

Menu Break

Freshly brewed coffee, tea and a selection of herbal infusions \$10.00 per person

Continuous coffee and tea \$40.00 per person

Freshly brewed coffee, tea and a selection of herbal infusions served with your choice of the below \$15.00 per person

Each additional item:

\$6.00 per person

- assorted homemade muffins: blueberry and almond, dark chocolate, cherry, walnut and oats
- o muffins V
- o sultana oat flapjacks V
- o carrot, almond cake, cheese frosting 😯
- o assorted danish pastries v
- o fruit skewers, yoghurt dip v sf
- o coconut cinnamon bread, fruit jam v
- salted chocolate, caramel tart **
- o passionfruit, meringue pies 1
- o orange poppy seed cakes, citrus icing **
- o Australian scones, jam, cream 😯
- o almond short cakes, berries *
- o coconut, pandan madeleine cakes V
- o cinnamon cherry slice V
- o sticky date pudding V
- o raspberry cheese cake brownie *
- o chocolate financier V
- o florentine V
- o mini dundee cakes *
- o pecan caramel pies V
- o mini cup cakes: lemon, blueberry, chocolate, vanilla ${m v}$
- o spiced strawberry linzer slice V
- o Spanish churros, dark chocolate sauce 🔻
- o raspberry opera 😯
- o assorted mini doughnuts 12
- o chocolate sea salt cookies 12
- o apple vanilla jalousie slice V
- o honey camomile tea cake V



SAVORY SELECTION: Excludes coffee and tea

- o selection of dips, crisp vegetables \$15.00 per person 🔻
- o bagna cauda, crudities \$15.00 per person & v
- o Mexican quesadillas, avocado dip, salsa \$15.00 per person
- o spicy lamb brochettes, yoghurt, tamarind dip \$15.00 per person
- o mezze selection, turkish bread \$15.00 per person
- o antipasto selection \$10.00 per person
- o platter of finger sandwiches for (10 guests; 4 pieces per person) \$110.00 per platter
- o Australian cheese platter, lavosh, crackers (for 10 guests) \$170.00 per platter 😯
- o shaved turkey, whole meal roll, lettuce, hummus \$8.00 per person
- o smoked salmon, cream cheese, chives, mini bagel \$8.00 per person
- o warm mini vegetable garden tartlets, goats curd \$8.00 per person ?
- o bacon, egg roll, tomato chutney \$8.00 per person 🐖
- o ham and cheese, wholemeal roll, tomato, mustard \$8.00 per person 🐖
- o warm double smoked ham, cheese croissant \$8.00 per person 🐖
- o bircher muesli, toasted almonds, berries \$8.00 per person ?
- o beetroot, apple, celery booster \$6.50 per person **gf v df**
- o carrot, ginger, orange zinger shots \$6.50 per person **g** v **d**
- o raspberry, kiwi, blueberry smoothie \$6.50 per person & v
- o mini beef pies, tomato sauce \$8.00 per person



Energise With Superfoodsrx™



Powerfully paired – our delectable SuperFoodsRx[™] dishes pair whole foods to boost their nutritional benefits and flavours, Antioxidant-rich and naturally low in calories, our tempting selections make healthful meals impossible to resist,

Each of the following will be served with freshly brewed coffee, tea and a selection of herbal infusions

MORNING BREAKS \$8.00 PER ITEM

Uplift Super Cooks Rx

- o orange, mango, cranberry smoothie \boldsymbol{v} \boldsymbol{g}
- o smoked salmon, avocado, chive, whole grain bread
- o red, green apple wedges, bee pollen yoghurt dip v gf
- o whole skin-on almonds $v \not g df$

Vitalise Super Foods R.

- o pomegranate acai smoothie \boldsymbol{v} \boldsymbol{g}
- o granola yoghurt muesli, apples, seasonal berries 😲
- o all natural turkey, avocado, tomato, whole wheat involtini

Thrive Super Foods Rx

- o peppermint scented fruits, green leaves shots v & df
- o kiwi fruit walnut, yoghurt parfait \boldsymbol{v} \boldsymbol{g}
- o spinach, sundried tomato, broccoli quiche V
- o raspberry infused green tea, soy milk, honey **v S**



AFTERNOON TEA BREAKS \$8.00 PER ITEM

Restore Super Cooks Rx

- o 72% dark bittersweet chocolate chips, popcorn "tutti-frutti", walnut, almond, dried cranberries, raisins, apricots **v s**
- o minted orange, green apple, cinnamon yoghurt v gf
- o basil infused watermelon tomato water v & df

Recharge SuperFoods Rx

- o baked pita chips, black bean, red pepper hummus V
- o cucumber dill tzatziki v sf
- o grape tomato, low fat mozzarella bocconcini, olives \boldsymbol{v} $\boldsymbol{\mathcal{S}}$
- o chilled orange infused bittersweet chocolate soy drink \boldsymbol{v} $\boldsymbol{s}\!f$

ENHANCEMENTS \$8.00 PER ITEM

Tranquility SuperFoods R.

- o oven baked honey bran date muffin 🔻
- o three nuts and dried fruit blend v & df

Soothe SuperFoodsRx

o hot green tea and 74% dark chocolate chips \boldsymbol{v} \boldsymbol{s}

Stress Reducer Super Sup

o assorted dried fruits and nuts v & df



Pure Refreshment



Fuel your day and enhance your wellness with Westin Fresh by The Juicery, an assortment of nourishing, health juices and smoothies, Curated in partnership with the experts at The Juicery, each of these custom blends packs a punch of revitalizing goodness,

For a better you,

JUICES & SMOOTHIES | \$8.00 PER ITEM

Juice

- o beetroot, acai, pomegranate, spinach, coconut water \boldsymbol{v} \boldsymbol{g}
- o carrot, orange, ginger turmeric, mango juice v sf df

Smoothie

- o kale, spinach, banana, mango, cinnamon v gf
- \circ sweet potato, pineapple, kale, chia seeds, almond milk ${m v}$ ${m g}$