



YOU ARE INVITED

To discover a new era in conferencing designed to invigorate your mind and body.



VITALITY DAY DELEGATE PACKAGE FROM ONLY \$95 PER PERSON

- Freshly brewed coffee and a selection of premium teas
- 1/2 hour function room access prior to commencement of event
- Vitality Kick Off break
- Vitality Mid Morning break
- Vitality working style lunch in the pre-function area
- Vitality Afternoon Break
- Fresh whole fruits
- Pens, pads, mints and water
- Whiteboard and flipchart
- Room hire

KICK OFF BREAK

Kiwifruit and low-fat yoghurt smoothie

Blue pear protein shot with yerba mate

Goji berry and wheatgrass booster

Compressed watermelon with Swissôtel honey syrup and mint

Traditional Bircher muesli with organic oats

MID MORNING BREAK

Savoury muffins with pesto and beetroot

Vegetable crudité

Rice paper rolls with prawn, Asian coleslaw and sweet chilli sauce

Berry “pancake sandwich” with mascarpone cheese

Bruschetta and feta tartlet

LUNCH

Honey roasted pumpkin salad with organic blue lentils, rocket and Meredith goats cheese

Heirloom tomatoes, buffalo mozzarella, red quinoa and balsamic glaze

BBQ squid salad with green papaya, snow pea sprouts, mint, coriander and nam jin sauce

Seasonal salad bar with condiments and dressings

Chicken tikka wrap with mango chutney, minted raita and mini papadums

Angus beef sliders with chilli tomato jam and gruyere cheese

Smoked salmon on mini bagels with dill cream cheese and capers

Pretzel sandwich with spicy Spanish salami, gherkins, sauerkraut and Dijon mustard

Salted caramel walnut tartlet

Pineapple upside-down cake

Raspberry mousse with freeze-dried lychees

Fruit skewers with Swissôtel honey yoghurt

Seasonal sliced fruit

AFTERNOON BREAK

Pot D crème with almond biscotti

Eton mess

Sago pudding with fresh mango

Panna cotta passionfruit gelee

Bambino gelati

BEVERAGE SELECTION

Green Ice Tea

Lychee and Darjeeling Ice Tea

Green apple and Jasmine Ice Tea

Passionfruit lemonade

Mixed berry lemonade

Pomegranate Soda

Minimum numbers apply