

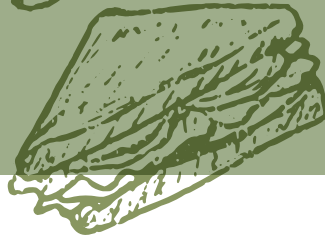
REFRESHMENTS

Breaks



refresh /ri-'fresh/ — verb

1. to restore strength and animation
2. to restore or maintain by renewing supply



REFRESHMENT *Breaks*

The following selections served together with a variety of specialist teas, coffee, cappuccino and fruit juices, are available to customise your refreshment breaks.

HEALTHY START

Chilled juice:
Orange | Cranberry | Grapefruit | Apple
Local seasonal sliced fruit and berries
smoothie shooters
Side of cream cheese
Blueberry bran muffin
Freshly brewed regular and decaffeinated coffee
Selection of teas

CONTINENTAL DELI

Assortment of cold meats served with pickles, a selection of cheeses and preserves, freshly baked bagels, croissants, toast and speciality bread

SWEET AND SAVOURY

A variety of hot savoury mini pies, sausages, quiches, rissolesii, samoosas and meatballs. Sweet mini tartlets, truffles, koeksisters and éclairs

CARNIVAL

Miniature hot dogs and hamburgers, popcorn, candyfloss, assorted doughnuts and cupcakes

GOURMET SANDWICH

Sandwich wedges, baguettes, ciabattas, pitas, wraps, rolls and rye bread with a variety of fillings

Toasted focaccia bread with a variety of dips

SWEET STATION

A colourful explosion of marshmallows, liquorice, toffees, fudges, nougat, Smarties, candy, macaroons, chocolate caramels, brownies, Turkish delights and meringues.

Waffles with whipped cream, syrup and honey.

Chocolate fondue

carnival /'kär-nə-vəl/ — noun

1. an instance of merrymaking, feasting or masquerading



smoothie /'smü-thē/ — noun

1. a creamy beverage made of fruit blended with juice, milk, or yogurt

SUMMER SENSATION

Iced teas, sparkling fruit punch, miniature ice lollies, fruit flavoured sorbets, fresh fruit platters, summer berry compote

PASTRIES

Speciality Danish pastries, assorted muffins, scones and crumpets served with cream, jams, honey, cheese and biltong shavings

WINTER WARMER

Assorted hot porridges, sweet and savoury pancakes, a selection of quiches and soup of the day served with croutons

ENERGISER

BOS Iced Tea Natural Rooibos, Energade drink, Super C candy, a variety of energy bars, peanut butter and honey crunchies, and banana

sensational /sen-'sā-shnal/ — adjective

1. of or relating to sensation or the senses
2. exceedingly or unexpectedly excellent or great

