

# Information Guide from Stairs



INVERCARGILL'S COMPLETE FUNCTION CENTRE

Jan 2008

Healthy diet has become an important part of planning a business function. During the 2007 the Stairs has been trying out new healthy options on our customers. The results have been very favourable. In our trials the healthy option has been preferred by most customers.

## **Finger Food Lunches** (example only)

### **Healthy Business Option \$16.90**

Wholemeal club sandwiche or roll

Chicken kebabs

Oven baked herb potatoes

Fresh green salad

Fresh fruit

Tea & coffee

## **Healthy Snack Break – morning & afternoon tea**

1 item inc tea & coffee \$5.90

2 items inc tea & coffee \$8.90

Examples

Wholemeal club sandwiche, Cut fruit platter, Selection of cheeses, dried fruits & crackers

## **Standard Options still available**

Snack Break \$4.50 (1 item eg Biscuits or muffin & tea & coffee)

Morning & Afternoon Breaks \$6.50 (2 items eg cheese rolls & muffins & tea coffee)

Standard Business \$14.90

## **Special diet**

Lunch \$6.50 added on the menu chosen, ie Gluten free, dairy free or vegetarian

Just indicate when filling in your booking form which option you prefer.