

TRAINING BUFFET



Customise your own buffet with options below:

BEVERAGES

All day tea & coffee (Instant / Filter)
Bottled water
Canned soft drinks (Coke, Sprite, etc.)
Canned juice

Box juice 250ml
Box juice served in jugs
500ml soft drink bottle

ARRIVAL, MID-MORNING/AFTERNOON, TEA-TIME SNACKS

Rusk's platter
Assorted biscuit platter

Cupcakes platter
Assorted sweets Sensation platter

MUFFIN PLATTER SELECTION

A selection of freshly baked muffins

Please select 4:

Banana & pecan, Bran, Blueberry, Double choc chip,
Carrot, Apple & cinnamon, Yoghurt & poppy

SCONE & MUFFIN PLATTER

Delightfully crumbly scones served with a choice of:
Jams, butter pats & bowl of grated cheese for those
who prefer savoury. A selection of freshly baked
muffins

Please select 4:

Banana & pecan, Bran, Blueberry, Double choc chip,
Carrot, Apple & cinnamon, Yoghurt & poppy

COCKTAIL SANDWICH PLATTER

Cocktail sandwiches with assorted fillings

Please select 3 different fillings below:

Egg mayo, Cheese & tomato, Chicken mayo, Minted
cucumber & yoghurt, Ham & cheese

CONTINENTAL BREAKFAST SELECTION

Muffins, Scones, Croissants, Banana bread,
Mini yogurts, Quiches (Feta & spinach, roasted
butternut, bacon & feta) served with grated cheese,
Mini jams, honey & butter pats

CROISSANT BREAKFAST PLATTER

French croissants with assorted fillings

Please select 4 different fillings below:

Bacon & egg, Mozzarella & tomato, Chicken mayo,
Tuna & peppadew, Roast beef, Pickles & country
mustard, Minted cucumber & yoghurt, Salami &
mozzarella

LUNCH BUFFET

Main buffet served at lunch please make a selection from our different packages listed below. (All meals are served with cocktail bread rolls & butter)

OPTION 1

1 Main meal
1 Salad
1 Starch
1 Vegetable
Assorted bread rolls with butter

OPTION 2

2 Main meal
2 Salad
1 Starch

1 Vegetable

Assorted bread rolls with butter

OPTION 3

2 Main meal
2 Salad
1 Starch
1 Vegetable
Assorted bread rolls with butter
1 Dessert

EXTRAS PER OPTION – PER PERSON

Salads
Vegetables

Starch
Desserts

Please select from our wide range of choices. If there is something you are interested in that is not currently listed, please do not hesitate to contact us

MEAT BEEF SELECTION

Beef lasagne
Beef schnitzel
Homemade beef pie

Beef bobotie
French styled beef stew dressed with parsley
Moroccan beef curry
Sticky beef kebabs

Curried beef kebabs
Beef stroganoff
Mediterranean meat bake served with salad & bread rolls
Italian beef ragu

CHICKEN SELECTION

Grilled chicken fillets with a light lemon thyme dressing
Yoghurt & herbed baked chicken breast
Moroccan chicken curry
Chicken al king
Sticky chicken kebabs (2 pp)
Roasted mediterranean chicken pieces
Assorted roasted chicken pieces basted with a light thyme dressing
Tandoori chicken pieces
Chicken schnitzel
Chicken & mushroom lasagne
Honey & cumin grilled chicken kebab
Italian chicken ragu

FISH SELECTION

Grilled hake fillets with a light lemon thyme dressing
Deep fried hake with homemade tartar sauce
Yoghurt & herbed baked hake fillet
Thai fish cakes fish pie
Moroccan fish curry
Hake fish pie with sweet potato topping

SALAD SELECTION

Greek salad
Caesar salad
Waldorf salad
Crunchy celery, apple & beetroot salad
Summery pasta salad
Three-bean salad with citrus vinaigrette
Tomato & red onion salad
Garden salad
New potato salad with chives
Spinach salad with mushrooms & nuts
Grilled Mediterranean vegetable salad with basil

STARCH SELECTION

Perfect roasted baby potatoes
Steamed new potato with a mint dressing
Paptert layered with fresh tomato & cheese
Rosemary roasted butternut
Whole grain mustard mash
Savoury rice
Turmeric & raisins basmati
Italian herb, potato & onion bake
Polenta tart layered with tomato & cheese
Classic pap & sauce

VEGETABLE SELECTION

Seasonal grilled vegetables with rosemary
Spring carrots drizzled with honey & mint
Broccoli & cauliflower florets with toasted almonds
Stir fried vegetables
Green beans & bacon
Butternut & baby marrow sosaties
Creamed spinach
Ratatouille

DESSERT SELECTION

Individual apple crumble & cream
Milk tarts
Apple crumble with fresh cream
Malva pudding with custard
Chocolate malva pudding with custard
Custard trifle
Sweet sensation platter

VEGETARIAN SELECTION (SPECIAL DIETARY REQUIREMENTS)

Spinach & feta pasta bake
Roasted tomato quiche
Mixed vegetable wrap
Butternut & feta cannelloni
Moroccan vegetable curry
Roasted mediterranean kebabs (2 pp)