

At **URBAN SPOON** we pride ourselves on having extended experience catering for Conference Centres and Training Rooms. For hospitality establishments, we take the pain out of running an expensive industrial kitchen, no more stock management or issues with staff while providing you with the opportunity to deliver a professional conference service to your clients. For companies, we assure you that by ordering any of our conference food packages, you will be able to run a “professional” conference right in your own training or board room without incurring the usual costs.



We believe that a delegate conference experience is a combination of interesting learning, comfortable facilities and sense-stimulating food and we therefore aim to develop a partnership between our clients and ourselves setting the scene for healthy growth in your conferencing business or excellent staff development results. Menus are changed seasonally to reflect incorporate the best the season has on offer, this way ensuring that your food offering to your delegates stays fresh and surprising. Our chef will create a selection of menus for you to choose from and to rotate. Please have a look at our list of sample menus for your consideration.

We would relish the opportunity to discuss your needs with you and provide you with the best that 4-star conferencing cuisine has to offer at a cost-effective price. Below are some examples of the number of options on offer. All our options require a minimum of 10 delegates.

TRAINING & CONFERENCE OPTIONS

Standard Full Day Conference Package – from R215 per delegate:

Includes:

- Conference Arrival Platter;
- Standard Conference Morning Tea Time Platter;
- Tasty 2-course Conference Light Meal;
- Standard Conference Afternoon Tea Time Platter.

(Please note: Requires 2 deliveries)

Executive Full Day Conference Package – from R295 per delegate:

Includes:

- Conference Arrival Platter;
- Executive Conference Morning Tea Time Platter;
- Scrumptious 3-course Conference Meal;
- Executive Conference Afternoon Tea Time Platter.

(Please note: Requires 2 deliveries)

Or you can select your own menu combination from the following options for your own personalised quote:

Urban Spoon Catering CC

VAT Number: 4050275959 Registration Number: 2009/021810/23

Glendower Shopping Centre • Shop 89B • 99 Linkfield Road • Dowerglen • Edenvale

T: (011) 454-4556 F: 086 407 5947 E: info@urbanspoon.co.za

1. **Conference Arrival Platter** – please choose one of the below options at R65 per delegate;
 - Option 1:** Variety of Filled Croissants; Tea Scones with Jam, Fresh Cream and Butter; Fresh Fruit Kebabs
 - Option 2:** Variety of Muffins with Jam and Butter; Frittata Squares; Sliced Fruit Platter
 - Option 3:** Variety of Mini Quiche; Danish Pastries; Fresh Fruit Kebabs
 - Option 4:** Yoghurt & Muesli Cups; Savoury Scones with Jam, Butter and Cheese; Sliced Fruit Platter
 - Option 5:** Mini Fruit Salad Cups; French Toast Fingers with Bacon and Syrup; Variety of Muffins

2. **Conference Arrival Breakfast Platter** – from R105 per delegate;
 - Wraps or pitas filled with scrambled eggs and tomato & onion salsa
 - Bacon and Cheese Mini Quiche
 - A variety of muffins & savoury Scones with Jam & Butter
 - Devonshire Cream Scones with Jam
 - Danish Pastries
 - Fresh Fruit Lolly Pops

3. **Conference Arrival Continental Breakfast** – from R120 per delegate;
 - Individual yoghurt cups filled with muesli/granola, Fruit Compote and Plain yoghurt
 - Local Cheese and Cold Meat Platter
 - A Selection of Freshly Baked Breads
 - A variety of muffins & savoury Scones with Jam & Butter
 - Devonshire Cream Scones with Jam
 - Danish Pastries

4. **Conference Arrival English Breakfast** – from R135 per delegate;
 - A breakfast buffet containing scrambled eggs or plain omelettes, bacon or spiced mince, baked beans, mushrooms and sausages with brown/white toast and a variety of muffins, savoury and sweet scones and pastries, jams & butter.
5. **Conference Arrival Luxury Breakfast** – from R185 per delegate;
 - A breakfast buffet containing scrambled eggs or plain omelettes, bacon or spiced mince, baked beans, mushrooms and sausages with brown/white toast, individual yoghurt cups filled with muesli/granola, fruit compote and plain yoghurt, a cheese and cold meat platter with a selection of breads and a variety of muffins, savoury and sweet scones and pastries, jams & butter.
6. **Standard Conference Morning Tea Time Platter** – please choose one of the below options at R45 per delegate;
 - Option 1:** Biscuits and Mini Savoury Quiche
 - Option 2:** Savoury Muffins and Sweet Scones
 - Option 3:** Filled Sandwiches and Fresh Whole Fruit
7. **Executive Conference Morning Tea Time Platter** – please choose one of the below options at R65 per delegate;
 - Option 1:** Chocolate Au Pain; Variety of Home-Made Biscuits; Fresh Whole Fruit
 - Option 2:** Butter Croissants with Jam, Butter, Cold Meats and Cheese; Cinnamon Sugar Pancakes
 - Option 3:** A Variety of Mini Quiche; Bacon, Scrambled Egg & Rocket Wraps; Tea Scones with Cream & Jam
 - Option 4:** Spanakopita; Danish Pastries; Fresh Sliced Fruit
 - Option 5:** Veg Spring Rolls with a Sweet Chilli Dipping Sauce; Home-Made Crumpets with Syrup; Freshly Baked Health Muffins

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8. **Tasty 2-course Conference Light Meal** – from R140.00 per delegate;
- A salad including salad dressing;
 - Variety of breads including butter;
 - Main course (cottage pie, lasagna or similar);
 - Dessert.
9. **Mouth-watering 2-course Conference Option Meal** – from R165.00 per delegate;
- A salad including salad dressing;
 - Variety of breads including butter;
 - Main course (2 meats, 2 vegetable options and 2 starches);
 - Dessert.
10. **Scrumptious 3-course Conference Meal** – from R198.00 per delegate;
- Starter;
 - A salad including salad dressing;
 - Variety of breads including butter;
 - Main course (2 meats, 1 vegetable option and 2 starches);
 - Dessert.

11. **Standard Conference Afternoon Tea Time Platter** – R45 per delegate;
- A selection of Home Baked Biscuits
12. **Executive Conference Afternoon Tea Time Platter** – please choose one from the below options at R55 per delegate:
- Option 1:** Mini Milktartlets and Mini Lemon Meringue Tartlets
- Option 2:** Koeksisters and Decadent Chocolate Brownies
- Option 3:** Fresh Fruit Skewers and Mini Sausage Rolls
- Option 4:** Mini French Loaf Open Sandwiches with Cheese & Tomato, and a Variety of Samoosas
- Option 5:** Popcorn Cups and Peppadew & Cheese Rissoles
13. **After Conference Snack Platters** – starting from R80 per delegate.
- Please see our platter menu for more information or request a personalised quote from info@urbanspoon.co.za.
14. **Drinks:**
- Tea & Filter Coffee (including Equipment hire & Set-up) R55 per person;
- Soft Drinks & Bottled Waters: R18 per unit;
- Tizers: R22 per unit;
- Fruit Juice (Sir Juice 330ml): R22 per unit.

Please note that our prices are quoted excl. VAT. Our Standard Terms & Conditions Apply.