



Tailor made conference menus 2019



Power Health shots on arrival @ R30 per person excluding VAT – optional

*Fiery Ginger shots
Spicy Tumeric shots
Daily green shots*

Vegetable juices or smoothie station @ R45 per person excluding vat - optional

*Beetroot, apple, raspberry, orange, carrot and ginger
Apple, cucumber, spinach, kale and mint
Carrot, apple, orange, granadilla and ginger*

*Berry smoothie
Mango and passionfruit*

**Arrival breakfast @ R115 per person excluding VAT – choose 4 cold item and 1 hot item
passed around**

Buckwheat, coconut granola, berries topped with greek yoghurt

Vegan Breakfast parfait - almond milk, cashew nuts, chai seeds, oats and fresh berries served in a mini glass pots with edible flowers and mint

Mini glass pots filled with maple-roasted pumpkin spice granola, greek yoghurt and honey

Courgette and feta pancakes topped with herbed crème fraiche and a swirl of smoked salmon



Mini pancake stacker with mascarpone, honey and fresh berries

Mini croissants filled with smoked salmon and herbed crème fraiche

Frittata of courgette and patty pans with confit of tomatoes, finished with calamata olives and shredded flat leaf parsley

Earl grey blueberry muffins with cinnamon streusel

Waffle and strawberry skewers with mascarpone drizzled with maple syrup

Sliced fresh fruit and whole fruit topped with edible flowers and freshly picked mint

Something hot passed around – choose 1 option

Baked breakfast enchiladas topped with tomato marinara sauce and fresh herbs

Savoury black quinoa with an egg topped with diced peppers, spring onion and nuts

Open-face breakfast sandwich with ricotta, dressed rocket, poached egg and Parmigiano

Mushroom frittata topped with pan fried wild mushrooms, parmesan shavings and fresh rocket

Breakfast egg muffin with spinach, chicken sausage, a tomato and coriander salsa

Zucchini fritter topped with egg benedict and hollandaise and chives

Sweetcorn, mozzarella and spring onion fritters, herb aioli topped with a swirl of smoked salmon and fresh avocado garnish with chopped chives

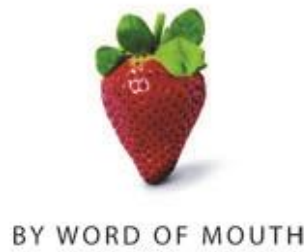
Sourdough crostini topped with spicy chicken livers topped with chopped herbs

Mid-morning break @ R115 per person excluding VAT

Choose 2 stations

Wrap station

Fillet, cucumber, carrots, caramelized onion, hummus and rocket wrap



Avo, chicken caesar wrap – Avo, chicken, parmesan shavings, rosa tomatoes, kale, greens and lemon caesar dressing

Cashew, broccoli, carrot, red pepper, cabbage, mint and thai peanut dressing wrap (v)

Mediterranean fritter station

*Medium corncake's
Quinoa fritters
Spinach fritters*

Served with assorted toppings including:

*Herbed cream cheese
Avocado salsa
Beetroot hummus
Chickpea hummus
Roasted marinated vegetables
Basil pesto
Rocket*

Or

Mini Cupcake station

Carrot cupcakes with cream cheese frosting

Chocolate mousse cupcakes

Mini red velvet cupcakes with cream cheese frosting

Or

Rocky road station

Assorted flavoured rocky road including:

*Chocolate and mint
White chocolate and berry
Caramel and peanut*



BY WORD OF MOUTH



Or

Mini tart station

Mini designer tarts including:

Lemon tarts

Chocolate mousse tarts

Fruit tarts

Salted caramel chocolate tarts

OR

Scone station

Scones with different toppings

Fennel scones topped with brie, figs and mascarpone topped with sesame seeds

Scones topped with whipped cream and homemade strawberry and balsamic preserve

Lemon and blueberry scones topped with fresh cream and berries

Double chocolate scones topped with whipped cream and mint

Optional

Long snack trays for guest to help themselves @ R110 per person excluding VAT

Biltong

Dry wors

Caramel chilli popcorn

Puffed rice bites

Assorted flavoured bbq corn kernels

Vegetable crisps

Dried fruit

Mango slivers

Large salted peanuts

Roasted rosemary nuts

Pretzels

Chevro

Assorted rocky road



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*Coconut ice bites
Granola bars
Peanut clusters
Whole seasonal fruit*

Biscuit station @ R55 per person excluding VAT

*Assorted biscuits including
Choc chip cookies
Lemon drops
Crunchies
Gypsy creams
Molly's drops
Date balls*

Or

Popcorn station @ R35 per person excluding vat

Assorted flavoured popcorns served from large glass vases and containers. Guests will use silver scoops to serve the popcorn into brown bags.

Flavoured Popcorns Include:

*Salted Caramel
Chilli, Lime and Sesame
Rosemary, Brown Butter and Lemon
Maldon Salt and lack Pepper
S'mores*

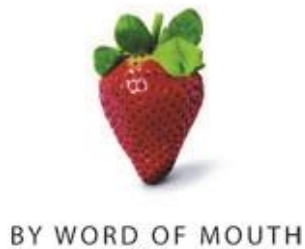
Lunch options

Please choose between the different options

Option 1

Finger lunch @ R250 per person excluding vat

Hot and cold finger food @ R250 per person excluding VAT – choose 8 cold options and 2 substantial hot options



Cold – choose 8 items

- Mini mozzarella pannacotta topped with melon caprese and micro herbs (v)
- Mini square butternut, boursin and caramelized onion topped with chilli praline shard (v)
- Vegetarian anti-pasta bamboo skewer – olives, marinated artichoke, mozzarella, basil, and peppadews served with a beetroot hummus (v)
 - Mini parmesan cheesecakes topped with chilli tomato jam and edible flowers (v)
 - Mini falafel wrap with hummus, tzatziki, rocket and red onion(v)
- Ricotta fritters topped with herbed crème fraiche, hot smoked salmon and beetroot relish
 - Mini salmon sushi doughnuts topped with siracha mayo, soy pearls, pickled ginger
- Mini zucchini fritters topped with herbed crème fraiche, swirl of smoked salmon and fresh dill
 - Hot smoked salmon club sandwich topped with fresh herbs
- Coronation chicken wrap sliced in an angle topped with thinly sliced spring onion
 - Mini pots filled with Chicken Mandalay served on Couscous Salad
 - Mini chicken tostades topped with avocado, corn, tomato salsa
- Sweet potato rounds topped with hummus, rare roast beef, and feta drizzled with basil pesto
- Mini panini topped with roast beef, wholegrain mustard, rocket and caramelized onion

Choose 1 hot bowl food item

- Oxtail pot pie topped with a flaky pastry lid and fresh rosemary
 - Individual lasagne pots topped with parmesan cheese
- Butter chicken curry served on basmati rice topped with tomato salsa and fresh coriander
 - White cones with goujons of fish and shoestring fries topped with tartare sauce
- Chinese bowls with wild mushroom mac and cheese topped with parmesan shavings and fresh rocket
 - Chinese bowls filled with vegetable curry and basmati rice topped with fresh coriander
 - Medium chicken prego served with our famous prego sauce

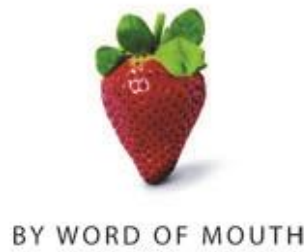
Option 2

Sandwich and salad station @ R200 per person excluding vat

We will do a beautiful display with different levelled stands, wooden board and baskets for the guest to help themselves – we will cater for 1.5 sandwich and 1 salad portion per person

We will do a variety of bread using wraps, Panini, open health bread sandwiches, rye bread and baguettes

Roast chicken, tomato and rocket with yoghurt mayonnaise dressing



Curried coronation chicken with spring onion

Marinated sliced fillet with onion marmalade and rocket with a mustard mayonnaise

Roasted vegetable and hummus (V)

Marinated mozzarella, tomato, basil and balsamic reduction (V)

Smoked salmon and herbed crème cheese served on open health bread topped with avocado salsa and cucumber ribbons

Salads

Caramelised pumpkin and pearl barley salad with baby green beans topped with feta and fresh herbs – not nuts

Roasted vegetable and quinoa salad with a preserved lemon dressing

Basil pesto penne pasta topped with fresh basil

Chargrilled sweet potato salad with a chilli lime dressing

Chunky greek salad with homemade dressing

Option 3

Bowl food @ R320 per person excluding vat

We suggest only to this option for less than 350 people

Please choose 3 protein and 1 vegetarian option

Caramelised Sichuan chicken served on fragrant rice with sesame stir fried baby spinach and served in a rice bowl

Chicken chow mein served in Chinese bowls topped with fresh coriander

Bbq beef slider topped with caramelized onion, tomato and rocket



Beef enchiladas topped with sour cream, tomato salsa and fresh coriander

Individual beef lasagne topped with oozing white sauce and fresh herbs

Confit of lamb served on roasted new potatoes and fresh herbs

Greek lamb souvlaki rolls wrapped in wax paper

Vegetarian options

Basil and sundried tomato mac and cheese topped with creamy basil pesto sauce

Or

Vegetarian enchiladas topped with sour cream, tomato salsa and guacamole

Or

Vegetarian sushi doughnuts topped with siracha mayo, pickled ginger, soy pearls and edible flowers

Something sweet – please choose 3 options @ R65 per person excluding VAT

Apple crumble mugs with crème anglaise – (for winter option)

Chocolate dutch pancake in mini saki cups topped with vanilla ice cream

Mini tiramisu topped with chocolate leaves

Mini pavlova topped with lemon curd cream and fresh berries

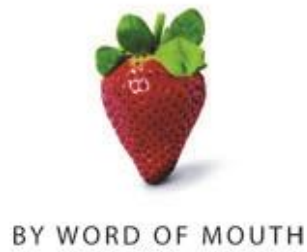
Mini passionfruit cheesecakes topped with edible flowers

Vegan and gluten free brownies

Vegan coconut pannacotta topped with fresh berries

White salted caramel tarts topped with edible flowers

Mini vanilla pannacotta on a thin biscuit base



Option 4 - Cold buffet @ R350 per person excluding vat

Please choose 2 protein options

Beef

Thinly sliced balsamic fillet topped with a chimichurri sauce and roasted vine tomatoes

Spicy, chilli beef salad tossed with peppers, tomatoes and fresh herbs finished with fresh herbs – no peanuts

Mediterranean beef fillet salad drizzled with red wine vinaigrette and fresh basil

Chicken

Moroccan chicken and carrot salad served with cous-cous topped with toasted almond, dried currants, coriander drizzled with an orange dressing

Oriental chicken salad topped with noodles, toasted almonds and spring onion

Chicken coronation topped with fresh chives

Honey chilli chicken salad topped with cocktail tomatoes, spring onion and cashew nuts

Fish

Summer salmon fish cakes with sliced scallions and red bell peppers, finished with lemon, parsley and touch of jalapeno served with double thick dill aioli

Greek calamari salad with lemon garlic aioli served with fresh lemon wedges

Accompanied by:

Please choose 4 salad options

Roasted Mediterranean vegetable and feta tart drizzled with basil pesto and fresh rocket

Roasted vegetable quinoa salad served with a Harissa Style Dressing and garnished with caramelised onions

Layered caprese salad drizzled with balsamic reduction



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Spinach, strawberry and peanut brittle salad with balsamic and wholegrain mustard dressing

Asparagus piled high topped with hollandaise and tomato concasse

Char-grilled aubergines with a miso dressing sprinkle with toasted sesame seeds and shredded spring onion

Brown rice, puy lentils, pine nuts and spinach drizzled with yoghurt dressing

Celeriac slaw with wholegrain mustard dressing and sundried tomatoes

Baby spinach salad with dried cranberries, candied pecan nuts, mushrooms drizzled with Dijon mustard dressing

Chunky roasted butternut salad served on a bed of wild rocket and garnished with handfuls of pumpkin seeds drizzled with a balsamic reduction

Roasted beetroot, baby spinach and feta salad drizzled with a honey dressing

Leafy green salad with all the trimmings served with our homemade dressing

On the table

Assorted bread with flavoured butter

Choose 1 hummus option

Beetroot hummus

Butternut hummus

Chickpea hummus

Option 5 @ R395 per person excluding VAT

Hot buffet – We will set up a large display using different levelled plinths incorporating your colour scheme on the display

Please choose 2 protein options

Caprese stuffed chicken breast topped with creamy basil pesto sauce

Chicken biryani served with raita, tomato sambal and coriander



BY WORD OF MOUTH



Chicken enchiladas topped with melted cheese and herbs

Served with:

Guacamole

Sour cream

Tomato salsa

Creamy chicken paprika topped with spring onion

Traditional slow cooked oxtail infused with sherry and finished with carrots, butterbeans and fresh flat parsley

Mighty Greek moussaka topped with fresh herbs

Seared and marinated beef fillet topped with herb jus and roasted vine tomatoes

Beef and mushroom pie topped with a flaky pastry lid and fresh rosemary

Fish

Salmon kebabs with lemongrass dressing, lemon wedges and coriander

Fish pie topped with golden flaky phyllo pastry

Accompanied by: - choose 4 options

Roasted new potatoes with coarse salt and rosemary

Roasted heirloom carrots with chilli and cumin yoghurt dressing

Spinach and feta cannelloni topped with homemade marinara sauce topped with fresh basil

Chopped Israeli salad drizzled with lemon dressing garnish with bean sprouts and radishes

Bulgar wheat with roasted peppers, dates and coriander

Crunchy mange tout salad with tomato, feta and red onion

Harissa chickpea and courgette salad with coriander, mint and sundried tomato dressing

Quinoa salad with roasted butternut, feta and pumpkin seeds drizzled with a lemon dressing



Cilantro coleslaw with a lemon vinaigrette topped with fresh coriander

Roasted beetroot and rocket salad drizzled with a balsamic reduction

Caesar salad with avocado and homemade dressing

Assorted bread and bread rolls with flavoured butter

Olive oil

Black pepper grinders

Balsamic vinegar

Dessert buffet – please choose 2 options

Mini grapefruit posset topped with fresh grapefruit segment and edible flowers

Large apple tarts topped with whipped cream

Mini tiramisu topped with chocolate leaves

Large pavlova topped with lemon curd cream and fresh berries with edible flowers

Large chocolate roulade filled with white chocolate mousse and fresh berries

Individual chocolate malva pudding with crème anglaise – (for winter option)

White chocolate croissant pudding served in mini console jars – (for winter option)

Option 6 – Station and pass around bowl food @ R385 per person excluding VAT

We suggest to do this for numbers higher than 350 people

Please choose 2 stations options and 2 bowl food options to ensure that there is no lines at the stations and everyone get food in time

Live Asian wok station

Fried by waiters in woks with an assortment of flavours to create the perfect Chinese take away



BY WORD OF MOUTH



*Bowls of fried rice
Chow Mein*

Served with toppings including:

*Chicken Adobo
Sesame Thai beef*

We will do 10 % vegetarian chow mein

*Hoisin plum sauce
Sesame soy dressing
Chilli sauce
Chopped coriander*

Or

Enchiladas station

Chicken enchiladas topped with melted cheese

Beef enchiladas

Vegetarian bean, pepper and corn enchiladas – we will cater for 10% of the guest

Guest to add:

*Sour cream
Chunky guacamole
Fresh coriander*

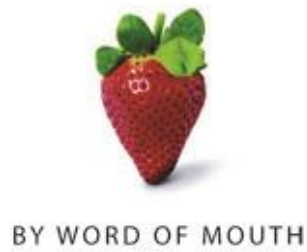
Harvest station

Harvest salad station – choose 6 options

Roasted vegetable cous cous salad served with a Harissa Style Dressing and garnished with caramelised onions.

Layered caprese salad drizzled with balsamic reduction

Spinach, strawberry and peanut brittle salad with balsamic and wholegrain mustard dressing



Asparagus piled high topped with hollandaise and tomato concasse

Char-grilled aubergines with a miso dressing sprinkle with toasted sesame seeds and shredded spring onion

Brown rice, puy lentils, pine nuts and spinach drizzled with yoghurt dressing

Celeriac slaw with wholegrain mustard dressing and sundried tomatoes

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Chunky roasted butternut salad served on a bed of wild rocket and garnished with handfuls of pumpkin seeds drizzled with a balsamic reduction

Roasted beetroot, baby spinach and feta salad drizzled with a honey dressing

Leafy green salad with all the trimmings served with our homemade dressing

Poke bowl station

Steak schwarma bowl – quinoa, avocado, hummus, olives and sweet potato fries

Sticky chicken bowl – quinoa, spinach, chickpeas topped with toasted almonds and spring onions

Vegan/vegetarian bowl – spinach, quinoa, chickpeas, mushrooms drizzled with a mouth-watering red pepper sauce

Gourmet boerie roll station

Hotdog rolls

Juicy boerewors

Guest to add their own toppings – choose 4 toppings

Sliced mozzarella

Red pepper marmalade

Roasted garlic mayo

Sour cream



BY WORD OF MOUTH



Guacamole
Homemade mustard aioli
Delicious mushroom sauce
Homemade tomato relish
Chakalaka
Chopped chillies

Greek gyro wrap station

Marinated chicken, feta fries, mustard aioli, pickled onions, cucumber and parsley all wrapped up in pita bread

Shredded lamb, hummus, tzatziki, pickled onions, lettuce

Falafel, hummus, marinated aubergine, tzatziki, pickled onions – we will cater for 10% of the guest

Bowl food options – please choose 2 options

Beef slider with fresh rocket, homemade blue cheese aioli and caramelised onions

Bunny chow with lamb curry topped with raita, tomato sambal, fresh coriander and poppadum's

Oriental chicken served on roasted vegetable cous-cous topped with deep-fried noodles and spring onion – (cold option)

Hot and spicy chicken stew served on sweet potato mash topped with fresh herbs

Thai green chicken curry with green beans served on jasmine rice and fresh coriander

Caramelised Sichuan chicken served on fragrant rice with sesame stir fried baby spinach and served in a rice bowl

Friday salmon fish cakes topped with chunky avocado salsa served with lemon aioli and garnished with baby herbs

Large taco topped with crispy fish goujons, crunchy slaw and avocado sour cream sauce

Our famous beef lasagne with oozing white sauce



BY WORD OF MOUTH



Vegetarian options

Vegetarian safari fries topped with "special" sauce and chopped chives

Falaffel wrap with tzatziki, marinated aubergine, and hummus

Butternut, lentil and feta lasagne topped with roasted butternut, parmesan shavings and fresh rocket

Spinach ravioli topped with pan fried mushrooms, slow roasted tomatoes and parmesan shavings

Wild mushroom mac and cheese pops topped with creamy wild mushroom sauce

Mid-afternoon option @ R65 per person excluding vat

Choose 1 option

Mini cake station

Mini orange and chocolate cakes topped with crystalized orange zest

Mini strawberry and vanilla cakes topped with fresh strawberries

Mini carrot cakes topped with cream cheese frosting

Or

Mini sweet and savoury tart station

Mini designer tarts including:

Lemon tarts

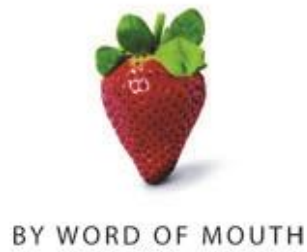
Fruit tarts

Salted caramel chocolate tarts

Butternut and feta tart

Spinach and feta tart

Or



Mini savoury and sweet options – please choose 3 options

Mini cheesecakes topped with mini meringue kisses and fresh berries

Mini chocolate marquise topped with chocolate shards

Mini lemon meringue tarts

Mini milk tart profiteroles dipped in chocolate

Mini roasted vegetable wraps with hummus

Mini cucumber and cream cheese sandwich

Mini savoury biscotti topped with roast beef, mustard aioli and caramelized onion

Or

Dry snacks @ R95 per person excluding vat

Served in disposable cups

BBQ corn kernels

Dry fruit

Roasted rosemary nuts

Caramel sesame nuts

Chevro

Chilli popcorn

Pretzels

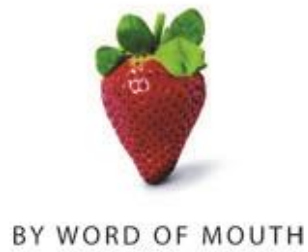
Additional R15 for Biltong and Dry wors

Pimp your conference menu

Sushi station @ R110 per person excluding VAT

A selection of assorted gourmet sushi, this includes salmon, prawns and vegetarian:

- " California rolls*
- " Fashion sandwiches*
- " Assorted handrolls*



" Maki
" Nigiri

Accompanied by soy sauce, wasabi and sweet pickled ginger

Vases filled with chopsticks and piles of bamboo boats for guests to use

Sweetie station @ R65 per person excluding VAT

We will do our long thin white snack trays filled with a variety of snacks

*Chilli caramel popcorn
Mini brownie bites
Mini flavoured fudge bites
Mini rocky road bites
Marshmallows
Jelly babies
Smarties
Assorted soft sweets*