

# CONFERENCE AND EVENTS VITALITY MENU



# VITALITY DAY DELEGATE PACKAGE

CHOICE OF : FULL DAY OR HALF DAY

## INCLUDES:

Complimentary 1/2 hour access prior to commencement of event

Freshly brewed coffee and a selection of premium teas on arrival

Full Day package includes Morning **and** Afternoon break

Half Day package includes Morning **or** Afternoon break

Vitality working style lunch or hot buffet served in the pre-function area

Pens, pads, mints and water

Room hire (minimum numbers apply)

Complimentary Wi-Fi

**\*Please be advised a minimum of 30 guests is required for a Hot Buffet Lunch,  
otherwise Working Lunch will be served**



# SAMPLE MENU

\*Sample menu subjected to seasonal availability

## WORKING LUNCH

### MORNING TEA

Vegetable curry puff (V & DF)

Homemade banana bread (V)

Chocolate twist pastry

Whole fruit bowl (V)

### WORKING LUNCH

Cumin Roasted carrot and cauliflower salad, shaved radish, orange, yoghurt dressing (V)

Swissotel vitality salad, baby kale, sweet potato, edamame, carrot, cranberries, pumpkin seeds white wine vinaigrette (V)

Salad bar with 6 condiments and dressings

Chef's selection of assorted wraps, sandwiches and paninis

Chocolate & coffee mouse cake (V)

Passionfruit cheese cake

Fresh fruit platter

### AFTERNOON TEA

Wild mushroom tartlet with smoked almond (V)

Smooth and creamy caramel biscuit (V)

Whole fruit bowl (V)

## HOT BUFFET LUNCH

### MORNING TEA

Date and goji berry bliss balls (Vegan)

Assorted Danish (V)

Vegetable quiche (V)

Whole fruit Bowl (V)

### BUFFET LUNCH

Pasta salad, marinated artichoke, roasted bell peppers, chickpeas, pesto, parmesan (V)

Asian slaw, bean sprouts, corn, coriander, mint, sesame yuzu miso (V)

Salad bar with 6 condiments and dressings  
+ bread rolls

Cajun spiced Roast chicken with mango and corn salsa (DF/GF)

Lemon scented whitening fillets, red onion chutney, capers, lemon butter (GF)

Roasted chat potato Garlic and Rosemary (V/GF/DF)

Roasted Beef with mushroom and onion

Herbed seasonal vegetable (V/GF)

Tangy lemon with shredded coconut cake (v)

Madeira cake (V)

Fresh fruit platter

### AFTERNOON TEA

Sundried tomato & capsicum puff pastry (V)

Banoffee tart (V)

Selection of fresh fruits (V)

# CONTACT US

For more information, contact our Conference & Events Team.

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