CONFERENCE & EVENTS MENUS
Dear Guests,

Our intention is to make the time you choose to spend with us as pleasurable as possible. With this in mind we have created a wide range of inspiring menu options and dining packages to delight your guests during your event.

With a focus on healthy options; from reviving snacks, tempting treats and refreshing drinks at break times, to more substantial offerings we have created a range of event menu options for all occasions. Lighter bites and larger lunches, impressive cocktail receptions, generous buffets and peerless gala dinners all feature in these specially created seasonal packages.

We do appreciate that each and every occasion is individual and as such demands special attention, after all every event should be as unique as the guests invited.

Hilton Antwerp Old Town
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Custom-made conference packages for your events.

Whether organizing a conference, meeting, wedding or exhibition, Hilton Antwerp Old Town provides the perfect range of flexible meeting and event spaces with 13 meeting rooms up to 1,200 guests in our Belle Epoque Ballroom.
CLASSIC PACKAGE

- Plenary room rental (from 9:00 am to 6:00 pm)
- Inspiration and Motivation coffee breaks
- Urban Lunch Buffet
- Pen and paper, mineral water and mint sweets
- Hilton Meetings Conference Kit with office material

€68.00 pp

as from 10 delegates

Please contact your dedicated GC&E coordinator for the detailed information concerning the Food & Beverage.
DELUXE PACKAGE

Plenary room rental (from 9:00 am to 6:00 pm)
Kick-Off coffee break
Inspiration and Motivation coffee breaks
Urban Lunch Buffet OR 2-course menu
Free Internet connection for all participants
Pen and paper, mineral water and mint sweets
Hilton Meetings Conference Kit with office material

€78.00 pp
as from 10 delegates

Please contact your dedicated GC&E coordinator for the detailed information concerning the Food & Beverage.
PREMIUM PACKAGE

- Plenary room rental (from 9:00 am to 6:00 pm)
- Kick-Off coffee break
- Inspiration and Motivation coffee breaks
- 3-course menu* OR Warm and cold buffet**
- Free Internet connection for all participants
- Pen and paper, mineral water and mint sweets
- Hilton Meetings Conference Kit with office material

€83.00 pp

*as from 10 delegates
**as from 50 delegates

Please contact your dedicated GC&E coordinator for the detailed information concerning the Food & Beverage.
Rightly acknowledged as the most important meal of the day; here at Hilton we take our breakfast offering seriously. Breakfast is no longer just a functional mealtime; it is now an occasion all of its own. We understand that the right start to the day is imperative to ensure maximum performance and with this in mind we offer you a selection of ways to enjoy breakfast; each designed to offer something for differing needs and differing tastes. Our mobile breakfast box allows you to enjoy the first meal of the day where and when you like.
CONTINENTAL BREAKFAST

Enjoy our selection of:

- Fruits
- Cereals
- Yoghurts
- Freshly baked breakfast breads from the buffet
- Juices, coffee or tea

€21.00
ENGLISH BREAKFAST

Enjoy our full buffet selection including:

- Fruits
- Cereals
- Yoghurts
- Freshly baked breakfast breads
- Hot dishes
- Juices
- Coffee or tea

€29.00
Breakfast at Hilton

Enjoy our selection of:

- Austrian sausage and cheese specialities
- Traditional scrambled eggs with pumpkin seed oil
- Fruits
- Cereals
- Yoghurts
- Freshly baked breakfast breads from the buffet
- Juices, coffee or tea

€25.00
Enjoy your breakfast on-the-go with:

- Ham and cheese sandwich
- Muffin
- Muesli bar
- Apple
- "Actimel"
- Orange juice
- Mineral water

€18.00
Why have a coffee break in your meeting?

Breaks aren’t just a time to check phone calls and e-mails, they are a vital time to ensure the mind remains focused and the body nourished and by focusing on these needs we have created a range of choices to ensure you get the most out of your meetings.
KICK OFF COFFEE BREAKS

BRABO

SINJOOR

RUBENS

SCHELDT

DIAMOND
Coffee Breaks

Freshly brewed coffee and tea
Selection of Danish pastries
Fruit salad
Apple juice
Orange juice
€6.50 pp

BRABO
KICK OFF COFFEE BREAKS

RUBENS

- Freshly brewed coffee and tea
- French toasts
- Fruit salad
- Apple juice
- Orange juice

€6.50 pp
Upgrade your meeting with our kick off coffee breaks

SINJOOR

Freshly brewed coffee and tea
Pancakes
Fruit salad
Apple juice
Orange juice

€6.50 pp
Upgrade your meeting with our Kick Off Coffee Breaks

SCHELDT

- Freshly brewed coffee and tea
- Sausage rolls
- Fruit Salad
- Apple juice
- Orange juice

€6.50 pp
Coffee Breaks

Freshly brewed coffee and tea
Pecan pies
Fruit salad
Apple juice
Orange juice

€6.50 pp

UPGRADE YOUR MEETING WITH OUR KICK OFF COFFEE BREAKS

DIAMOND
INSPIRATION COFFEE BREAKS

Why have a morning coffee break in your meeting?

Because morning breaks are vital to ensure that concentration level stays high, everyone remains refreshed and as productive as possible. Our Inspiration coffee break packages offering freshly brewed beverages and continental treats with options focused on revitalizing your delegates. Learn more at the nutrition tips section.
INSPIRATION COFFEE BREAKS

BRABO

- Freshly brewed coffee and tea
- Blueberry yoghurt
- Mini chocolate doughnuts
- Selection of smoothies
- Apple juice
- Orange juice

€8.50 pp
INSPIRATION COFFEE BREAKS

RUBENS

Freshly brewed coffee and tea
Blueberry muffins
Almond and pumpkin seeds yoghurt
Selection of smoothies
Apple juice
Orange juice

€8.50 pp
INSPIRATION COFFEE BREAKS

SCHELDT

Freshly brewed coffee and tea
Toffee yoghurt
Raspberry doughnuts
Selection of smoothies
Apple juice
Orange juice

€8.50 pp
INSPIRATION COFFEE BREAKS

SINJOOR

- Freshly brewed coffee and tea
- Cookie dough yoghurt
- Chocolate muffins
- Selection of smoothies
- Apple juice
- Orange juice

€8.50 pp
INSPIRATION COFFEE BREAKS

DIAMOND

- Freshly brewed coffee and tea
- Peanut and Granola Yoghurt
- Vanilla muffins
- Selection of smoothies
- Apple juice
- Orange juice

€8.50 pp
Why have an afternoon coffee break in your meeting?

Providing energy for the body is given, but providing energy for the brain during meetings is vital. Snacks containing glucose are vital; fruit and fruit juices are a great and healthy way to do this and we have designed a range of motivation break options specifically for this purpose. Learn more at the nutrition tips section.
MOTIVATION COFFEE BREAKS

BRABO

- Freshly brewed coffee and tea
- Wafers
- "Studenten Haver"
- Energy Bar
- Basket of seasonal fruit
- Apple juice
- Orange juice

€8.50 pp
MOTIVATION COFFEE BREAKS

RUBENS

- Freshly brewed coffee and tea
- Tatin pie
- Mini Financiers
- Energy Bar
- Basket of seasonal fruit
- Apple juice
- Orange juice

€8.50 pp
Coffee Breaks

Open Bars
Nutrition Tips
Beverage Packages
Cocktail Menus
Special Options
Lunch & Dinner Menus
Lunch & Dinner Buffets
Breakfast

MOTIVATION COFFEE BREAKS

SINJOOR

- Freshly brewed coffee and tea
- Brownie
- Mini muffins
- Energy Bar
- Basket of seasonal fruit
- Apple juice
- Orange juice

€8.50 pp
MOTIVATION COFFEE BREAKS

SCHELDT

Freshly brewed coffee and tea
Scones
Mini brownies
Energy Bar
Basket of seasonal fruit
Apple juice
Orange juice
€8.50 pp
MOTIVATION COFFEE BREAKS
DIAMOND

Freshly brewed coffee and tea

“Appelflappen”

“Stroopwafels”

Energy Bar

Basket of seasonal fruit

Apple juice

Orange juice

€8.50 pp
Why don’t you upgrade your coffee break with one of our themed coffee breaks? The Chocolate Break is ideal to provide to your guests’ brains with pleasurable endorphins and serotonin; so those sweet treats at breaks are actually great to enhance the productivity of your meeting. Our Healthy Break will assist in concentration with a great taste but also by keeping blood sugars levels steady; therefore managing potential mood swings.
THEMED COFFEE BREAKS

CHOCOLATE BREAK

- Freshly brewed coffee and tea
- Mini brownies
- Mini chocolate doughnuts
- Chocolate mousse
- Apple juice
- Orange juice

€10.00 pp
HEALTHY BREAK

- Freshly brewed coffee and tea
- Yoghurt with dry fruits and power seeds
- Quinoa and fruit salad
- Greek Borek pie
- Apple juice
- Orange juice

€15.00 pp
LUNCH & DINNER BUFFETS

We appreciate that time is precious and we aim to help you get the most out of yours with our buffet options. A choice of tempting offers, from our delicious sandwich based options to buffets delivering a broader range of satisfying selections all perfect for that lunch or dinner occasion. Working and roll-in buffets designed to maximize your meeting time are a major feature of our offer; and for those longer lunches and dinners we have a wide-range of tempting menu options inspired by cuisines from around the globe.
BUFFETS

ASIAN BUFFET

BELGIAN BUFFET

FRENCH BUFFET

ITALIAN BUFFET

DESSERT BUFFET
BUFFETS

ASIAN BUFFET

COLD DISHES:
- Sushi
- Pomelo and crab salad
- Thai beef salad
- Dim Sum
- Sashimi
- Asian spring rolls

WARM DISHES:
- Marinated squids and vegetables
- Sweet and sour pork
- Miso glazed salmon
- Nasi Goreng, chicken kebab and peanuts
- Stir-fried beef
- Chicken tandoori

€45.00 pp
as from 50 persons

All our buffets are served with a selection of vegetables, potatoes, a salad bar and an assortment of sauces and dips.
BUFFETS

BELGIAN BUFFET

COLD DISHES:
Shrimp croquettes | Belgian paté | Prepared steak tartare | Smoked salmon | Smoked eel on toast | Sausages and apples

WARM DISHES
Slavink | Chicken waterzooi | Flemish beef stew | Lemon sole, white wine | Chicory and ham rolls in a creamy cheese sauce

€45.00 pp
as from 50 persons

All our buffets are served with a selection of vegetables, potatoes, a salad bar and an assortment of sauces and dips.
FRENCH BUFFET

COLD DISHES:
- Salmon tartare
- Duck mousse
- “Niçoise” salad
- Marinated shellfish with citrus
- Goat cheese and bacon salad, croutons
- Brioche with petits gris

WARM DISHES
- Bouillabaise
- Coq au vin
- Beef Bourguignon
- Veal stew
- Sea bream and ratatouille
- Duck in orange sauce

€45.00 pp
as from 50 persons

All our buffets are served with a selection of vegetables, potatoes, a salad bar and an assortment of sauces and dips.
ITALIAN BUFFET

COLD DISHES:
Antipasto | Vitello Tonato | Caprese salad | Melon and Parma ham | Crostinis | Stuffed zucchinis with goat cheese

WARM DISHES
Scalopine all’ Limone | Pasta vongole | Gnocchi a la Romana | Lasagna primavera | Seabass and fennel risotto | Chicken “Cacciatore”

€45.00 pp
as from 50 persons

All our buffets are served with a selection of vegetables, potatoes, a salad bar and an assortment of sauces and dips.
BUFFETS

DESSERT BUFFET

“Crema Catalana” with orange | Belgian chocolate mousse | Opera tart | Traditional “Tarte Tatin” | Fresh fruits salad

€15.00 pp | complimentary with a themed buffet

Assortment of Bavarois OR Sponge Cakes

Supplement of €5.00 pp

White & Dark chocolate fountain OR Crêpes OR Waffles

Live Cooking for a supplement of €10.00 pp
URBAN LUNCHES

BRABO

SINJOOR

RUBENS

SCHELDT

DIAMOND
URBAN LUNCH

BRABO

Celeriac soup
Chili Con Carne
Rice
Nachos
Salad bar
Assortment of sandwiches and wraps
Chocolate trio
Lime Bavarois

€29.00 pp
URBAN LUNCH

SINJOOR

Broccoli soup
Chicken gyros
Lemon and oregano potatoes
Pita bread
Salad bar
Assortment of sandwiches and wraps
Tiramisu
Cream of mascarpone and red fruits

€29.00 pp
URBAN LUNCH

RUBENS

- Tomato and pepper soup
- Beef stew
- Charlotte potatoes with parsley and butter
- Open bread rolls
- Salad bar
- Assortment of sandwiches and wraps
- Apricot panna cotta
- Belgian chocolate mousse

€29.00 pp
URBAN LUNCH

SCHELDT

Tomato shorba soup

Duo of Indian fish curry “GOAN”

Condiments

Naan bread

Salad bar

Assortment of sandwiches and wraps

“Kheer” - Indian rice pudding

€29.00 pp
URBAN LUNCH

DIAMOND

- Fennel soup
- Fish Goujonettes
- Rural potatoes
- Baguette
- Salad bar
- Assortment of sandwiches and wraps
- Mini “Tartes Tatin”
- Gingerbread crème brûlée

€29.00
SPECIAL OPTIONS

LIVE CARVING

YOUR CHOICE OF MEAT*

Chateaubriand | Turkey breast | Roast Pork

Sauces:
Archiduc | Béarnaise | Pepper | Gravy | Tarragon | Stewed cranberries

€15.00 pp

YOUR CHOICE OF PASTA*

Tagliatelle | Penne | Spaghetti

Sauces:
Arabiatta | Pesto | Putanesca | Carbonara | Olio Peperonchino | Tonno

€15.00 pp

*ONE choice of meat or pasta
At Hilton, our signature menus are a specialty.

Our skilled chefs offer a range of creative and thoughtful menus choices for every palate. Menus that focus on simply delivering the finest products, seasoned with fresh herbs and spices. Be it a three or four course meal, an executive chef recommendation or a gala dinner you can rest assure that our exceptional menus will surpass every expectation.
3 COURSE MENU

Including your choice of one starter, one main course and one dessert.

€35.00 pp
3 COURSE MENU

STARTERS

YOUR CHOICE OF ONE STARTER

Tataki of fresh salmon with a crust of fennel, citrus marinated fennel, capers and radishes

“Niçoise style Tuna”, hummus and eggplant caviar

Caramelized duck breast with “Charlotte” potato salad
3 COURSE MENU

MAIN COURSES

YOUR CHOICE OF ONE MAIN COURSE

“Ostendaise” steamed Salmon and chive purée

Turkey tournedos with a Mediterranean vegetable lasagne and porto wine sauce

Pork tenderloin with garden baby carrots, hash brown and cold cuts sauce
3 COURSE MENU

DESSERTS

YOUR CHOICE OF ONE DESSERT

Cheesecake and its strawberry coulis

Espresso Pana Cotta, orange sorbet and chocolate

Macaron Grande
4 COURSE MENU
Including your choice of one starter, one soup, one main course and one dessert.

€45.00 pp
4 COURSE MENU

STARTERS

YOUR CHOICE OF ONE STARTER

Beef Carpaccio, parmesan cheese, rucula, sundried tomatoes, drizzled virgin olive oil

Duck mousse with fig mustard and crema di basamico

Norwegian smoked Salmon with potato latke and lemon cream
4 COURSE MENU

SOUPS

YOUR CHOICE OF ONE SOUP

Lemon and avocado gazpacho

Celeriac Cappuccino with white truffle essence

Broth of wild mushrooms with duck confit
**Main Courses**

Your choice of one main course:

1. **Beef Duo with “Tierenteyn” mustard and tomato compote**
2. **Duck breast with wheat risotto and mashed butternut**
3. **Pollock with salad Niçoise**
DESSERTS

YOUR CHOICE OF ONE DESSERT

- Lemon pie with soft meringue
- Cream of mascarpone with ‘Speculoos’ crumble and red fruits
- Chocolate and peanut mousse
5 COURSE MENU

Including your choice of one cold starter, one warm starter, a Gin & Tonic sorbet, one main course and one dessert.

€65.00 pp
5 COURSE MENU

COLD STARTERS

YOUR CHOICE OF ONE COLD STARTER

Thai pickled mango salad topped with chilli and mint

“Charlotte” of Foie Gras, apricot jelly infused with rosemary

Short baked tuna with herb crust and spicy cold marinade
5 COURSE MENU

WARM STARTERS

YOUR CHOICE OF ONE WARM STARTER

- Bisque of North Sea shrimps
- Lentil salad with crispy sweetbread with warm bacon dressing
- Saffron risotto with “Ganda” ham and Irish scallops
5 COURSE MENU

MAIN COURSES

YOUR CHOICE OF ONE MAIN COURSE

- Lamb chops, creamy polenta and vegetables
- Nile perch with cauliflower cream, candied spring leek and ‘Polonaise’ garnish
- Belgian Beef filet mignon ‘Archiduc’
5 COURSE MENU

DESSERTS

YOUR CHOICE OF ONE DESSERT

Chocolate fondant with vanilla ice cream

Pineapple Carpaccio with aspic of red berries

Dome “Kalemansi” with chocolate
LUNCH & DINNER MENU

EXECUTIVE CHEF’S MENU

Thinly sliced truffled smoked duck breast and diced foie gras

Bacon wrapped seared scallops, young vegetables and “Duglere” sauce

Gin Tonic sorbet cleanser

Surf & Turf: Carved beef tenderloin and sautéed prawn, wilted greens, “Jackson” potato and goat cheese emulsion

White chocolate moelleux, and dark chocolate chip ice cream
SPECIAL OPTIONS

HEALTHY OPTION

- Salade caprese €16.00
- Grilled vegetable stack with goat cheese €18.00
- Steamed lemon sole with fresh tomato salsa €24.00
- Carved Baked Veal loin, steamed seasonal vegetables and natural jus €30.00
- Fresh fruit Salad with mascarpone mousse €10.00
**VEGETARIAN OPTIONS**

**STARTERS**
- Carpaccio of yellow and green zucchinis with sundried tomato coulis
- Tabouleh, Mediterranean vegetables and Greek feta
- Cucumber Gazpacho and herb salad

**MAIN DISHES**
- Wild mushroom risotto with truffle essence
- Ricotta and artichoke ravioli with “Roche Baron” sauce
- Fine stir-fried vegetables and basmati rice

**SAME DESSERTS** as for the 3 course, 4 course and 5 course menus

€35.00 pp
Innovative and refreshing in their choices, our cocktail menus give you a wide spectrum of options. A broad range of mouthwatering à la carte choices that allow you to build and to create the cocktail reception that’s right for you.
Cocktail Menus
Open Bars
Nutrition Tips
Lunch & Dinner Menus
Special Options
Beverage Packages
Lunch & Dinner Buffets
Coffee Breaks
Breakfast

CANAPE PACKAGES

2 cold canapés and 1 warm canapé  €7.00 pp
1 cold canapé and 2 warm canapés  €8.00 pp
2 cold canapés and 2 warm canapés  €10.00 pp
A LA CARTE SELECTION

COLD

- Blinis and smoked salmon
- Gazpacho
- Vegetables sticks
- Melon and Parma ham
- Bruschettas
- Tabouleh with vegetables
- Duck mousse on bread
- Wrap with beef Carpaccio and truffle flavour

€2.50 per piece

WARM

- Mini sausage rolls
- Mini Burgers
- Mini Loempias
- Yakitori skewers
- Shrimp wrapped in potato strings
- Mini Cheese croquettes
- Fried Calamari
- Celeriac soup
- Torpedo fried shrimps
- Mini Pizzas
- “Bitterballen”
- Samosas
- Mini Shrimp croquettes
- Dumplings

€3.00 per piece
A LA CARTE SELECTION
DELUXE

COLD

Beef tartar with truffle flavour and garlic crumble
Scallops Carpaccio, smoked bacon and green beans
Sushi Trio

WARM

North Sea Shrimp Bisque
Shrimp Tempuras with pineapple Chutney
Aranchini with black truffle

€5.00 per piece
BEVERAGE PACKAGES

We can work with you to create the beverage package that meets your needs.
From refreshingly chilled beers to reviving fresh juices; from a selection of our elegant wines to our first-class Champagnes; from the finest spirits to our coolest cocktails...the options for our beverage packages are limitless.
BEVERAGE PACKAGES

BEVERAGE PACKAGE 1

BEVERAGE PACKAGE 2

BEVERAGE PACKAGE 3

BEVERAGE PACKAGE 4

BEVERAGE PACKAGE 5
BEVERAGE PACKAGES

BEVERAGE PACKAGE 1

Fruit juices
Selection of soft drinks
Mineral water

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BEVERAGE PACKAGE 2

- White and Red house wines
- Local beers: Stella Artois, De Koninck, Hoegaarden
- Fruit juices
- Selection of soft drinks
- Mineral Water

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BEVERAGE PACKAGE 3

- White and Red house wines
- Local beers: Stella Artois | De Koninck | Hoegaarden
- Cava Rambla
- Fruit juices
- Selection of soft drinks
- Mineral Water

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- White and Red house wines
- Local and Premium Beers:
  - Stella Artois
  - De Koninck
  - Hoegaarden
  - Kriek
  - Leffe Blond & Brown
- Spirits: Whiskey, Gin, Vodka, Rum
- Cava Rambla
- Fruit juices
- Selection of soft drinks
- Mineral Water
BEVERAGE PACKAGES

BEVERAGE PACKAGE 5

White and Red house wines

Local and Premium Beers:
Stella Artois | De Koninck | Hoegaarden
Kriek | Leffe Blond & Brown

Spirits: Whiskey | Gin | Vodka | Rum

House selected Champagne

Fruit juices

Selection of soft drinks

Mineral Water

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WINE PACKAGES

WINE PACKAGE 1

WINE PACKAGE 2

WINE PACKAGE 3
We provide 3 glasses of house wine with a choice of following wines:

**WHITE WINE**

McGuigan The Pick, Chardonnay, Australia  
or  
KWV, Sauvignon Blanc, South Africa

**RED WINE**

Oude Kaap, Cabernet Sauvignon, South Africa  
or  
Parini, Montepulciano d'Abruzzo, Italy

Mineral Water and sparkling water  
(1/2 litre per person)

€15.00

Your choice of the white and red wine needs to be no later than three weeks in advance of the event. For an alternative wine package we are happy to assist for a customized proposal.
WINE PACKAGE 2

We provide 4 glasses of house wine with a choice of following wines:

**WHITE WINE**

- McGuigan The Pick, Chardonnay, Australia
- KWV, Sauvignon Blanc, South Africa

**RED WINE**

- Oude Kaap, Cabernet Sauvignon, South Africa
- Parini, Montepulciano d’Abruzzo, Italy

Mineral Water and sparkling water (1/2 litre per person)

**€19.00**

Your choice of the white and red wine needs to be no later than three weeks in advance of the event. For an alternative wine package we are happy to assist for a customized proposal.
**BEVERAGE PACKAGES**

**WINE PACKAGE 3**

We provide 6 glasses of house wine with a choice of following wines:

**WHITE WINE**

McGuigan The Pick, Chardonnay, Australia  
or  
KWV, Sauvignon Blanc, South Africa

**RED WINE**

Oude Kaap, Cabernet Sauvignon, South Africa  
or  
Parini, Montepulciano d'Abruzzo, Italy

Mineral Water and sparkling water  
(1/2 litre per person)

€25.00

Your choice of the white and red wine needs to be no later than three weeks in advance of the event. For an alternative wine package we are happy to assist for a customized proposal.
OPEN BAR

Still or sparkling water - per glass €3.00
Still or sparkling water - per bottle €8.00
Soft drinks, coffee and tea €3.00
Fruit juice €4.50
Stella Artois, De Koninck, Hoegaarden €3.00
Duvel, Trappist beer, Kriek, Geuze €4.50
White and Red house wines - per glass €4.50
White and Red house wines - per bottle €24.00
Cava Rambla - per glass €6.00
Cava Rambla - per bottle €35.00
Pommery Brut Royal - per glass €15.00
Pommery Brut Royal - per bottle €85.00
Spirits: €7.50
Beefeater Gin, Absolut Vodka, Havana Rum, Ballentines, Whisky
**NUTRITION TIPS**

**Why have a coffee break in your meeting?**

Because breaks are vital to ensure that concentration levels stay high, everyone remains refreshed and your meeting is as productive as possible.

Acknowledged research shows that an average person remains attentive for approximately 20 minutes before becoming restless, and after 90 minutes in a meeting there becomes a noticeable loss of engagement. It actually becomes counterproductive to carry a meeting on for longer than 90 minutes without a break, and breaks should then afford individuals the opportunity to revive themselves mentally as well as physically.

Our meetings packages are designed specifically for this purpose.

To ensure engagement throughout meeting times our body and mind both need to remain nourished and stimulated. Prior to any meeting then there is a requirement to ensure food and drinks have been made available for all attendees.
NUTRITION TIPS

Interactive brain function with Hilton Food and Beverage package Breaks

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Interactive brain function without Hilton Food and Beverage package Breaks

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NUTRITION TIPS

For example:

Studies show that eating before a meeting is a definite need as it encourages us to process and manage complex information. Therefore breakfast before a morning meeting or lunch before an afternoon meeting sow the seeds for enhanced productivity.

Caffeine injects adrenaline into our system to give us a boost and manipulates dopamine production to make us feel good.

Found in coffee, tea and chocolate, our differing Hilton coffee break packages will assist you in performing better during meeting sessions.

Caffeine can assist in other ways too; as it speeds up rapid information processing in the brain by 10 percent.

A coffee during breaks and after meals can sustain concentration.

Indeed chocolate also provides our brains with pleasurable endorphins and serotonin to assist with lifting moods; so those sweet treats at breaks are actually great to enhance the productivity of your meeting.

Providing energy for the body is given, but providing energy for the brain during meetings is vital. Glucose is the primary source of energy for the brain. Snacks containing these sugars are vital; fruit, fruit juices and smoothies are a great and healthy way to do this and we have designed a range of break options focused around different fruits specifically for this purpose.

To assist in concentration then we offer high Omega-3 options and low GI carbohydrates like our wholegrain bread and Bircher and crispy muesli’s, which not only taste great but also will assist in keeping blood sugar levels steady; therefore managing potential mood swings.

And lets not forget the most vital of all human needs – water. The smallest reduction in hydration can affect mental performance; so ensure that plenty of water is available throughout your meeting and during any breaks.