

THE EAT WELL CONFERENCE MENU



OUR HEALTHY CATERING GOAL

Healthy eating is essential for good health and contributes to positive wellbeing.

At BLUESTONE, we encourage and support a healthy lifestyle for our customers, by providing and promoting healthier foods and drinks.

The only dedicated catering team at Optus who have been supporting the Sydney Campus for over a decade!



page 1

BLUESTONE 2019 conference menu

bluestonecatering@hotmail.com or contact Ben 8087 1866 / 0422 317 091
www.bluestoneoptus.com.au

CONFERENCE BREAKFAST MENU

(all menus served Buffet style minimum 15 Pax)



TEA & COFFEE — **\$4.50 PP**

- Freshly brewed coffee & selection of Pickwick teas

COOKIES, TEA & COFFEE — **\$7.90 PP**

- Freshly brewed coffee & selection of Pickwick teas
- Selection of fine handmade biscuits & cookies

Breakfast Option 1 — **\$12.50 PP**

- Selections of Emma & Tom's fresh Juices/still water/
Sanpellegrino sprk. water
- Freshly brewed coffee & selection of Pickwick teas
- Selections of freshly baked sweets including French Danishes
/muffins / friands

Breakfast Option 2 — **\$14.90 PP**

- Selections of Emma & Tom's fresh Juices/still water/
Sanpellegrino sprk. water
- Freshly brewed coffee & selection of Pickwick teas
- Lean Bacon & egg wraps / ham & cheese croissants / cheese
& tomato croissants.
- Selections of freshly baked sweets including French Danishes
/muffins / friands

ADDITIONAL OPTIONS

Seasonal fruit platter

- Small **\$48.00** Medium **\$68.00** large **\$88.00**
- Platter of whole seasonal fruit **\$3.00 PP**
- Assorted mini low-fat yoghurt cups served with fresh fruit/
superfood muesli **\$4.00 PP**

CONFERENCE MORNING & AFTERNOON MENU

(all menus served Buffet style minimum 15 Pax)



Morning & Afternoon Tea Option 1 — **\$12.50 PP**

- Selections of Emma & Tom's fresh Juices/still water/
Sanpellegrino sprk. water
- Freshly brewed coffee & selection of Pickwick teas
- Selections of freshly baked sweets including French Danishes
/muffins / friands /petit lamingtons & super food treats.

Morning & Afternoon Tea Option 2 — **\$13.90 PP**

- Selections of Emma & Tom's fresh Juices/still water/
Sanpellegrino sprk. water
- Freshly brewed coffee & selection of Pickwick teas
- Assorted gourmet mini quiches including vegetarian.
- Selections of freshly baked sweets including French Danishes
/muffins / friands /petit lamingtons & super food treats.

ADDITIONAL OPTIONS

- Seasonal fruit platter
small **\$48.00** Medium **\$68.00** large **\$88.00**
- Fresh Fruit, gourmet cheese and crackers
small **\$59.00** Medium **\$79.00** large **\$99.00**
- Platter of whole seasonal fruit **\$3.00 PP**
- Assorted mini low-fat yoghurt cups served with fresh fruit/
superfood muesli **\$4.00 PP**

CONFERENCE GOURMET WORKING LUNCH

(all menus served Buffet style minimum 15 Pax)



Sandwiches served on a selection of breads such as white tin loaf, wholemeal bran, multigrain, Turkish bread, sourdough, baguettes & wraps.

Lunch Option 1 — **\$16.50 PP**

- Assorted gourmet finger sandwiches, wraps & rolls (1.5pp)
(fillings include CHICKEN, ROAST BEEF, SHAVED HAM, TUNA, TURKEY & VEGETARIAN)
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks

Lunch Option 2 — **\$18.90 PP**

- Assorted gourmet finger sandwiches, wraps & rolls (1.5pp)
(fillings include CHICKEN, ROAST BEEF, SHAVED HAM, TUNA, TURKEY & VEGETARIAN)
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks
- Fresh fruit platter

Lunch Option 3 — **\$22.00 PP**

- Assorted gourmet finger sandwiches, wraps & rolls (1.5pp)
(sandwich fillings include CHICKEN, ROAST BEEF, SHAVED HAM, TUNA, TURKEY & VEGETARIAN)
- Two types of Freshly made Superfood Salads
- Fresh fruit platter
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks



HAM SANDWICH

Tasty cheese, tomato, glazed beetroot, mayo

ROAST BEEF SANDWICH

Caramelised onions, lettuce, tomato, tasty cheese

SMOKED SALMON SANDWICH

Spanish onions, low fat cream cheese, capers, lettuce and mayo

EGG SANDWICH

Fresh herbs, carrot, lettuce and mayo

CHICKEN SANDWICH

Fresh herbs, mayo, celery, lettuce, avocado

CONFERENCE GOURMET WORKING LUNCH

(all menus served Buffet style minimum 15 Pax)



Hot & Cold Lunch Option — **\$24.90 PP**

- Assorted gourmet finger sandwiches, wraps & rolls (1.5pp)
(sandwich fillings include CHICKEN, ROAST BEEF, SHAVED HAM, TUNA, TURKEY & VEGETARIAN)
- Selections of gourmet pies, mini quiches including vegetarian & tender chicken bites
- Fresh fruit platter
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks

Sushi & Sandwich Lunch option — **\$24.90 pp**

- Assorted gourmet finger sandwiches, wraps & rolls (1.5 pp)
(sandwich fillings include CHICKEN, ROAST BEEF, SHAVED HAM, TUNA, TURKEY & VEGETARIAN)
- Selections of gourmet Japanese Shushi served with wasabi, soy sauce & pickled ginger
- Assorted Asian inspired rice paper rolls including vegetarian
- Fresh fruit platter
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks



SCHNITZEL

Lettuce, tomato, tasty cheese & chipotle mayo

PORTUGUESE CHICKEN WRAPS

Tasty cheese, lettuce, tomato & mayo

VEGETARIAN WRAPS/ SANDWICHE

Basil pesto, falafel, tomato, pickled & lettuce

VEGAN WRAPS

Falafel, crunchy slaw, lettuce, tomato & Japanese dressing

CONFERENCE GOURMET WORKING LUNCH

(all menus served Buffet style minimum 15 Pax)



Live in Italian & Asian Lunch option — **\$24.90 PP**

(Served buffet style on Bain Marie)

- Choice of Asian inspired curry (please let us know your taste buds)
- Brown rice or Jasmin rice
- Gold range Barilla penne pasta served with rich Italian style Napolitano sauce.
- Homemade creamy pesto served with Penne pasta, lean chicken, semidried tomato & rocket.
- Bread & butter
- Garden salad
- Selections of Emma & Tom's fresh life juices, sparkling water, soft drinks



Our nourishing menus are designed to entice, but we're also inspired by specific briefs & special requests. The possibilities are endless & we can create a personalised menu to suit your needs and budget.

INDIVIDUAL ORDER OPTIONS

Mix gourmet sandwiches — **\$12.50 PP**

Selections of gourmet wraps — **\$12.50 PP**

Assorted drinks per bottle — **\$4.50**

Selections of gourmet sweet slices — **\$5.50 PP**

Assorted danishes, muffins, fruit breads — **\$7.50 PP**

Mouth watering finger foods — **from \$14.90 PP**

INDIVIDUAL COFFEE ORDER

Regular — **\$5.00** Large — **\$5.50**

CONFERENCE COCKTAIL PARTY



Having a networking event or celebration?

No problems, we can help you put on events of all shapes and sizes, simplicity or extravagance, from 10-500 Pax.

Ask about the experiences we can offer to make your event extra special.

For premium, fresh and delicious canapes and alcoholic beverage menu and options

Please, contact **Ben** on bluestonecatering@hotmail.com

Or **0422 317 091**

We provide alcoholic beverages thorough Two Seasons Café & Bar (fully licenced café).

