



WELLNESS IN THE CITY

While with us in bustling Mongkok, let us present you with a conference break that leaves your delegates refuelled with the healthiest foods to keep their full attention on you during your conference. Re-energise with seasonal fresh fruits and fruit juices freshly squeezed in the juice bar. Alternatively, recharge yourself with a range of healthy smoothies, premium nuts or wellness teas. Want more? We have selected a range of nostalgic Hong Kong candies for those with a sweet tooth!



A THEMED BREAK FOR WELLNESS

TASTES

Enjoy the best of fresh fruits and fruit juices, including goji berries, oranges, strawberries and red dragon fruit which are rich in vitamins. Stay healthy with a glass of freshly made soy milk, bran muffins and premium nuts which are full of calcium and fibre.

SMELLS

Take a deep breath and smell the refreshing scents from seasonal fruits, freshly baked muffins and freshly ground coffee.

SIGHTS

Colourful fruits and nostalgic Hong Kong candies are beautifully presented at the food station for your delegates' enjoyment.

SOUNDS

Let us play some upbeat music during your break to restore your delegates' energy as they refuel themselves with our healthy food options.



Menu

- Watermelon balls in watermelon / bananas/ strawberries
- Raspberry, chia seeds, almond milk, granola smoothie bowls
- Avocado, soy milk, toasted corn, pumpkin seed smoothie bowl
- Cranberry-flaxseed muffins / Cinnamon-Apple All bran muffins
- Banana-Walnut muffins / Lemon-Almond muffins
- Blueberry muffins
- Homemade granola bars
- Assorted nuts/seeds - sunflower seeds, roasted almonds, macadamia, cashews, walnuts, pumpkin seeds (choose 4)
- Fresh cut fruit in glass with mint and orange juice

Juice bar

- Soy milk in bottles
- Goji berry and ginger juice
- Apple and carrot juice
- Red dragon fruit juice
- Orange juice

For enquiries or bookings, please call +852 3552 3039 or email cdhkg.mice@cordishotels.com to contact our event specialists.