

Events

It's your
T.I.M.E.

Tailored. Interactive. Meeting. Experiences.



T.I.M.E. at SALT

To make a meeting memorable, you first have to make it remarkable. T.I.M.E at SALT is the difference between having a typical meeting and having an inspirational one.

From rejuvenation and breakout activities to memorable food experiences, T.I.M.E incorporates SALT's idyllic Tweed Coast surrounds to capture your delegates' imaginations and stimulate their senses. For any conference that is looking to create a lasting impression and encourage breakout thinking. Experience the T.I.M.E difference:

► A VIP EXPERIENCE

Pre-arrival welcoming email for each and every guest and a 'red-carpet' arrival experience, incorporating streamlined check-in, welcome signage and complimentary welcome drink.

► MEET THE MAKER

Delegates can meet with our culinary team and discuss how we feature the quality produce from our local providores, during our interactive lunch displays.

► RECHARGE AND RECONNECT

Guided rejuvenation activities to start the day. Choose from a beach walk, yoga/stretch session, fitness circuit or mindfulness session. Interactive conference activities designed to re-charge batteries and sharpen mental agility.

► SOMETHING TO SAVOUR

Create your own meals by choosing food and drink from the array of seasonal bounty and cuisine themes on offer.

Would you like a sneak-peek of [T.I.M.E](#)?

Interactive Delegate Arrival and Check-In

- ▶ **Pre arrival welcome email**
- ▶ **Priority express check in**
- ▶ **Luggage storage**
- ▶ **T.I.M.E drink voucher**
Choose from themed T.I.M.E cocktail or selected beverages.

Interactive Conference Activities

Spend breaks re-energising and connecting with other delegates.
Brain teasers station set in pre-function area;

- ▶ Brain teaser board games
- ▶ Chess
- ▶ Noughts & Crosses
- ▶ Giant Cards
- ▶ Jenga

Events



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hotels

Reconnect to Recharge Activity Options

You have the choice of one of the below activities for your event facilitated by the **GreenX7** team.

Reconnect to Recharge for Everyday Wellness

Green X7 activities will reconnect you to self, other and nature to revitalize mind, body and soul. It's the key to creativity, productivity, improved well-being and better social cohesion. All backed by scientific research.



Activities

Fitness Circuit

6:30-7:30am

The perfect session for those that like to sweat it out, burn the calories and increase circulation before a day of sitting and eating.



Yoga/Stretch Session

6:30-7:30am

For those wanting to revitalise mind, body and soul and reconnect for the day ahead.



Beach Walk/ Mindfulness

6:30-7:30am

To enjoy a sunrise on a pristine beach whilst walking barefoot on golden sand and taking a moment to stop, connect and breathe is a blissful way to start the day.



Recharge Session

Post Lunch

After lunch our brain has a tendency to fall asleep, we need to re-energise it ready for the afternoon session. This 30 minute breakout will improve productivity, creativity and boost energy levels.



Interactive Food & Beverage

T . I . M . E . for Morning and Afternoon Tea

Events

The following interactive and themed options are included within your TIME conference package.

Please select one menu for each break. *All morning and afternoon tea breaks include an espresso bar with barista made coffees.

Local Cheese Trail

- ▶ Selection of locally produced cheeses
- ▶ Crackers, lavosh & crisp breads
- ▶ House made chutneys & quince
- ▶ Muscatels, sun dried fruits & vegetables
- ▶ Seasonal fruits
- ▶ Cold pressed grape & cranberry juice
- ▶ "The Brew Station" freshly brewed coffee & local tea's
- ▶ Organic Coffee espresso bar with barista

Clean & Green

- ▶ Build Your Own Superfood Shooters;
 - Coconut water & cane juice
 - Acai & cranberry juice
 - Ancient grains, nuts & fruit purees
- ▶ Coconut sago puddings, caramelised mango, finger lime
- ▶ Housemade vegan muesli slice
- ▶ Seasonal fruits
- ▶ Pot set Yogurts
- ▶ "Green Refresher" cold batch infused peppermint tea
- ▶ "The Brew Station" freshly brewed coffee & local tea's
- ▶ Organic Coffee espresso bar with barista



Interactive Food & Beverage

T . I . M . E . for Morning and Afternoon Tea

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Continued...

Recovery Required

- ▶ Bacon & egg sliders
- ▶ Ham & cheese croquette, tomato relish
- ▶ Fresh fruit salad
- ▶ Vitamin & mineral booster
- ▶ Fresh pressed orange juice
- ▶ “The Brew Station” freshly brewed coffee & local tea’s
- ▶ Organic coffee espresso bar with barista

Chocolate Fondue

- ▶ Milk chocolate fondue
- Fresh strawberries
- Marshmallows
- Nougat
- Waffle bites
- Seasonal fruit kebabs
- ▶ Dark chocolate brownie freeze dried raspberries
- ▶ “The Brew Station” freshly brewed coffee & local tea’s
- ▶ Organic Coffee Espresso bar with barista



Interactive Food & Beverage

T . I . M . E . for Lunch

Events

The following interactive and themed lunch options are included within your TIME conference package.
Please select one menu for each lunch break.

Feeling Japanese

Sake tasting/Sake based spritzers

- ▶ Live Chef cooking a Japanese charcoal BBQ
 - Marinated skewers of chicken & beef **GF DF**
- ▶ Mixed sushi, pickled ginger, soy **GF**
- ▶ Steamed buns, teriyaki glazed pork belly, fermented chilli, salted cucumber
- ▶ Miso glazed corn, togarashi **V GF DF**
- ▶ DIY poke bowls **GF DF**
- ▶ Seasonal sliced tropical fruits
- ▶ Assorted soft drinks, juice and water station

Farmyard Grazing

Build your own grazing board

- ▶ Apple & sage porchetta (*carved to order by Chef*), mustard reduction **GF**
- ▶ Wood fire damper
- ▶ Local free range chicken, tomato chutney **GF DF**
- ▶ Selection of locally produced charcuterie **GF DF**
- ▶ Garden greens **V GF DF**
- ▶ Salt roasted potato salad **V GF**
- ▶ Pickles & preserves
- ▶ Seasonal sliced tropical fruits
- ▶ Assorted soft drinks, juice and water station

*All lunches involve an interactive component for each individual to build their own lunch to their taste and desire, all prepared from the freshest ingredients sourced from our local farmers and producers.



Interactive Food & Beverage

T.I.M.E. for Lunch

Events

Continued...

The All American

Live Chef cooking on smoker

- ▶ Brisket sliders, bourbon BBQ sauce
- ▶ Cob salad, ranch dressing
- ▶ Chipotle pulled pork mac & cheese
- ▶ DIY loaded potato skins **GF**
- ▶ Seasonal sliced tropical fruits
- ▶ Mix your own soda's
- ▶ Juice and water station

Old English

Interactive Pimms Station

- ▶ Beer battered fish bites
- ▶ Hand cut chips **V GF**
- ▶ Mushy peas & tartare sauce **V GF**
- ▶ Rare roast beef, watercress, toasted Yorkshire crumb, horseradish cream
- ▶ English pea salad, ricotta, lemon, mint **V GF**



T.I.M.E. at SALT

Full Day Delegate Package: \$85 per person

In addition to the standard day delegate package you will receive:

- ▶ VIP arrival experience
- ▶ TIME drink voucher
- ▶ Daily rejuvenation activity
- ▶ Upgraded themed morning and afternoon tea, including barista made coffee
- ▶ Upgraded themed and interactive lunch
- ▶ Interactive conference activities

Half Day Delegate Package: \$80 per person

In addition to the standard half day delegate package you will receive:

- ▶ VIP arrival experience
- ▶ TIME drink voucher
- ▶ Daily rejuvenation activity
- ▶ Upgraded themed morning or afternoon tea, including barista made coffee
- ▶ Upgraded themed and interactive lunch
- ▶ Interactive conference activities

Events



Spend time at SALT... if I could turn back time... remember the time... time to be you... time after time... it's time... the time is yours... take time back... time to dominate... time to attack... time to network... time to invest in you... time after time... time = life... use your time wisely... make up for lost time... time to ponder... time changes everything... find the time... time for you... time, we provide it... time heals ... take time back... take the time and reap the rewards ... make the most of your time... time is on your side... time is always what we want most... we always crave time... time is all we need ... time heals everything... time is always desired... when did you last take the time?... time to relax... time to unwind... time to destress... time flies when you're having fun... time to learn... once upon a time... to run out of time... the time is now... time to go ... let the good times roll... nothing but a good time ... sign of the times... times like these... only time will tell... one more time... time is what you need... time flies... time to have fun... your time to shine ... game time... to have the time of your life.... time at SALT... it's your time...