spiced sweet potato & chickpeas, edamame, shallots, parsley, citrus vinaigrette **GF, NF, PB**

Fattoush salad, cucumber, tomatoes, river mint, crispy flat bread, sumac oil **NF, PB**

Hot Protein

Southern Ocean seafood jambalaya, yellow capsicum, chipotle, flat parsley, smoked paprika yoghurt **GF, NF**

Braised Moroccan lamb tagine, olives, chickpeas, dates & herbs **DF, GF, NF**

Saltbush roasted vegetables & kipfler potatoes **GF, NF, PB**

Plant Based

Fennel butter bean cassoulet with red wine & herbs **GF, NF, PB**

To Finish

Passionfruit & orange ricotta tart **NF, V**

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Wednesday

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Sandwich

Smashed egg, mustard cress, black pepper, crunchy leaves on wholemeal **DF, NF, V**

Salads

Baby potato, cornichon, dill & sour cream dressing **GF, NF, V**

Kale & baby Warrigal greens, red cabbage, shaved fennel,
toasted sunflower seeds, orange dressing **GF, NF, PB**

Hot Protein

Persian beef khoresh, butternut squash, tart peaches **DF, GF, NF**

Coq au vin: braised chicken thigh, baby onions, mushrooms, speck, red wine sauce **DF, GF, NF**

Orecchiette pasta, fresh native herbs, EVOO **NF, PB**

Plant Based

Spiced maple pumpkin, roasted pepper ragu, sweet baby peas **GF, NF, PB**

To Finish

Seasonal cheese from Section28 in the Adelaide Hills, Pirate Life beer & onion chutney,
house crackers & breads **NF, V**

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Thursday

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Sandwich

Beef teriyaki wrap, Sriracha mayonnaise, crunchy cabbage, spring onion, pickled carrot **DF, NF**

Salads

Tom yum & vermicelli noodle salad, pawpaw, kaffir lime, shallots, tamarind **GF, NF, PB**

Kohlrabi & cucumber, green peas, fresh herbs, baby spinach, apple cider vinegar dressing **GF, NF, PB**

Hot Protein

Stir fried sweet & sour chicken, cucumber, roasted pineapple, peppers, fried noodles **DF, GF, NF**

Seared Tasmanian salmon, Asian greens, ginger & miso shiitake broth **DF, GF, NF**

Steamed brown rice with lemongrass **GF, NF, PB**

Plant Based

Braised soy tofu, bok choy, king oyster mushrooms, beans, edamame, toasted sesame **GF, NF, PB**

To Finish

Matcha cheesecake **NF, V**

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Friday
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Sandwich

Middle Eastern lamb wraps, harissa yoghurt, parsley salad **NF**

Salads

Greek salad, heirloom tomatoes, marinated feta, olives, white balsamic dressing **GF, NF, V**

Quinoa salad with roasted pumpkin, zucchini, pickled mushrooms, pepita seeds, citrus dressing **GF, NF, PB**

Hot Protein

Butter chicken, roasted eggplant, coriander, papadams **GF, NF**

Sri Lankan beef curry, coconut, sweet potato, chilli **DF, GF, NF**

Saffron rice pilaf **GF, NF, PB**

Plant Based

Cauliflower & potato curry with fried curry leaves **GF, NF, PB**

To Finish

Alexandrina Cheese Company caraway seed gouda, bush tomato relish, house crackers & bread **NF, V**

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Saturday

daily lunch menu

Sandwich

Reuben: slow cooked corn beef, Swiss cheese, sauerkraut, saltbush focaccia **NF**

Salads

Orzo, sundried tomato, broccoli & kale salad **NF, PB**

Cos hearts, shaved radish, baby spinach, Spanish onion, lemon & river mint dressing **GF, NF, PB**

Hot Protein

Seared ocean barramundi fillets, grilled Mediterranean vegetables, native herb verde **DF, GF, NF**

Garlic & rosemary slow roasted leg of Murraylands lamb, smashed minted peas, Persian feta, semi-dried tomatoes, pan jus **GF, NF**

Patatas bravas **GF, NF, PB**

Plant Based

Braised lentils, sofrito, wild thyme, light vegetable broth **GF, NF, PB**

To Finish

White chocolate & olive oil panna cotta, finger lime jam **GF, NF, V**

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Sunday

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Sandwich

Mushroom pâté, roasted red pepper, rocket & pecorino on rye **NF, V**

Salads

Roasted pumpkin, dried apricot, spinach, pomegranate & cous cous salad **NF, PB**

Saltbush baked beetroot, witlof, goat cheese, ASV dressing **GF, NF, V**

Hot Protein

Native thyme & lemon myrtle chicken casserole, fennel, samphire, butternut pumpkin, fresh herbs **DF, GF, NF**

Seared ocean trout niçoise, green beans, baby potatoes, olives, bush tomato vinaigrette **DF, GF, NF**

Golden yam & white muscatel pearl barley pilaf **DF, NF, PB**

Plant Based

Eggplant & white bean stew with peppers & native spinach **GF, NF, PB**

To Finish

Honey cake, whipped vanilla sour cream **NF, V**

*For enticing enhancement options please refer to 'Interactive Cooking Stations' on page 39.
Custom menus are available upon request.*

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lunch on-the-go

Convenient, boxed picnic lunch, ideal for working lunches or delegates on the move

All items are nut free. Additional individual dietary requirements will be catered upon request.

Option One

Poached chicken, tarragon, celery & watercress wrap

Baby potato, cornichon, dill & sour cream dressing

Banana bread

Seasonal fresh fruit

Bottled water

Option Two

Beef teriyaki wrap, Sriracha mayonnaise, crunchy cabbage, spring onion, pickled carrot

Greek salad

Lemon myrtle & polenta cake

Seasonal fresh fruit

Bottled water

Option Three (Plant Based)

Mushroom pâté, roasted red capsicum, rocket on rye

Mexican three bean salad, charred corn, green onion, red capsicum, lime dressing

Vegan chocolate cake

Seasonal fresh fruit

Bottled water

Please speak to your Event Planner regarding any necessary dietary adjustments to the above options

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