



TASTE OF THE GARDEN ROUTE...

We are on a journey to deliver food that is thoughtfully sourced and carefully served.
Farm fresh local produce.
Just for you and your guests.

Events Menu

ENERGY BOOSTER CONFERENCE MENU



OUBAII
HOTEL
GOLF & SPA



MONDAY WELCOMING BREAK

Homemade Cranberry pistachio energy bites
Blackberry, orange infused still water
Selection of juices
Freshly brewed coffee and teas

MONDAY ENERGY BOOSTING BREAK

Chicken and avocado Burritos
Smoked salmon frittata on whole wheat
Skinny strawberry and banana Energy shake
Selection of juices
Freshly brewed coffee and teas
Still and sparkling water

MONDAY REVITALISING BREAK

Carrot & Bran Muffin
Freshly sliced seasonal fruits
Selection of juices
Freshly brewed coffee and teas



TUESDAY WELCOMING BREAK

Homemade dark chocolate detox bites
Raspberry, rosemary infused still water
Selection of juice
Freshly brewed coffee and teas

TUESDAY ENERGY BOOSTING BREAK

Roast Vegetable and Basil Mayo wrap
Roast Beef whole grain mustard and rocket on whole wheat
Yogurt and Muesli Parfait
Selection of juices
Freshly brewed coffee and teas
Still and sparkling water

TUESDAY REVITALISING BREAK

Blueberry Muffins
Fresh Fruit Skewers
Selection of fresh juices
Freshly brewed coffee and teas





WEDNESDAY WELCOMING BREAK

Homemade cranberry and oats breakfast bar
Blueberry, mint infused still water
Selection of juices
Freshly brewed coffee and teas

WEDNESDAY ENERGY BOOSTING BREAK

Spinach and cheese mini bites
Smoked salmon and cucumber wraps
Skinny apple and cinnamon energy shake
Selection of juices
Freshly brewed coffee and teas
Still and sparkling Water

WEDNESDAY REVITALISING BREAK

Bannana and oat Muffins
Seasonal sliced fruit
Selection of juices
Freshly brewed coffee and teas





THURSDAY WELCOMING BREAK

Homemade Banana Choc chip energy bites
Citrus infused still water
Selection of juices
Freshly brewed coffee and teas

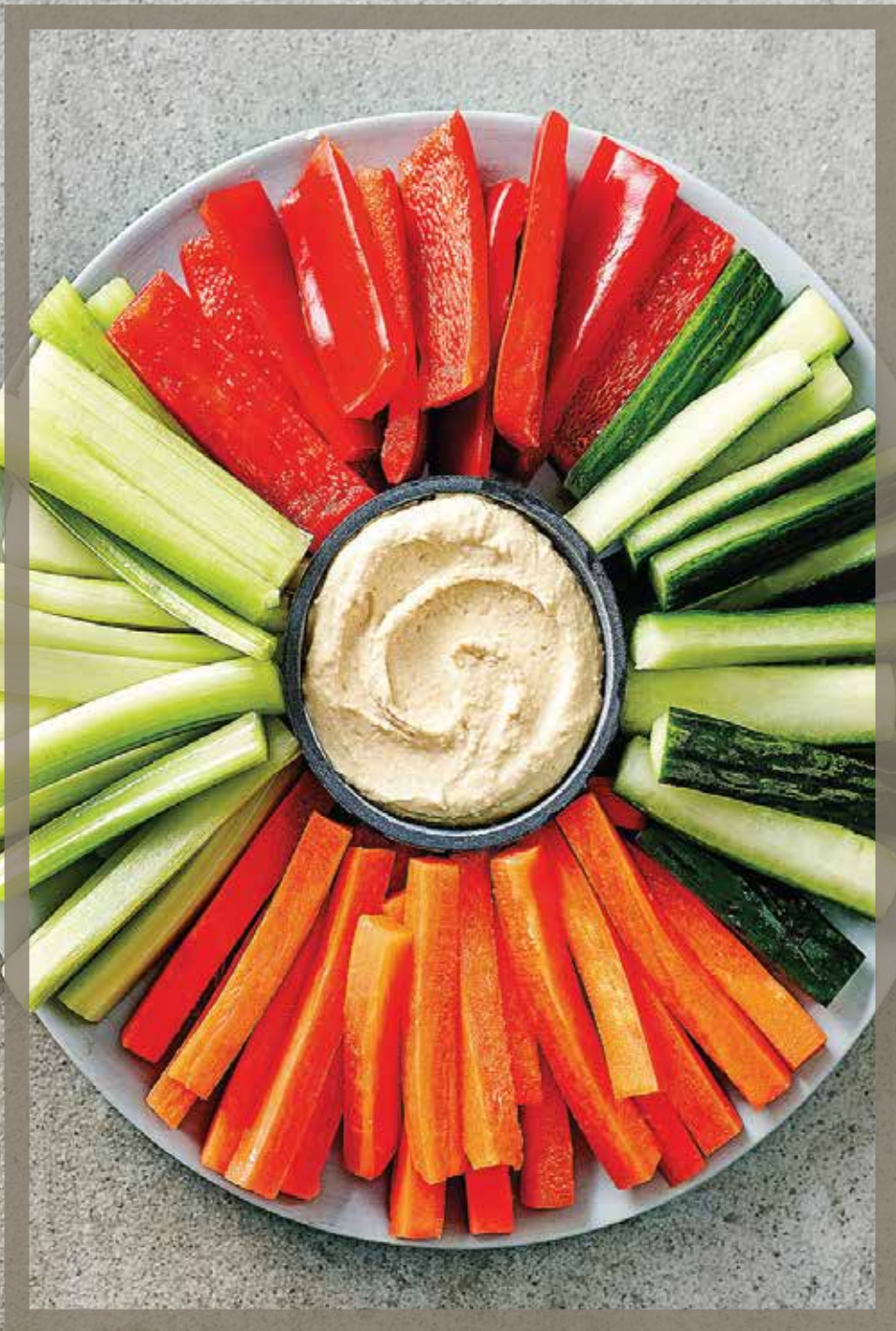
THURSDAY ENERGY BOOSTING BREAK

Tuna cakes and cilantro cottage cheese
Rareroastbeef, Balsamicglazedonions, mushroomonsourdoughbread
Skinny apricot and almond Energy shake
Selection of juices
Freshly brewed coffee and teas
Still and sparkling water

THURSDAY REVITALISING BREAK

Bran and raisin muffins
Mini fruit salad
Selection of juices
Freshly brewed coffee and teas


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FRIDAY WELCOMING BREAK

Homemade trail mix
Pine apple and mint infused still water
Selection of juices
Freshly brewed coffee and teas

Friday energy boosting Break

High protein egg wraps with Chicken mayo
Vegetable crudité's with Humus and tatziki
Yogurt and muesli parfait
Selection of juices
Freshly brewed coffee and teas
Still and sparkling water

FRIDAY REVITALISING BREAK

Banana and walnut Muffin
Fruit skewers
Selection of juices
Freshly brewed coffee and teas


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SATURDAY WELCOMING BREAK

Pistachio and apricot breakfast bar
Cucumber and lemon infused still water
Selection of juices
Freshly brewed coffee and teas

SATURDAY ENERGY BOOSTING BREAK

Roast chicken and avo wrap
BLT mini sandwich
Banana and peanut butter Energy shake
Selection of juices
Freshly brewed coffee and teas
Still and sparkling water

SATURDAY REVITALISING BREAK

Raspberry and yogurt muffin
Mini Fruit salad
Selection of juices
Freshly brewed coffee and teas

