

EVENTS BY PIER ONE



DAY DELEGATE LONGEVITY PACKAGE 2026

WELCOME TO PIER ONE SYDNEY HARBOUR



Events by Pier One offers a dynamic and unforgettable experience, seamlessly blending innovation with sustainability to create exceptional events. Set against the stunning backdrop of Sydney's iconic harbourside, we celebrate the finest local produce to bring you a *Taste of Sydney*. Our menus highlight the best of Sydney's suppliers, locations, and culinary diversity, crafting a rich narrative that reflects the city's vibrant food scene.

We embrace Sydney's culture through fresh, locally sourced ingredients and a relaxed, residential look and feel, delivering a dining experience that brings the heart of our community to life.

By choosing **Events by Pier One**, you're joining a movement that celebrates community, sustainability, and the very best of Sydney. A true *Taste of Sydney*.



THE LONGEVITY PACKAGE



"Food is one of the most practical levers in any event day. The right choices keep people sharp, present and energised. The wrong ones cost you the room."

In partnership with executive nutrition experts, The Biting Truth, we developed bespoke Day Delegate Package menus that support sustained energy, cognitive performance, guest experience, and overall wellbeing across full-day corporate events.

The focus considered protein distribution across the event day, fibre diversity, plant variety, gut-health-supportive ingredients, the balance of whole food , beverage offerings, and overall meal structure.

Our longevity food offering features lighter, plant-forward dishes, balanced snacks, and low and no-alcohol beverage options aimed at minimising energy peaks and crashes commonly associated with traditional delegate catering.



DAY DELEGATE LONGEVITY PACKAGE 2026

MONDAY | BREAKS



Arrival

PURABON Protein Balls

Wellness Beverage Bar - Remedy Immunity Shots, Raw C Coconut Water, Nectar Cold Pressed Juices

Morning Tea Break

Banana Bread, Peanut Butter

Coconut Yoghurt, Berry Pot

Seasonal Whole Fruit Basket

Afternoon Tea Break

Kangaroo Sausage Roll, Bush Tomato Relish

Mediterranean Chickpea Bites, Hummus

Seasonal Whole Fruit Basket

DAY DELEGATE LONGEVITY PACKAGE 2026

(v) vegetarian | (ve) vegan | (gf) gluten free | (n) nuts present.

Allergy Warning: Menu items may contain or come into contact with wheat, eggs, nuts and milk. Ask our staff for more information.

MONDAY | LUNCH



Lunch

Riverina Hydroponic Cucumber, Fresh Red Chili, Toasted Sesame V, G/F

Young Beets, Organic Quinoa, Ponzu V

Kimchi Slaw, Gochujang

Byron Pork Shoulder, Slow Braised G/F

Heirloom Carrots, White Miso, Chive Salsa V

Sicilian Cannellini Bean, Fennel and Leek Cassoulet V

Broccoli, Edamame and Peas, Garlic Tossed

Rye & Wholemeal Cottage Sourdough

Chia Pudding, Fresh Berries

Interactive Station

Build-Your-Own Pulled Chicken Banh Mi

Crusty Bread, Slow-Cooked Corn-Fed Chicken, Pickles

Beverages

Bundaberg Craft Brew – Ginger beer

Tea & Coffee

Juices & Soft drinks



TOP PICKS

Young Beets, Organic Quinoa, Ponzu

"Quinoa contains all nine essential amino acids the body cannot make itself. This rare, plant-based profile aids in muscle repair and promotes healthy blood sugar management.

Sicilian Cannellini Bean, Fennel & Leek Cassoulet

Fennel and leek actively feed your gut bacteria, linked to better mood and sustained focus.

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TUESDAY | BREAKS



Arrival

PURABON Protein Balls

Wellness Beverage Bar - Remedy Immunity Shots, Raw C Coconut Water, Nectar Cold Pressed Juices

Morning Tea Break

Pumpkin, Kale & Chia Muffin, Whipped Goat Cheese, Honey

Fruit, Oats & Grain Slice

Seasonal Whole Fruit Basket

Afternoon Tea Break

Charred Zucchini, Macadamia, Persian Feta, Focaccia

Artisan Salumi, Marinated Perelló Olives

Seasonal Whole Fruit Basket

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TUESDAY | LUNCH



Lunch

Hawkesbury Salanovas, Roasted Macadamia, Citrus Yuzu V, G/F

Charred Butternut Squash, Aged Molasses, Nigella Seeds V, G/F

Ancient Grain Tabbouleh, Preserved Lemon Dressing

Union State Roast Lamb Shoulder, Tapenade

Broccolini with Mushroom Ketchup and Nori V, G/F

Pearl Cous Cous, Garbanzo Bean, Persian Feta V

Roast Cauliflower, Tahini, Capers

Quinoa Cottage Sourdough

Orange Poppyseed Cake

Interactive Station

Build-Your-Own Seafood Rolls

Soft Milk Buns, MSC Seafood of the Day, Dill

Beverage

Remedy Organic Kombucha

Tea & Coffee

Juices & Soft drinks



TOP PICKS

Union State Roast Lamb Shoulder, Tapenade
The combination of protein and olive-based fats reflects Mediterranean-style eating linked with longevity

Broccolini with Mushroom Ketchup and Nori
Broccolini, mushroom and nori add plant diversity and key micronutrients.

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WEDNESDAY | BREAKS



Arrival

PURABON Protein Balls

Wellness Beverage Bar - Remedy Immunity Shots, Raw C Coconut Water, Nectar Cold Pressed Juices

Morning Tea Break

Spinach, Corn & Mushroom Frittata

Prebiotic Almond & Cinnamon Bar

Seasonal Whole Fruit Basket

Afternoon Tea Break

Mushroom Bites, Lemon Tahini Dip

Binnorie Dairy Brie, Crackers

Seasonal Whole Fruit Basket

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WEDNESDAY | LUNCH



Lunch

Yarra Valley Pears, Crisp Shaved Fennel, Arugula V, GF

Avocado Hass, Bean, Chive Vinaigrette V

Kale, Boiled Eggs, Caesar Dressing

Ironbark Spit-Roast Free-Range Chicken, Moroccan Spices

Baked Sweet Potato, Coconut Yoghurt V

Lemon-Garlic Orzo, Butter Beans, Italian Herbs V

Baked Courgettes, Pangrattato, Parsley

Spelt & Wholemeal Sourdough

Chocolate Crumble, Cocoa Nibs

Interactive Station

Build-Your-Own Pulled Pork Bao

Steamed Buns, Slow Braised Pork, Hoisin Glaze

Beverage

Bundaberg Craft Brew – Tropical Mango

Tea & Coffee

Juices & Soft drinks



TOP PICKS

Avocado Hass, Bean, Chive Vinaigrette
Avocado is rich in healthy fats, associated with heart health and steady energy.

Ironbark Spit-Roast Free-Range Chicken
A lean protein option that supports focus and sustained energy through the afternoon.

Lemon-Garlic Orzo, Butter Beans, Italian Herbs
Butter beans provide fibre and resistant starch, excellent for your heart and gut health.

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THURSDAY BREAKS



Arrival

PURABON Protein Balls

Wellness Beverage Bar - Remedy Immunity Shots, Raw C Coconut Water, Nectar Cold Pressed Juices

Morning Tea Break

Brooklyn Boy Bagels, Crème Fraîche, Alfalfa Sprouts

Overnight Bircher Muesli

Seasonal Whole Fruit Basket

Afternoon Tea Break

Beef, Mushroom & Caramelised Onion Pie

Petit Friand Selection

Seasonal Whole Fruit Basket

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THURSDAY | LUNCH



Lunch

Young Windy Hills Farm Cos Hearts, Radish, Jalapeño V

Roast Eggplant, Roma Tomato, Spiced Harissa V

Rice Noodle Salad, Raw Vegetables, Fresh Mint

Humpty Doo Barramundi, Chimichurri

Young Chats, Rosemary, Oven-Roasted V

Australian-Grown Buckwheat, Farmed Mushroom, Green Onion V

Snow Peas, Green Zucchini, Sweet Peppers

Soy & Linseed Sourdough

Tropical Mango & Passionfruit Cake Slice

Interactive Station*

Made-by-Kade Falafel and Hummus Wrap V

Crisp Lettuce, Lebanese Pickled Turnip, Za'atar Spice

Beverage

Remedy Organic Kombucha – Raspberry Lemonade

Tea & Coffee

Juices & Soft drinks



TOP PICKS

Humpty Doo Barramundi, Chimichurri

Humpty Doo Barramundi is a good source of omega-3, a fat linked with brain function and focus.

Australian-Grown Buckwheat, Farmed Mushroom, Green Onion

Buckwheat is a fibre-rich wholegrain that supports gut health and steady energy.

Made-by-Kade Falafel and Hummus Wrap

Chickpeas provide plant protein and fibre that support heart health, stabilise blood sugar, and improve digestion.

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FRIDAY | BREAKS



Arrival

PURABON Protein Balls

Wellness Beverage Bar - Remedy Immunity Shots, Raw C Coconut Water, Nectar Cold Pressed Juices

Morning Tea Break

Portuguese Custard Tart

Prebiotic Chocolate, Almond & Coconut Bar

Seasonal Whole Fruit Basket

Afternoon Tea Break

Charred Leek and Gruyere Quiche

LP's Mortadella, Guindillas

Seasonal Whole Fruit Basket

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FRIDAY | LUNCH



Lunch

Cabbage, Granny Maria Ann Smith Apple, Cumin Slaw V, G/F

Charred Padron Pepper, Dicky Bill Rocket, Chickpea V, G/F

Lentil Salad, Cucumber, Sauerkraut

Grass-Fed NSW Beef Roast, Apple Butter

Green Beans, Butter Bean Mash V

Southern-Style Creamed Corn, Chives, Cracked Pepper V

Vegemite Roast Root Vegetables

Country Miche Sourdough

Carrot Cake, Lemon Cream Cheese

Interactive Station*

Build-Your-Own Free-Range Chicken, Avocado & Pesto Sandwich

Turkish Bread, Arugula, Vannella Mozzarella

Beverage

Bundaberg Craft Brew – Passionfruit

Tea & Coffee

Juices & Soft drinks



TOP PICKS

Cabbage, Granny Maria Ann Smith Apple,
Cumin Slaw

Cabbage and apple provide fibre to support
gut health and digestion.

Green Beans, Butter Bean Mash

A lighter vegetable side designed to
support balance across long event days.

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