



Grand Pacific GROUP

LOW CARB SAMPLE MENU

Our health-conscious chefs have designed this menu to consist of delicious foods consisting of natural fats, proteins and vegetables. It excludes starchy vegetables, all grains such as wheat, oats, rice and processed foods. Each meeting break is designed to give your guests a delicious and nutritious boost, keeping them stimulated and focused for the next working session!

On Arrival

Whole fruit platter

Greek yoghurt & berries, chia & sesame seeds

Quail egg, leg ham on linseed toast

Morning Tea

Whole fruit platter

Cashew and blueberry "cheesecake"

Chocolate and avocado mousse

Cherry tomato, bocconcini, basil skewer sticks

Frittata (sweet potato, zucchini, fetta & spinach)

Lunch

Roast chicken, olives, red onion, tomato & zucchini

Crusted salmon fillet, beetroots, walnuts & tahini

Salad

Spinach, nashi pear, walnut, parmesan & sherry vinegar

Greek Salad, oregano dressing

Sides

Green beans, eschalot & sunflower seeds

Afternoon Tea

Whole fruit platter

Spiced nuts

Marinated olives

Mixed platter includes; celery, carrot, capsicums, hummus, cucumber, gruyere sticks, Asparagus wrapped with ham & kale chips Mocktail on arrival

Mineral water, orange juice & soft drinks

Take a peak at our dedicated [chef Instagram feed](#) to view all the deliciousness they create every day.....

