



# Grab n Go Lunch

2026





## Taste of Western Australia

Our menus have been designed as a celebration of West Australian produce.

Our culinary team are committed to supporting our local community by sourcing the finest regional ingredients to create a unique experience for your event. We have taken the opportunity to present the best WA has to offer. The map opposite demonstrates the different regions in Western Australia our produce comes from.

Our experienced culinary team create dishes that honour the rich and vibrant produce from this beautiful part of our country, we're spoilt for choice when it comes to quality and unique ingredients to incorporate into our menus.

## Creating Moments of Culinary Excellence

Food has an important role in creating exceptional experiences at your event and is often one of the most memorable components your guests will talk about, long after they've gone home. We have a range of menus that will inspire you with extraordinary food at the heart of them all.



-  Kimberley
-  Arid Interior
-  Pilbara
-  Gascoyne
-  Murchison
-  Goldfields
-  Nullarbor
-  Agricultural Region
-  Perth Convention And Exhibition Centre



## Menu Key

- (v) vegetarian (may contain egg, dairy products and/or honey)
- (vg) vegan (contains no animal products)
- (gfr) gluten friendly (no added gluten products, however trace elements may be present)
- (nfr) nut friendly (no added nut products, however trace elements may be present)
- (dfr) dairy friendly (no added dairy products, however trace elements may be present)

\*although this dish is prepared without gluten, dairy, tree-nuts, egg, fish, lupin, peanut, sesame, shellfish, soy or sulphites, we cannot 100% guarantee that trace elements will not remain as ingredients containing other allergens, are used in our kitchens. PCEC operate with a defined food safety and allergen management plan at all times. If you have any further allergen concerns, please speak to your Event Manager.

## Special Requests

If any of your guests have dietary requirements, please advise us as soon as possible prior to your event.

## Please Note

While we will endeavour to provide your desired selection, we may need to make substitutions from time to time.

Minimum numbers may apply.

All prices in the menu include GST.

Prices are per person unless specified otherwise. Refer to package overview for inclusions.

## Allergens

The following known allergens may be present in our kitchens or are used as ingredients in some foods which have been prepared by our suppliers.

Almond	Mollusc
Barley	Oat
Bee products	Pecan
Brazil Nut	Pine Nut
Cashew	Pistachio
Crustacean	Rye
Egg	Sesame
Fish	Soy
Hazelnut	Sulphite
Lupin	Walnut
Macadamia	Wheat
Milk	



## Grab and Go Working Lunch

\$37.00



Our Grab and Go working lunches are the perfect offering when time is limited, and the delegates need charging, with a selection of healthy classics (minimum 10 guests)

### Grab and Go working lunch Monday

paddock to plate wa bacon sandwich, lettuce, lemon myrtle smashed avocado, seasonal tomatoes (*nfr*)

pepperberry roasted sweet potato wrap, green goddess hummus, mizuna and tomato (*nfr, vg*)

australian red lentil and roast butternut pumpkin salad, truss tomato, cucumber, pepitas, river mint, caramelised wattleseed balsamic dressing (*gfr, nfr, vg*)

raspberry, wattleseed and chocolate brownie, strawberry gum tea gel (*nfr, v*)

sliced seasonal fruit (*gfr, nfr, vg*)

### Grab and Go working lunch Tuesday

heirloom tomato and margaret river mozzarella sandwich, warrigal greens pesto, lettuce (*nfr, v*)

native spiced marinated chicken gyros wrap, shredded cheese, tomato, cucumber, lettuce, river mint tzatziki (*nfr*)

tabouleh salad, preserved lemon, curried cauliflower, river mint infused coconut labneh (*gfr, nfr, vg*)

lake deborah salted caramel bitter chocolate ganache tart (*nfr, v*)

sliced seasonal fruit (*gfr, nfr, vg*)



### Grab and Go Working Lunch Wednesday 🌿 🌻 🌸

wa cured ham and margaret river smoked cheddar sandwich, bush tomato mayo (*nfr*)  
saltbush spiced seasonal vegetable wrap, rocket, olive tapenade, basil mayo (*nfr, v*)  
ord river kabuli chickpea salad, cucumber, roast capsicum, seasonal tomatoes, warrigal greens pesto (*gfr, nfr, vg*)  
ozblue blueberries crumble tart (*nfr, v*)  
sliced seasonal fruit (*gfr, nfr, vg*)

### Grab and Go Working Lunch Thursday 🌿 🌻 🌸

beef pastrami and swiss cheese sandwich, sauerkraut, pickles, sea parsley and caper mayo (*nfr*)  
native rosemary butternut pumpkin wrap, saltbush goats cheese, baby spinach, green goddess hummus (*nfr, v*)  
green goddess salad, broccoli, kale, cucumber, edamame, zucchini, spinach, green goddess dressing (*gfr, nfr, vg*)  
mini donut with mixed berries filling (*v*)  
sliced seasonal fruit (*gfr, nfr, vg*)

### Grab and Go Working Lunch Friday 🌿 🌻 🌸

lemon myrtle spiced chicken sandwich, roast eggplant, lettuce, native thyme marinated feta, chilli jam (*nfr*)  
pickled zucchini and sun-dried tomato wrap, eggplant, baby spinach, black truffle mayo (*nfr, dfr, v*)  
roasted pumpkin and narrogin quinoa salad, beetroot, geraldton wax salsa verde, nigella seeds (*gfr, nfr, vg*)  
orange lemon myrtle butter cake slice, mandarin italian butter cream (*nfr, v*)  
sliced seasonal fruit (*gfr, nfr, vg*)



### Grab and Go Working Lunch Saturday 🌿 🍇

native bush spiced curry egg mayonnaise sandwich, dill, chives, cucumber, lettuce (*dfr, v*)

native thyme spiced chicken wrap, margaret river camembert, tomatoes, lettuce, saltbush (*nfr*)

local heirloom beetroot and truss tomatoes salad, rocket leaf, cannellini beans, native salsa verde (*gfr, nfr, vg*)

classic lamington, river mint and raspberry gel (*gfr, nfr, v*)

sliced seasonal fruit (*gfr, nfr, vg*)

### Grab and Go Working Lunch Sunday 🌿 🌿 🍇

smoked turkey and aniseed myrtle tomato chutney sandwich, lettuce, cucumber (*nfr, dfr*)

ord river chickpea falafel wrap, iceberg, cumin aioli (*nfr, vg*)

native bush curried sweet potato salad, beach herbs, roast capsicum, lime dressing, toasted coconut flakes (*gfr, nfr, vg*)

chocolate mud slice (*gfr, nfr, vg*)

sliced seasonal fruit (*gfr, nfr, vg*)