



CONFERENCE MENU

| | |
|-----------------------|--|
| Conference Date: | |
| Company Name: | |
| Contact Number: | |
| Dietary Requirements: | |
| Allergies: | |

Each interval break includes tea/coffee/fruit juice.

You can select one of each for your arrival, mid-morning and afternoon snack breaks.

ARRIVAL SNACK

(Select one)

- Rusks
- Granola and Yoghurt Pots
- Fruit Smoothies
- Croissants and Cheddar Cheese

MID-MORNING

(Select one)

- Freshly Baked Muffins
- Assorted Danish Pastries
- Tramezzini Platter
- Mini Quiches

MID-AFTERNOON

(Select one)

- Malva Pudding and Ice Cream
- Ice Cream and Chocolate Sauce
- Assorted Cakes
- Double Chocolate Brownies
(Contains Nuts)

OPTION 1

This menu option includes two proteins, two starches, two vegetable and one salad.

Masala Lamb Curry

Lemon and Thyme Roasted Chicken

Creamy Mashed Potato

Savory Rice with Peppers, Carrots and Spring Onion

Mixed Green Vegetables

Roasted Cinnamon Butternut

Traditional Green Salad with Honey Mustard Dressing



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MID-AFTERNOON

(Select one)

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- Assorted Cakes
- Double Chocolate Brownies
(Contains Nuts)

OPTION 2

This menu option includes two proteins, two starches, two vegetable and one salad.

Rich Bone In Beef Stew
Panko Crumbed Chicken Schnitzel
Turmeric Rice
Honey Baked Sweet Potato
Honey Glazed Carrots
Cheesy Cauliflower and Broccoli Bake
Mediterranean Couscous Salad



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MID-MORNING

(Select one)

- Freshly Baked Muffins
- Assorted Danish Pastries
- Tramezzini Platter
- Mini Quiches

MID-AFTERNOON

(Select one)

- Malva Pudding and Ice Cream
- Ice Cream and Chocolate Sauce
- Assorted Cakes
- Double Chocolate Brownies
(Contains Nuts)

OPTION 3

This menu option includes two proteins, two starches, two vegetable and one salad.

Grilled Hake with Lemon Butter
Whole Roast Sirloin
Roasted Basil Pesto Baby Potatoes
Garlic Bread
Roasted Beetroot
Buttered Green Beans
Greek Pasta Salad



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MID-MORNING

(Select one)

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- Tramezzini Platter
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MID-AFTERNOON

(Select one)

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- Assorted Cakes
- Double Chocolate Brownies
(Contains Nuts)

OPTION 4

This menu option includes two proteins, two starches, two vegetable and one salad.

Butter Chicken Curry

Herbed Lamb Cutlets

Rosemary Potato Wedges

Savory Rice with Carrots, Peppers, Spring Onion

Roast Butternut

Mixed Green Vegetables

Beetroot Salad



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- Rusks
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- Fruit Smoothies
- Croissants and Cheddar Cheese

MID-MORNING

(Select one)

- Freshly Baked Muffins
- Assorted Danish Pastries
- Tramezzini Platter
- Mini Quiches

MID-AFTERNOON

(Select one)

- Malva Pudding and Ice Cream
- Ice Cream and Chocolate Sauce
- Assorted Cakes
- Double Chocolate Brownies
(Contains Nuts)

OPTION 5: BRAAI

This menu option includes two proteins, two starches, two vegetable and one salad.

Selection of Meat off the Braai (2)

(Example: Lamb Cutlet/Chicken Sundowners)

Garlic Bread

Mielie Pap and Chakalaka

Cheesy Cauliflower and Broccoli Bake

Grilled Sweetcorn

Potato Salad