

Events

*It's your*

**T . I . M . E .**

Tailored. Interactive. Meeting. Experiences.



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**BreakFree**  
AANUKA BEACH RESORT

# T.I.M.E.

# Events

To make a meeting memorable, you first have to make it remarkable. T.I.M.E. at BreakFree Aanuka Beach Resort is the difference between having a typical meeting and having an inspirational one.

From rejuvenation and breakout activities to memorable food experiences, T.I.M.E. creates a lasting impression and encourage breakout thinking.

Experience the T.I.M.E. difference:

▶ **A VIP EXPERIENCE**

Pre-arrival welcoming email for each and every guest and a 'red-carpet' arrival experience, incorporating streamlined check-in, welcome signage and complimentary welcome drink.

▶ **PLAYTIME**

Guided rejuvenation activities to start the day. Choose from a yoga/stretch session, fitness circuit or body balance session. Interactive conference activities designed to re-charge batteries and sharpen mental agility.

▶ **SOMETHING TO SAVOUR**

Create your own meals by choosing food and drink from the array of a seasonal bounty and cuisine themes on offer.

▶ **INTERACTIVE ACTIVITIES**

Lawn games, coits & table tennis, kites, daily brainteasers. Test yourself at the ideas bar featuring lego builds, adult colouring, dominoes & rubix cubes.

Would you like a sneak-peek of [T.I.M.E?](#)



# Events

## Reconnect to Recharge Activity Options

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You have the choice of one activity per day facilitated by the **Coffs Coast Health Club** team.

### Reconnect to Recharge for Everyday Wellness

Coffs Coast Health Club's activities will reconnect you to self, other and nature to revitalise mind, body and soul. It's the key to creativity, productivity, improved well-being and better social cohesion. All backed by scientific research.

### Fitness Circuit

The perfect session for those that like to sweat it out, burn the calories and increase circulation before a day of sitting and eating.

### Yoga/Stretch Session

For those wanting to revitalise mind, body and soul and reconnect for the day ahead.

### Body Balance

During Body Balance an inspired sound track plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and pilates. You'll strengthen your entire body and leave the class feeling calm and rejuvenated for the day ahead.



# Interactive Food & Beverage

## T . I . M . E . for Morning and Afternoon Tea

# Events

The following interactive and themed options are included within your T.I.M.E. conference package.

All morning and afternoon tea breaks include an espresso bar with barista made coffees. Please select one menu for each break.

### The Traditional Tea

- ▶ Home style mini scones with strawberry jam & cream
- ▶ Lime drizzle cake with orange compote **GF on request**
- ▶ Smoked salmon sandwich on dark rye bread
- ▶ Cucumber, egg & dill sandwiches with sour cream
- ▶ Chefs special frittata **GF**
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea

### The Aussie Favourite

- ▶ “Build Your Own” mini pavlovas **GF**
- Fresh fruits, cream, passionfruit coulis and nuts
- ▶ Egg and bacon rolls
- ▶ Mini lamingtons **GF**
- ▶ Seasonal fresh fruits **GF**
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea

### Cupcake Creation

- ▶ Choice of two flavoured cupcakes
- ▶ Assorted flavours of icing sugar to pipe on cupcake
- ▶ Sprinkles and almond shards
- ▶ Tim Tams
- ▶ Oreo cookies
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea



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# Interactive Food & Beverage

## T . I . M . E . for Morning and Afternoon Tea

# Events

### Continued...

#### Chocolate Heaven Break

- ▶ **Build your own Chocolate Brownie**
  - Chocolate brownie bites **GF**
  - Warm jugs of Callebaut white and dark chocolate sauce **GF/V**
  - Shaved Callebaut white & dark chocolate **GF/V**
  - Sprinkles
  - Fresh seasonal berries **GF/V**
  - Double cream **GF/V**
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea
- ▶ Chocolate milkshakes

#### Doughnut Wall

- ▶ Mixed doughnut wall
- ▶ Uncoated doughnuts so you can roll in your favourite toppings
- ▶ Cinnamon sugar **GF/V**
- ▶ Dark Callebaut Chocolate dip **GF/V**
- ▶ Sprinkles and icing sugar **GF/V**
- ▶ Toasted nuts **GF/V**
- ▶ Raspberry compote with Chambord **GF/V**
- ▶ Passionfruit & custard dip **GF/V**
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea

#### Wellness Bowl

- ▶ Build your own wellness bowl
  - Fresh seasonal fruits & berries **GF/V**
  - Assorted natural and flavoured yoghurts **GF/V**
  - Berry & Passionfruit compote's **GF/V**
  - Assorted nuts and seeds **GF/V**
  - Fresh pouring honey **GF/V**
  - Trail mix jars **GF/V**
  - Toasted granola **GF/V**
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea



# Interactive Food & Beverage

## T . I . M . E . for Lunch

# Events

The following interactive and themed lunch options are included within your T.I.M.E. conference package.

Please select one menu for each lunch break\*.

### All Australian Burger BBQ

#### Local craft beer & cider sampling

- ▶ Artisan local brioche buns & Damper bun **V DF**
- ▶ Alstonville peri peri chicken, grilled bacon **GF DF**
- ▶ Off the BBQ grilled beef burger patties
- ▶ Pulled Pork – slow cooked pork leg with apple and cinnamon chutney
- ▶ Caramelised onion **V GF**
- ▶ Chipotle slaw **GF**
- ▶ Baked potatoes with sour cream, bacon, chives & cheese
- ▶ Home baked crunchy sweet potato chips **GF V DF**
- ▶ Overeasy fried eggs
- ▶ Sliced tomato, cheese, lettuce, pickles, beetroot **GF V**
- ▶ Seasonal sliced tropical fruits **GF V DF**
- ▶ Assorted soft drinks, juice and water station
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea

### The Aanuka Picnic

- ▶ Local bakery baked damper & assorted breads
- ▶ Garden greens **V**
- ▶ Build your own potato salad **GF V**
- ▶ Aanuka antipasto – pastrami, salami, bocconcini, roasted peppers, eggplant, grilled zucchini, stuffed green olives, mushrooms & artichoke **GF/V**
- ▶ Twice baked ham off the bone with freshly carved chicken and beef roast
- ▶ Sliced tomato, cucumber and Spanish onion **GF**
- ▶ Homemade chutney’s **GF DF**
- ▶ Seasonal sliced tropical fruits **GF V DF**
- ▶ Assorted soft drinks, juice and water station
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea
- ▶ Kites available during lunch to fly free with wind

\*All lunches involve an interactive component for each individual to build their own lunch to their taste and desire, all prepared from the freshest ingredients sourced from our local farmers and producers.



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# Interactive Food & Beverage

## T . I . M . E . for Lunch

# Events

### Continued...

#### Mexican Feast - Build your own Fajitas, Tacos and Nachos

#### Sangria Tasting Station

- ▶ Spicy chicken strips **DF/GF**
- ▶ Chilli con carne, Mexican beans **DF/GF**
- ▶ Soft tortilla on hot plate
- ▶ Corn chips, corn tacos
- ▶ Lettuce, tomato, shredded cheese **GF/V**
- ▶ Sour cream, corn, salsa, jalapenos, avocado **GF/V**
- ▶ Seasonal sliced tropical fruits **DF/GF/V**
- ▶ Churros with chocolate and caramel sauces and flavoured sugars
- ▶ Assorted soft drinks, juice and water station
- ▶ The Barista Bar” – Barista made espresso coffee and LMDT Tea

#### Fisherman’s Catch Lemonade Bar

- ▶ Bento box paper wrapped fish and chips
- ▶ Salt and pepper squid **GF**
- ▶ Double crunch tempura prawns
- ▶ Cured Smoked Salmon **GF**
- ▶ Zesty tomato salad cup **DF/GF/V**
- ▶ Lemon, tartare sauce
- ▶ Fresh Green Salad **DF/GF/V**
- ▶ Lemon Cheesecake
- ▶ Movenpick ice-cream cups
- ▶ Assorted soft drinks, juice and water station
- ▶ “The Barista Bar” – Barista made espresso coffee and LMDT Tea
- ▶ Fishing rods available for those keen to snag a bite, delegates must have a fishing licence to participate.



# Interactive Food & Beverage

## T . I . M . E . for Lunch

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Continued...

### The Aanuka Country Farmhouse

- ▶ Whole suckling pig on a spit roast with apple relish, honey mustard sauce & piquillo pepper compote **GF/DF**
- ▶ Roasted whole beef butt crusted with garlic, herbs & mustard alongside sweet onion chutney, blue gum béarnaise, red wine sauce & horseradish **GF/V**
- ▶ Roasted pumpkin, honey glazed carrots & green vegetables **GF/V/DF**
- ▶ Baked potatoes with sour cream, bacon & chives **GF**
- ▶ Country sourdough varieties with butter, olive oil & sea salt
- ▶ Roasted beets & red onion salad with champagne dressing **GF/V/DF**
- ▶ Baby spinach & goat's cheese with caramelized pineapple relish with red wine dressing **GF/V**
- ▶ Assorted soft drinks, juice and water station
- ▶ "The Barista Bar" – Barista made espresso coffee and LMDT Tea

# Events





# T.I.M.E.

# Events

## Full Day Delegate Package: \$59\* per person

**In addition** to the standard day delegate package you will receive:

- ▶ VIP arrival experience
- ▶ TIME drink voucher on arrival
- ▶ Daily rejuvenation activity
- ▶ Upgraded themed morning and afternoon tea selections, including Barista made coffee
- ▶ Upgraded & themed interactive lunch offerings
- ▶ Interactive conference activities

## Half Day Delegate Package: \$54\* per person

**In addition** to the standard half day delegate package you will receive:

- ▶ VIP arrival experience
- ▶ TIME drink voucher on arrival
- ▶ Daily rejuvenation activity
- ▶ Upgraded themed morning and afternoon tea selections, including Barista made coffee
- ▶ Upgraded & themed interactive lunch offerings
- ▶ Interactive conference activities

\*Terms and conditions apply. Minimum 40 delegates required.



Spend time at Mantra Hotels... if I could turn back time... remember the time... time to be you... time after time... it's time... the time is yours... take time back... time to dominate... time to attack... time to network... time to invest in you... time after time... time = life... use your time wisely... make up for lost time... time to ponder... time changes everything... find the time... time for you... time, we provide it... time heals... take time back... take the time and reap the rewards... make the most of your time... time is on your side... time is always what we want most... we always crave time... time is all we need... time heals everything... time is always desired... when did you last take the time... time to relax... time to unwind... time to destress... time flies when you're having fun... time to learn... once upon a time... run out of time... the time is now... time to go... let the good times roll... nothing but a good time... sign of the times... times like these... only time will tell... one more time... time is what you need... time flies... time to have fun... your time to shine... to have the time of your life... game time... it's your time...

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Art Series

PEPPERS

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