

Themed Breaks

Themed Break \$20 per person

Upgrade from Conference Day Package \$10 per person

For a break with a difference upgrade to one of our themed breaks below.
We can also cater in your company colours.

Stimulator / Restore — Orange

As a citrus colour, orange is associated with healthy food and stimulates appetite. In heraldry, orange is symbolic of strength and endurance.

- › Orange juice
- › Sliced seasonal fruit with honey poppy seed yoghurt and berries
- › Orange and macadamia cakes
- › Persian orange cake with cardamom
- › Jellies
- › Orange fruit yoghurts — served individually
- › V8 Start Up Booster Juice
- › Pumpkin scones with apricot jam
- › Apricot Danish
- › Smoked salmon bagels with cream cheese

Refresh / Natural — Green

Green is the colour of nature. It symbolises growth, harmony, freshness, and fertility. In heraldry, green indicates growth and hope.

- › Fruits — avocado, kiwi fruits
- › Green apples, green grapes, green melons, green pears, and limes.
- › Asparagus spears, celery sticks, spring onions with chunky apple and melon relish, salsa verde
- › Sicilian stuffed green olives with feta / lemon and garlic
- › Samosas and vegetable spring rolls with cucumber and chili dip
- › Green tea
- › Lemonade and lime
- › Chilled creamed spinach and nutmeg coated shots
- › Guacamole and corn chips

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Revitalise — Red

Red is the colour of fire and blood, so it is associated with energy, war, danger, strength, power, determination as well as passion, desire, and love. This colour is also commonly associated with energy — chili, spicy, sexy.

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| <ul style="list-style-type: none"> › Cranberry juice › Watermelon and strawberry with berry fruit compote › Strawberries with balsamic vinegar and red chili chocolate › Virgin Mary — tomato, tabasco, Worcester, lemon, salt and pepper › Berry fruit yoghurt compotes served in shot glasses › Pizza margarita slices › Chili | <ul style="list-style-type: none"> › Bruschetta with or without chilies, with sundried tomatoes, roasted red capsicums and cherry tomatoes › Tropical fruit jellies › Strawberry cheesecake › Chocolate and raspberry lamingtons with whipped cream › Cosmopolitan upgrade (optional at extra cost) › Bloody Mary upgrade (optional at extra cost) |
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Stimulate — Yellow

Yellow is the colour of sunshine. It is associated with joy, happiness, intellect, and energy. Yellow produces a warming effect, arouses cheerfulness, stimulates mental activity, and generates muscle energy. Yellow is often associated with food. It is a great aid to concentration and study as it provides intellectual and inspirational stimulation.

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| <ul style="list-style-type: none"> › Spanish frittata › Lemon curd tarts › Banana pancakes › Nachos with sweet corn salsa › Yellow capsicum aioli dip › Pineapple pieces with chili salt › Individual trifles › Indian bhajis › Pineapple and cheese pizza slices › Prawns with gremolata | <ul style="list-style-type: none"> › Gingerbread men › Yellow smarties and M&Ms › Individual vanilla and honeycomb ice creams › ANZAC biscuits › Toffee apples › Traditional lemonade |
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