

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



### Guide to menus:

When booking catering you will need to choose between a refreshment package OR a fully catered conference package.

Refreshment packages: .....	2
Conference Packages: The easy way to book a day.....	2
UNSW 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
Just lunches or sandwiches to add to half / full day refreshment packages .....	6

All pricing is GST inclusive and there is a 10% surcharge for Sunday bookings

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

## Refreshment packages:

### The refreshment packages include unlimited:

- Fair Trade espresso coffee, organic Fair Trade cocoa, Fair Trade black tea, a selection of herbal teas
- Chilled water and mints
- Seasonal whole fresh fruit

**Half day:** \$8.25 per person  
Up to 4 hours unlimited availability of the above

**Full Day:** \$10.75 per person  
Up to 8 hours unlimited availability of the above

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

The UNSW CBD offers four conference packages:

- The UNSW Conference package, \$44.85 per person
- The Premium Conference package, \$57.75 per person
- The Hot Lunch Conference package, \$59.95 per person
- The Active Ate Conference package, \$78.95 per person

### These conference day packages include:

- Morning tea, lunch and afternoon tea (menus follow)
- Unlimited Fair Trade espresso coffee, organic Fair Trade cocoa, Fair Trade black tea, a selection of herbal teas
- Chilled water and mints
- Orange juice and mineral water at morning tea, lunch and afternoon tea
- Seasonal whole fresh fruit



## UNSW 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:

Selection of cheese and lavoshe

*Cake or tart such as:*

Passionfruit tart

#### Or:

*3 salads such as:*

Beetroot and mint salad

Watercress and rocket salad with shaved parmesan

Caesar salad with semi dried tomatoes

### Afternoon tea (may be exchanged for arrival tea and coffee)

A selection of biscuits

The UNSW Conference package, \$44.85 per person

## Premium Conference Package

### Morning tea

A selection of mini pastries

Mini yoghurt packs

### 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*

Mini quiche with goats cheese, leek and red capsicum

Selection of our own vegan, vegetarian and seafood sushi rolls with ponzu dipping sauce

#### *2 salads such as:*

Green salad with apple cider vinegar, Dijon mustard and olive oil dressing

Tomato, basil and bocconcini salad

Selection of cheese and lavoshe

Individual seasonal fresh fruit salad

### Afternoon tea (may be exchanged for arrival tea and coffee)

A selection of biscuits

The Premium Conference package, \$57.75 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, chickpeas, red peppers and green peppers on couscous with mint and basil garnish

*3 salads such as:*

Garden salad with lettuce, tomato and cucumber

Salad of roasted beetroot, green lentils, baby spinach, caramelised walnuts

Potato salad with fresh herbs, sautéed onion and mayonnaise

Freshly sliced sourdough bread

*And dessert item such as*

Pear and frangipan tart **or**

Selection of cheese and lavoshe and Individual seasonal fresh fruit salad

### Afternoon tea (may be exchanged for arrival tea and coffee)

A selection of biscuits

The Hot Lunch Conference package, \$59.95 per person

## The Active Ate Conference Package

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

### On arrival

Muesli bars

V8 vegetable and fruit juice poppas

### Morning Recharge

'Brain Food' packs of Australian dried apricots, pears and muscatels with roasted almonds, raw cashews and macadamias

Mini yoghurt packs

Mini muesli and 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 wrap with felafel, hommos and tabouli, hot off the grill with tahini and lemon yoghurt

Avocado, asparagus, cherry tomato salad

Pumpkin and sweet potato salad with roasted seeds and nuts

Sliced rye and wholegrain breads

### Optional extra:

Selection of cheese and lavoshe and Individual seasonal fresh fruit salad, add \$7.50 per person

### Afternoon rejuvenation

Meringue bites such as vanilla, chocolate and passionfruit

Sultana and granola clusters

The Active Ate package, \$78.95 per person



## Supplement your arrival or one of your breaks:

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

#### Quick Snacks

A selection of biscuits **or** Muesli bars

Option A - \$1.90 per person

#### Classic Morning or Afternoon tea

A selection from our pastry kitchen such as:  
 Chocolate and walnut cake fingers  
 Petit friands such as coffee, raspberry, lemon and passionfruit (2 per person)  
 A selection of mini pastries  
 Banana cake fingers  
 White chocolate and sesame cake fingers  
 Seasonal whole fresh fruit  
 Freshly baked scones served with bowls of jam and whipped cream (counts as 2 selections)

Option B - Select 2 of the above, \$5.35 per person

Option C - Select 1 of the above, \$2.90 per person

#### Active ate break

Seasonal fresh fruit skewers with yoghurt dip  
 Mini yoghurt packs  
 Mini muesli and fruit muffins  
 'Brain Food' packs of Australian dried apricots, pears and muscatels with roasted almonds, raw cashews and macadamias  
 Flourless mini orange jaffa cupcakes

Option D - Select 2 of the above, \$7.50 per person

Option E - Select 1 of the above, \$4.35 per person



#### Savoury break

Mini knot roll filled with either:  
 Rare roast beef, Dijonnaise and snowpea sprouts **or** Smoked salmon, cream cheese and dill **or**  
 "Antipasto" - chargrilled red pepper, chargrilled zucchini, chargrilled eggplant, pesto and Brie  
 Finger sandwich filled with either:  
 Double smoked ham, mustard, cheddar and sprouts **or** Roast chicken, fresh herbs and mayonnaise **or**  
 Peppered egg and mayonnaise **or** Cucumber, watercress, butter and a touch of cracked pepper  
 Mini quiche with either:  
 Smoky bacon **or** Smoked trout and artichoke **or** Goats cheese, leek and red capsicum **or** Spinach and Parmesan  
**or** Sweet potato and basil **or** Smoked salmon and dill  
 Platter of felafel, stuffed vine leaves and babaganoush with grissini sticks  
 Platter of steamed and fresh vegetables (seasonal including asparagus, cauliflower and red radish) served with chefs selection of 2 dips

Option F - Select 2 of the above, \$5.35 per person

Option G - Select 1 of the above, \$2.90 per person

More options are on the next page



### Juice / smoothie bar:

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

#### Juices include:

- Ruby grapefruit
- Pear
- Guava
- Apple
- Cherry and grape
- Lychee
- Passionfruit and apple

#### Frappés / smoothies include:

- Fresh berry frappé - *Raspberries, strawberries and blueberries pureed with apple juice and ice*
- Watermelon Crush - *Cranberry and lime juices, scented with rosewater, garnished with fresh watermelon*
- Apple-Apricot Smoothie - *Apple juice and fresh apple, apricot and banana, ice and yoghurt*
- Banana Nutmeg Smoothie - *Bananas, milk, honey, nutmeg*
- Blueberry Smoothie - *Including skim yoghurt and fresh orange juice*
- Chai Milkshake - *Chai, spiced milk and ice*

Option H - \$8.25 per person

### Juice / Mineral Water:

Option I - Add orange juice / sparkling mineral water to any service period, \$3.50 per person

### Cheese and fruit platters:

Option J - Individual seasonal fresh fruit salad **or** Selection of cheese and lavoshe, \$6.50 per person  
 Option K - Selection of cheese and lavoshe & Individual seasonal fresh fruit salad, \$9.50 per person  
 - Selection of premier cheese with preserved fig, fresh pear and lavoshe, \$9.50 per person

## Just lunches or sandwiches to add to refreshment packages

Perhaps you have already booked a half or full day refreshment package and want some lunch

- Lunch menu only from The UNSW Conference package, \$26.50 per person
- Lunch menu only from The Premium Conference package, \$37.50 per person
- Lunch menu only from The Hot Lunch Conference package, \$45.10 per person
- Lunch menu only from The Active Ate Conference package, \$38.50 per person
- Gourmet sandwich platters, equivalent of 2 full sandwiches per person, \$12.00 per person  
**or** equivalent to one and a half sandwiches per person, \$9.00 per person  
**or** equivalent to one sandwich per person, \$6.00 per person

### 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

