

The Monastery

Use the inspiration of the past to plan for the future



Nurturing Body & Soul Conference & Catering Guide

Introduction

Nurturing Body & Soul Retreat Package

Additional Information

The Monastery

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The historic Monastery is one of Adelaide's most unique venues for conferences, meetings and training.

An impressive Spanish-style villa with modern facilities, set in spacious gardens, The Monastery offers you:

- conveniently located 10 minutes from CBD & 20 minutes from airport; ideal for both local and interstate guests
- fully equipped, modern rooms for up to 100 people
- break-out rooms
- a resident catering team, private dining rooms for business lunches/breakfasts
- ample on-site parking
- accommodation for conference groups
- flexibility to meet your special needs
- privacy and peace.



From our state-of-the-art kitchen we are able to cater for small groups of 10 or up to 120 people in our dining rooms and much larger numbers for outdoor functions within the picturesque Monastery grounds.

No matter what your event, let our Head Chef provide you with a delicious, house-prepared, quality dining experience utilising locally sourced produce including fresh herbs and vegetables from our own gardens.



We are committed to providing you with a highly memorable experience. Please contact our team to arrange a booking or venue tour.

Enquiries and bookings

To make an enquiry or booking, please contact a member of our conference management team.

conference@themonastery.net.au

8338 8700

Please feel free to browse our website www.monasteryfunctioncentre.com.au/
Enquiries can also be made by following the Booking or Contact links on our website



Nurturing Body & Soul Retreat Package

With a focus on tasty and delicious meal options that offer healthy, nutritious, local, seasonal, fresh, raw whole foods, this menu is a perfect choice for those offering a holistic conference or retreat experience.



Breakfast

- Selection of cereals including gluten free options
- Range of breads for toasting including gluten free bread
- House prepared Bircher Muesli
- Free Range Boiled eggs
- Avocado
- Seasonal fruit cups with yoghurt and honey
- Greek yoghurt pots topped with nuts and berries
- Ground linseed, sunflower seed and almond mix
- Fresh fruits
- Condiments including jams, nut spreads, honey
- A selection of herbal teas, filtered coffee & juice



Morning Tea

- Seasonal fresh fruit platter
- House-made dips, crudités and pita bread – V & GF option
- Sweet corn and zucchini muffins
- Blueberry muffins
- Home-made honey sesame slice or nut bar
- Selection of gourmet home-made biscuits – GF option
- Chewy chocolate brownie – Vegan & GF option
- A selection of local cheese served with fruit and crackers
- House Specialty – Home-made scones including gluten free scones with whipped cream and jam



Afternoon tea

Chef's selection of house made gourmet biscuits - V&GF option available

Nurturing Body & Soul Retreat Package



Available for groups of 20 or more.

Groups under 20 will receive the chef's selection from the menu below.

Lunch / Dinner

Choose either: 1 x soup, 1 x main, 2 x sides

Or

1 x main, 2 x sides, 1 x dessert



Soups

- Rustic potato, leek and roast garlic soup with crusty bread rolls
- African peanut and capsicum soup
- Roast pumpkin and carrot soup with roasted sweet corn & parmesan cheese croutons

Mains

- Stir fried tofu, with seasonal vegetables
- House-made vegetable frittata and fresh baked bread rolls – GF optional
- Mediterranean vegetable moussaka
- Selection of gourmet wraps or sandwiches
- Pasta with rich tomato sauce, garnished with black olives, fresh basil and pecorino cheese
- A selection of chef's special vegetarian pizzas – GF option
- Roast vegetable lasagne
- Giant mushrooms stuffed with brown rice, roast peppers, tomato and garlic
- Zucchini strands, served with roast cherry tomatoes, fresh basil, pine nuts and parmesan cheese
- Spicy chick pea, sweet potato and cauliflower curry served with basmati rice and pappadums – GF
- Cauliflower steaks served with ratatouille, green olives & fetta



Nurturing Body & Soul Retreat Package



Sides

- A medley of roast root vegetables
- Steamed sweet corn, baby green beans, carrots and peas
- Chickpea, pumpkin & baby spinach salad
- Couscous served with preserved lemon & toasted slivered almond, garnished with 5 fresh herbs and a lemon & olive oil dressing
- Green bean, celery, spring onion and egg salad
- Red lentil dahl with mild spices, baby spinach, pumpkin and cauliflower
- Brown rice salad
- Warm salad of potato, egg and red onion, garnished with mint & parsley
- Quinoa & rocket salad, sprinkled with raisins, cranberries & almonds
- Lentil salad, tossed with baby spinach, preserved lemon, celery and carrot
- Rocket, apple & pine nut salad tossed through a lemon dressing
- Garlic Bread / Herb & Cheese Bread



Dessert

- Cinnamon and ginger poached pears served with cardamom chocolate sauce
- Seasonal Fruit salad with tangy lemon sorbet
- Deconstructed apple crumble with berry compote and caramelized yoghurt
- Italian meringue served with lemon curd, fresh strawberries and raspberry coulis
- Delicious raw chocolate and walnut fudge. Vegan/GF optional
- Coconut and polenta pudding with caramelised apple. Vegan



Additional Information

Special Dietary Needs?

At the Monastery we understand and appreciate various dietary requirements and are happy to cater to the needs of your group.

Please consider your groups' dietary requirements when making menu selections.

V = Vegetarian

GF = Gluten Free

Accommodation

Are your conference facilitators or country participants in need of accommodation? Perhaps you would like to arrange a full retreat conference event. The Monastery offers a range of accommodation options.

Travers Den – 3 bedroom, self-contained unit. Price on application.

Retreat Centre – Bed only with shared bathroom facilities. 15 rooms – twin share.

Please contact The Monastery to discuss your accommodation needs.

Terms & Conditions

Payment Terms: Accounts must be settled within seven days of receipt of invoice.

Quote: Your quote will be valid for a maximum of 30 days.

Deposit required: \$250 + GST for one day, \$500 + GST for 1–2 days, \$1000 + GST for more than two days.

The deposit will be deducted from your final invoice. Your booking will be confirmed in our system once your deposit is received.

Cancellations: If the booking is cancelled, deposits will not be refunded. However if the Monastery are able to rebook your original date, and your event is rescheduled within 12 months, the deposit will be transferred.

All Conference and Accommodation registrations are to be coordinated by your events coordinator.

The Monastery will not be responsible for any individual bookings or the issuing of any individual invoices.

Conference Room Substitutes

We understand your preference for a particular conference room; however, we cannot guarantee your choice of room will be available on your chosen day. Conference rooms are allocated according to group size, taking into consideration any requests. We, of course, endeavour to meet any special requests where possible.

Self-Catering & Catering Requirements

Due to licensing restrictions, we are unable to permit self-catering at

The Monastery.

Please note that all events require catering and all guests must be catered for. No food is allowed to be removed from the premises following an event.

Special Occasions

Selected celebrations are welcome at The Monastery. Please ask us for our Special Occasion Catering Package for your perusal.

Office & Reception Hours

8.00am – 4.00pm Monday to Friday.

Phone: 8338 8700

Email: conference@themonastery.net.au

Room Capacities

Room	Theatre	U-Shape	Cabaret	Boardroom
Foley	110	35	70 - 90	40
Dollard	55	22	32	15
Kirgan	35	15	20	12
Bede	-	-	-	16
O'Neill	-	-	-	14

Room	Seated	Cocktail
Ryles Dining Room	90-100	120-150
O'Brien Dining Room	36-42	42-50

Accommodation	Rooms	Capacity
Travers Den	3 Double Rooms	Each room has an additional single bed
Retreat Centre	15 Single Rooms	30 Singles if sharing

