



honest goodness

feel good, whole food, made fresh

MENU 2024/2025



Developed in collaboration with
the South Australian Health and Medical Research Institute (SAHMRI),
University of Adelaide and CSIRO Health and Biosecurity

Updated: 12 June, 2024

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Honest Goodness is a menu where nature is the hero. Developed by Adelaide Convention Centre in collaboration with the South Australian Health and Medical Research Institute (SAHMRI), the University of Adelaide and CSIRO Health and Biosecurity, it is packed with authentic, wholesome foods sourced from local sustainable environments. Our Honest Goodness menu philosophy focuses on feel good, whole food, made fresh – achieved using minimal intervention foods and artisan produce, along with an unwavering commitment to 'house-made'. The result is memorable, restaurant-quality dishes that are not only nutritionally-balanced but full of flavour.



Special thanks to staff at the South Australian Health and Medical Research Institute (SAHMRI), the Freemasons Centre for Men's Health, School of Medicine, University of Adelaide, and CSIRO for their assistance in developing this menu philosophy.

Pictured front cover: Coorong Iceplant

*Adelaide Convention Centre reserves the right to change or modify this menu at any time.
For any questions, please speak to your Event Planner.*



menu philosophy

honest goodness

feel good, whole food, made fresh

Good food not only nourishes the body and soul, it connects you in conversation, community and customs. Good food captures your senses and tells a story of the land and its makers. At Adelaide Convention Centre, food is a celebrated and joyful pillar of our event experience – a culinary journey of its own.

Our Honest Goodness philosophy makes for an extraordinary menu. Developed by our Executive Chef, Gavin Robertson, in collaboration with leading nutritional experts from the South Australian Health and Medical Research Institute (SAHMRI), the University of Adelaide and CSIRO, Honest Goodness has transformed the event culinary experience by bringing public nutrition to the forefront. It's focus on mindful eating – including use of minimal intervention ingredients, conscious reduction of processed elements and emphasis on house-made – ensures delegates leave feeling refreshed and energised after their dining experience.

Honest Goodness is a celebration of our land and builds upon our promise to deliver our guests a 'Taste of South Australia'. We're spoilt for choice when it comes to amazing produce in our state, and proud to share that an impressive 97 percent of produce featured in this menu has been sourced locally, with representation of all of South Australia's food and beverage regions. In designing this menu, we've also brought local artisan and First Nation producers into the creative culinary process to elevate the way our food is both prepared and presented – all for your enjoyment. The following pages reveal dishes that are brimming with nutrient-dense, whole foods sourced from local, sustainable environments. Our dedicated, in-house chefs use these items to make creative, restaurant-quality dishes that are nutritionally balanced, vibrant in colour and bursting with flavour.

Honest Goodness also reflects our ongoing commitment to sustainability – ensuring that, as much as possible, ingredients have been responsibly farmed, sustainably produced and ethically sourced. Our team is incredibly passionate about sustainability, and in particular, minimising food waste to landfill. While careful ordering plays a key role, we recently installed Adelaide's first WasteMaster, an innovative onsite organics recycling system to help manage our food waste. In addition, we also operate a comprehensive food redistribution program supporting local community organisations OzHarvest, Faithworks and FoodBank SA (visit page 51 for more information).

Honest Goodness, it's about celebrating food that not only tastes good, but is good in every sense.

A close-up photograph of a plant, likely a succulent, showing several green, pointed leaves and a prominent, thick, pinkish-red stem. The stem has a textured, slightly wrinkled appearance. The background is dark, making the plant's colors stand out. A white rectangular border is overlaid on the image, framing the central text.

menu inspiration

Pictured: Native karkalla

inspiration behind our food

House-made: This menu has a strong emphasis on 'house-made', with our chefs actively involved in preparing all dishes served at Adelaide Convention Centre. Our Executive Chef has worked closely with artisan producers – from cheesemakers to bakers, butchers and fishers – to ensure outsourced ingredients have been prepared in keeping with our Honest Goodness philosophy.

Low sugar and sodium: Honest Goodness focuses on the conscious reduction of refined white sugars, salts and processed sauces and dressings. Ingredients with traditionally high sugar volume have been replaced with house-made chutneys, sauces and dressings with lower sugar levels, while spices have been used to reduced overall salt content. In addition, instead of soft drinks and juices, this menu promotes consumption of more natural refreshments such as house-made ice teas and waters infused with indigenous herbs and fruits.

Minimal intervention: In designing Honest Goodness, our team has worked to reduce the use of processed elements, replacing them with whole, fresh ingredients. Good produce requires minimal intervention.

Native ingredients: This menu features a range of traditional native Australian ingredients, some of which are pictured as title pages. These ingredients enhance featured dishes with their unique and diverse flavour offerings and textures, while also providing opportunity to experience and celebrate one of the world's oldest cultures. From samphire to lemon myrtle, iceplant, Warrigal greens, bush tomatoes and native herbs, these ingredients have all been sourced locally through specialist providers to ensure they have been harvested with respect to ethical, cultural and environmental practices.

Plant Based: This menu features an exclusive series of plant based (PB) dishes. For the purposes of Honest Goodness, all PB dishes are vegan – meaning all ingredients are plant based and there are no products derived from animals. Our increased emphasis on plant based dishes also aligns with our strong focus on sustainability.

Preservative-free: Instead of using ingredients featuring nitrites, synthetic food preservatives or other additives, Honest Goodness uses natural rubs and house-made marinades to enhance flavour.

Sensible fats: Processed and manufactured fats and related substitutes have been replaced with natural animal and plant-based fats to create more balanced dishes, free from preservatives.

Sustainable: Adelaide Convention Centre is committed to sourcing produce from local, sustainable environments. As much as possible, produce has been responsibly farmed, sustainably produced and ethically sourced.

Whole foods: Real, fresh, nutrient-dense foods are at the heart of Honest Goodness. Our chefs use the best quality produce to deliver nutritionally-balanced meals.



lunch

Pictured: Warrigal greens

daily lunch menu

\$47 per person

Our daily lunch menu—offered as a stand-up lunch—accommodates a large variety of dietary requirements, food trends and seasonal varieties, and includes a plant based (vegan) option. This concept has been designed to minimise food waste and reduce our carbon footprint by using locally sourced produce where possible.

A requested change to a daily menu (for example, Monday menu on a Tuesday) will incur an additional charge of \$6.50 per person.

Included

Self-serve espresso coffee

Hot chocolate

Selection of T Bar teas

Water infused with native herbs & fruits

Soda water

Whole sliced fruits **GF, HF, NF, PB**

Monday

daily lunch menu

Sandwich

Caprese style sandwich: heirloom tomato, baby spinach, fresh mozzarella,
basil mayonnaise, olive focaccia bread **HF, NF, V**

Salads

Maple roasted carrot, chickpea, rocket, sumac dressing **GF, HF, NF, PB**
Crisp butter lettuce, herby peas, fennel & buttermilk dressing **GF, HF, NF, V**

Hot Protein

Stir-fried sweet & sour chicken, red onion, roasted pineapple, peppers, fried noodles **DF, GF, HF, NF**

Beef bourguignon: Barossa Valley Shiraz braised beef, mushrooms, baby onions,
carrots, bacon, native thyme **DF, GF, NF**

Plant Based

Mediterranean cannellini bean stew, cavolo nero with capers & dill **GF, NF, PB**

Patatas bravas **GF, HF, NF, PB**

To Finish

Seasonal cheese from Section 28 in the Adelaide Hills,
house-made Pirate Life South Coast Pale Ale beer & onion chutney, crackers & breads **NF, V**

Tuesday

daily lunch menu

Sandwich

Smoked Barossa Fine Foods leg ham*, Dijon mustard, smoked cheddar cheese, house-made pickle on rye **NF**

Salads

Baby potato salad, asparagus, chives, baby spinach, green goddess dressing **GF, HF, NF, PB**

Mixed mesclun lettuce, sticky ASV dressing **GF, HF, NF, PB**

Hot Protein

Coq au vin blanc: French mustard, braised chicken thigh, baby onions, heirloom carrots, mushrooms, white wine sauce **GF, NF**

Thai fish curry: Humpty Doo barramundi, capsicum, coconut, Asian greens, coriander **DF, GF, HF, NF**

Plant Based

Szechuan noodles & vegetable stir fry: baby sweetcorn, sugar snap peas, enoki mushrooms **NF, PB**

Saltbush roasted vegetables, kipfler potatoes **GF, HF, NF, PB**

To Finish

Upside down rhubarb cake **HF, NF, V**

*All bacon & ham used at Adelaide Convention Centre is certified nitrite free.

Wednesday

daily lunch menu

Sandwich

Tom yum chicken wrap, Asian slaw, fresh herbs **DF, HF, NF**

Salads

Hoisin noodle salad, pickled carrot, crunchy cabbage, Asian herbs, crispy shallots **GF, NF, PB**

Heirloom tomato, cucumber, green olives, marinated feta, Spanish onion, oregano dressing **GF, HF, NF, V**

Hot Protein

Seared Tasmanian salmon niçoise, green beans, baby potatoes, olives, bush tomato vinaigrette **DF, GF, HF, NF**

Turkish beef stew: braised beef, capsicum, sweet pea, onion, tomato, potato **DF, GF, NF**

Plant Based

Thai green tofu curry with lime, ginger, carrot, broccoli **GF, HF, NF, PB**

Saffron rice **GF, HF, NF, PB**

To Finish

Chef's favourite seasonal brie, sour cherry compote, wattleseed lavosh **HF, NF, V**

Thursday

daily lunch menu

Sandwich

Reuben: slow cooked corn beef, Swiss cheese, sauerkraut, saltbush focaccia **HF, NF**

Salads

Strozzapreti, marinated zucchini, cherry tomato, olives, basil dressing **HF, NF, PB**

Rocket, baby spinach, shaved fennel, maple roasted seeds **GF, HF, NF, PB**

Hot Protein

Butter chicken, roasted eggplant, coriander, papadams **GF, HF, NF**

Greek-style lamb casserole, olives, feta, butternut pumpkin, fresh herbs **GF, NF**

Plant Based

Cauliflower & potato curry with fried curry leaves **GF, HF, NF, PB**

Rice pilaf **GF, HF, NF, PB**

To Finish

Key lime tart with white chocolate ganache **HF, NF, V**

Friday

daily lunch menu

Sandwich

Smashed avocado, alfalfa, cucumber, rocket on seeded wholemeal **HF, NF, PB**

Salads

Coconut brown rice salad, Vietnamese mint, spring onion, cucumber, lemongrass **GF, NF, PB**

Rocket, pear & parmesan, balsamic dressing, crunchy seeds **GF, HF, NF, V**

Hot Protein

Hungarian beef goulash, capsicum, eggplant, onion, potato, sweet paprika **DF, GF, NF**

Braised Taka Tala chicken, zucchini, tomato, capsicum, peas, spring onion **DF, GF, HF, NF**

Plant Based

Braised Turkish eggplant güveç, capsicum, potatoes, zucchini, thyme **GF, HF, NF, PB**

Rigatoni pasta, fresh native herbs, EVOO **HF, NF, PB**

To Finish

Murray Bridge cloth bound cheddar cheese, bush tomato relish, house crackers & bread **HF, NF, V**

Saturday

daily lunch menu

Sandwich

Japanese egg sandwich, mustard, spring onion, cress on white **DF, HF, NF, V**

Salads

dirt(y) lentil, shredded kale, roast pumpkin, raisins, crumbled feta **GF, HF, NF, V**

Iceberg lettuce, radish, pickled shallots, raspberry vinegar **GF, HF, NF, PB**

Hot Protein

Seven-hour braised lamb shoulder in Coonawarra Cabernet Sauvignon, roasted baby potatoes, caramelised red onion & baby golden beets **GF, DF, NF**

Baked Spanish seafood, saffron rice, peas, capsicum, eggplant, sherry vinegar, cherry tomatoes **GF, DF, NF**

Plant Based

Spiced maple roasted pumpkin, roasted pepper ragu, sweet baby peas, rocket pesto **GF, HF, NF, PB**

Spiced harissa braised chickpeas **GF, HF, NF, PB**

To Finish

Mini chocolate Basque cheesecake **GF, HF, NF, V**

Sunday

daily lunch menu

Sandwich

Poached chicken, tarragon mayonnaise, celery, watercress, spinach on rustic white **DF, HF, NF**

Salads

Baby gem lettuce, soft boiled egg, olive oil crouton, creamy parmesan dressing **GF, HF, NF, V**

Charred broccoli, cous cous, roasted pumpkin, radish, turmeric dressing **GF, HF, NF, PB**

Hot Protein

Creamy native thyme & lemon myrtle chicken casserole, carrots, celery, capsicum, fresh herbs **GF, NF**

Braised lamb & chickpea rogan josh, cumin spiced potato, coriander **GF, HF, NF**

Plant Based

Braised soy tofu, bok choy, king oyster mushrooms, beans, edamame, toasted sesame **GF, NF, PB**

Steamed brown rice with lemongrass **GF, HF, NF, PB**

To Finish

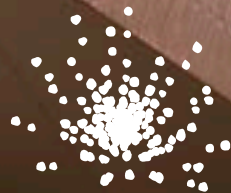
Earl grey tea cake **HF, NF, V**

For enticing enhancement options please refer to 'Showcase Cooking Stations' on page 34.

Custom menus are available upon request.

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