



honest goodness

feel good, whole food, made fresh

MENU 2024/2025



ADELAIDE
CONVENTION
CENTRE

Developed in collaboration with
the South Australian Health and Medical Research Institute (SAHMRI),
University of Adelaide and CSIRO Health and Biosecurity

Updated: 22 August, 2024



lunch

Pictured: Warrigal greens

daily lunch menu

Our daily lunch menu—offered as a stand-up lunch—accommodates a large variety of dietary requirements, food trends and seasonal varieties, and includes a plant based (vegan) option. This concept has been designed to minimise food waste and reduce our carbon footprint by using locally sourced produce where possible.

A requested change to a daily menu (for example, Monday menu on a Tuesday) will incur an additional charge.

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Water infused with native herbs & fruits

Soda water

Whole sliced fruits **GF, HF, NF, PB**

Monday

daily lunch menu

Sandwich

Caprese style sandwich: heirloom tomato, baby spinach, fresh mozzarella,
basil mayonnaise, olive focaccia bread **HF, NF, V**

Salads

Maple roasted carrot, chickpea, rocket, sumac dressing **GF, HF, NF, PB**
Crisp butter lettuce, herby peas, fennel & buttermilk dressing **GF, HF, NF, V**

Hot Protein

Stir-fried sweet & sour chicken, red onion, roasted pineapple, peppers, fried noodles **DF, GF, HF, NF**

Beef bourguignon: Barossa Valley Shiraz braised beef, mushrooms, baby onions,
carrots, bacon, native thyme **DF, GF, NF**

Plant Based

Mediterranean cannellini bean stew, cavolo nero with capers & dill **GF, NF, PB**

Patatas bravas **GF, HF, NF, PB**

To Finish

Seasonal cheese from Section 28 in the Adelaide Hills,
house-made Pirate Life South Coast Pale Ale beer & onion chutney, crackers & breads **NF, V**

Tuesday

daily lunch menu

Sandwich

Smoked Barossa Fine Foods leg ham*, Dijon mustard, smoked cheddar cheese, house-made pickle on rye **NF**

Salads

Baby potato salad, asparagus, chives, baby spinach, green goddess dressing **GF, HF, NF, PB**

Mixed mesclun lettuce, sticky ASV dressing **GF, HF, NF, PB**

Hot Protein

Coq au vin blanc: French mustard, braised chicken thigh, baby onions, heirloom carrots, mushrooms, white wine sauce **GF, NF**

Thai fish curry: Australian saltwater barramundi, capsicum, coconut, Asian greens, coriander **DF, GF, HF, NF**

Plant Based

Szechuan noodles & vegetable stir fry: baby sweetcorn, sugar snap peas, enoki mushrooms **NF, PB**

Saltbush roasted vegetables, kipfler potatoes **GF, HF, NF, PB**

To Finish

Upside down rhubarb cake **HF, NF, V**

*All bacon & ham used at Adelaide Convention Centre is certified nitrite free.

Wednesday

daily lunch menu

Sandwich

Tom yum chicken wrap, Asian slaw, fresh herbs **DF, HF, NF**

Salads

Hoisin noodle salad, pickled carrot, crunchy cabbage, Asian herbs, crispy shallots **GF, NF, PB**

Heirloom tomato, cucumber, green olives, marinated feta, Spanish onion, oregano dressing **GF, HF, NF, V**

Hot Protein

Seared Tasmanian salmon niçoise, green beans, baby potatoes, olives, bush tomato vinaigrette **DF, GF, HF, NF**

Turkish beef stew: braised beef, capsicum, sweet pea, onion, tomato, potato **DF, GF, NF**

Plant Based

Thai green tofu curry with lime, ginger, carrot, broccoli **GF, HF, NF, PB**

Saffron rice **GF, HF, NF, PB**

To Finish

Chef's favourite seasonal brie, sour cherry compote, wattleseed lavosh **HF, NF, V**

Thursday

daily lunch menu

Sandwich

Reuben: slow cooked corn beef, Swiss cheese, sauerkraut, saltbush focaccia **HF, NF**

Salads

Strozzapreti, marinated zucchini, cherry tomato, olives, basil dressing **HF, NF, PB**

Rocket, baby spinach, shaved fennel, maple roasted seeds **GF, HF, NF, PB**

Hot Protein

Butter chicken, roasted eggplant, coriander, papadams **GF, HF, NF**

Greek-style lamb casserole, olives, feta, butternut pumpkin, fresh herbs **GF, NF**

Plant Based

Cauliflower & potato curry with fried curry leaves **GF, HF, NF, PB**

Rice pilaf **GF, HF, NF, PB**

To Finish

Key lime tart with white chocolate ganache **HF, NF, V**

Friday

daily lunch menu

Sandwich

Smashed avocado, alfalfa, cucumber, rocket on seeded wholemeal **HF, NF, PB**

Salads

Coconut brown rice salad, Vietnamese mint, spring onion, cucumber, lemongrass **GF, NF, PB**

Rocket, pear & parmesan, balsamic dressing, crunchy seeds **GF, HF, NF, V**

Hot Protein

Hungarian beef goulash, capsicum, eggplant, onion, potato, sweet paprika **DF, GF, NF**

Braised Taka Tala chicken, zucchini, tomato, capsicum, peas, spring onion **DF, GF, HF, NF**

Plant Based

Braised Turkish eggplant güveç, capsicum, potatoes, zucchini, thyme **GF, HF, NF, PB**

Rigatoni pasta, fresh native herbs, EVOO **HF, NF, PB**

To Finish

Murray Bridge cloth bound cheddar cheese, bush tomato relish, house crackers & bread **HF, NF, V**

Saturday

daily lunch menu

Sandwich

Japanese egg sandwich, mustard, spring onion, cress on white **DF, HF, NF, V**

Salads

dirt(y) lentil, shredded kale, roast pumpkin, raisins, crumbled feta **GF, HF, NF, V**

Iceberg lettuce, radish, pickled shallots, raspberry vinegar **GF, HF, NF, PB**

Hot Protein

Seven-hour braised lamb shoulder in Coonawarra Cabernet Sauvignon, roasted baby potatoes, caramelised red onion & baby golden beets **GF, DF, NF**

Baked Spanish seafood, saffron rice, peas, capsicum, eggplant, sherry vinegar, cherry tomatoes **GF, DF, NF**

Plant Based

Spiced maple roasted pumpkin, roasted pepper ragu, sweet baby peas, rocket pesto **GF, HF, NF, PB**

Spiced harissa braised chickpeas **GF, HF, NF, PB**

To Finish

Mini chocolate Basque cheesecake **GF, HF, NF, V**

Sunday

daily lunch menu

Sandwich

Poached chicken, tarragon mayonnaise, celery, watercress, spinach on rustic white **DF, HF, NF**

Salads

Baby gem lettuce, soft boiled egg, olive oil crouton, creamy parmesan dressing **GF, HF, NF, V**

Charred broccoli, cous cous, roasted pumpkin, radish, turmeric dressing **HF, NF, PB**

Hot Protein

Creamy native thyme & lemon myrtle chicken casserole, carrots, celery, capsicum, fresh herbs **GF, NF**

Braised lamb & chickpea rogan josh, cumin spiced potato, coriander **GF, HF, NF**

Plant Based

Braised soy tofu, bok choy, king oyster mushrooms, beans, edamame, toasted sesame **GF, NF, PB**

Steamed brown rice with lemongrass **GF, HF, NF, PB**

To Finish

Earl grey tea cake **HF, NF, V**

For enticing enhancement options please refer to 'Showcase Cooking Stations' on page 34.

Custom menus are available upon request.

ADELAIDE CONVENTION CENTRE

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