

## Meetings and conferencing UNSW CBD Campus: Health, variety and sustainability



### Guide to menus:

When booking catering you will need to choose between half day or full day refreshment packages OR a fully catered conference package.

The menus that follow are samples, our menu changes daily to ensure variety, seasonality and sustainability.

Half or Full day refreshment package: .....	2
Conference Packages: The easy way to book a day.....	2
UNSW CBD Conference Package .....	3
Premium Conference Package.....	3
Hot Lunch Conference Package.....	4
The Active Ate Conference Package .....	4
Supplement your arrival or one of your breaks: .....	5

All pricing is GST inclusive

## Half or Full day refreshment package:

### The refreshment packages include unlimited:

- Fair Trade espresso coffee and organic Fair Trade cocoa, herbal and black teas
- Chilled water and mints
- Fresh seasonal fruit basket

**Half day:** \$7.35 per person  
Up to 4 hours unlimited availability of the above

**Full Day:** \$9.15 per person  
Up to 8 hours unlimited availability of the above



## Conference Packages: The easy way to book a day

The UNSW CBD Campus offers four conference packages:

- The UNSW CBD Conference package, \$40.15 per person
- The Premium Conference package, \$56.80 per person
- The Hot Lunch Conference package, \$57.75 per person
- The Active Ate Conference package, \$68.40 per person

### These day packages include:

- Morning tea, lunch and afternoon tea (menus follow)
- Unlimited Fair Trade espresso coffee and organic Fair Trade cocoa, herbal and black teas
- Chilled water and mints
- Juices and mineral water at morning tea, lunch and afternoon tea
- Fresh seasonal fruit



## UNSW CBD Conference Package



### Morning tea

A selection of biscuits

### Lunch sample menu

Selection of gourmet sandwiches on a variety of breads including multigrain, white, wholemeal, rye, Turkish, bagels, baguettes and wraps

#### Either:

Premier cheese and crackers  
Cake and tart

#### Or:

*3 salads such as:*

Beetroot and mint salad  
Garden salad  
Curly endive and butter lettuce salad with bacon and croutons

### Afternoon tea

A selection of biscuits

The UNSW CBD Conference package, \$40.15 per person



## Premium Conference Package



### Morning tea

Our home made tiny muffins or Selection of freshly baked mini pastries  
Mini yoghurts

### Lunch Sample menu

Selection of gourmet sandwiches on a variety of breads including multigrain, white, wholemeal, rye, Turkish, bagels, baguettes and wraps

*2 cold buffet items such as*

Our own mini quiches in a variety of flavours, such as:  
*Sweet potato and basil, Smoky bacon, Smoked salmon and dill*  
Sushi platter

*2 salads such as:*

Mixed leaf salad  
Roast beetroot, green bean and goats cheese salad

Premier cheese and crackers  
Individual fruit salads

### Afternoon tea

A selection of biscuits

The Premium Conference package, \$56.80 per person



## Hot Lunch Conference Package

### Morning tea

A selection of biscuits

### Hot Lunch buffet sample menu

*2 hot dishes such as:*

Char-grilled chicken with lemon and rosemary  
Tagine of felafel and chick peas with couscous

*3 salads such as:*

Salad of roasted beetroot, green lentils, baby spinach and caramelised walnuts  
Rocket and Parmesan salad  
Potato salad with sautéed onion and fresh herbs

Selection of breads

*And dessert item such as*

Pear and frangipan tart OR Premier cheese and crackers and individual fruit salads

### Afternoon tea

A selection of biscuits

The Hot Lunch Conference package, \$57.75 per person



## The Active Ate Conference Package

Please select morning recharge, lunch and **either** arrival refresh **or** afternoon rejuvenation

### Arrival refresh

Muesli bars  
Orange juice and V8 Vegetable Juice and V8 Citrus Splash

### Morning recharge

'Brain Food' packs of Australian dried apricots, pears and muscatels with roasted almonds, raw cashews and macadamias  
Mini yoghurts  
Our homemade tiny muesli fruit muffins

Juice and smoothies bar

### Lunch sample menu

Lamb skewers with lemon and oregano  
Chicken Lawar (green bean and bean sprout salad with minced spiced chicken, served cold)  
Pita bread felafel wrap hot off the grill

Avocado, asparagus, cherry tomato salad with balsamic dressing  
Pumpkin and sweet potato salad with roasted seeds and nuts  
Rye and wholegrain breads

### Optional extra:

Premier cheese and crackers and individual fruit salads, add \$7.50 per person

### Afternoon rejuvenation

Meringue bites in traditional, chocolate and passionfruit  
Parmesan shortbread

The Active Ate package, \$68.40 per person

## Supplement your arrival or one of your breaks:

### Optional upgrades for Conference or Half / Full day refreshment packages

#### Option 1 Quick Snacks

Biscuits and cookies OR Muesli bars

\$3.25 per person including juices

#### Option 2 Classic Morning or Afternoon tea

A selection from our pastry kitchen such as:  
Homemade biscuits and slices  
Our own raspberry, blueberry and banana mini muesli muffins  
Petit friand  
Freshly baked mini pastries  
Scones with jam and cream

Orange and apple juices

2 of the above plus juices, \$6.15 per person

#### Option 3 Active ate break

Fruit skewers and yoghurt dip  
Mini yogurt packs  
Mini muesli muffins  
'Brain Food' packs of Australian dried apricots, pears and muscatels with roasted almonds, raw cashews and macadamias

Orange and ruby grapefruit juices

2 of the above plus juices, \$6.80 per person

#### Option 4 Savoury break

Mini knot rolls with smoked salmon, cream cheese and dill  
Mini knot rolls with chargrilled vegetables and Brie  
Gourmet finger sandwiches with either:  
*Roast chicken with fresh herbs and homemade mayonnaise OR Peppered egg with homemade mayonnaise OR Double smoked ham, cheddar and sprouts*  
Homemade mini quiches:  
*Smoky Bacon OR Spinach and Parmesan OR Salmon and dill*  
Felafler platter with vine leaves, babaganoush, Turkish bread and Lebanese bread  
Dips and vegetable platter with steamed and fresh vegetables (seasonal including asparagus, cauliflower and red radish)

2 of the above plus juices \$6.15 per person

### More options are on the next page



**Option 5 Juice / smoothie bar:**

Perfect pick me up for morning tea, lunch or afternoon break  
Each bar presents 3 juices and a specialised Frappe / Smoothie

<p><b>Juices include:</b></p> <ul style="list-style-type: none"> <li>• Ruby grapefruit</li> <li>• Pear</li> <li>• Guava, Apple</li> <li>• Cherry and Grape</li> <li>• Lychee</li> <li>• Passionfruit and apple</li> </ul>	<p><b>Frappes / smoothies include:</b></p> <ul style="list-style-type: none"> <li>• Fresh berry frappé - <i>Raspberries, strawberries and blueberries pureed with apple juice and ice</i></li> <li>• Watermelon Crush - <i>Cranberry and lime juices, scented with rosewater, garnished with fresh watermelon</i></li> <li>• Apple-Apricot Smoothie - <i>Apple juice and fresh apple, apricot and banana, ice and yogurt.</i></li> <li>• Banana Nutmeg Smoothie - <i>Bananas, milk, honey, nutmeg.</i></li> <li>• Blueberry Smoothie - <i>Including skim yoghurt and fresh orange juice</i></li> <li>• Chai Milkshake - <i>Chai, spiced milk and ice.</i></li> </ul> <p style="text-align: right;"><b>\$7.75 per person</b></p>
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**Other Options:**

Would you like an after meeting networking event or casual drinks after your conference?  
Please ask to see our networking and cocktail party menus



**Linen for all non catering requirements**

Trestle cloths for registration tables, AV Equipment etc, \$12.40 per cloth

