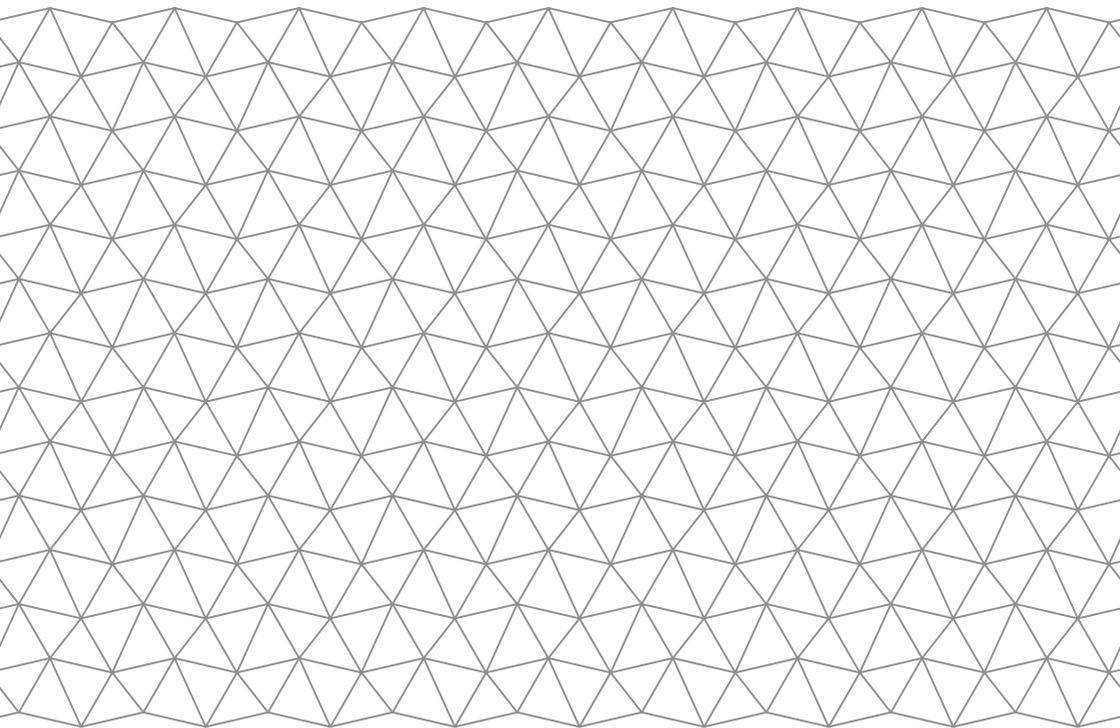


ICC SYDNEY
CULINARY PHILOSOPHY



Setting new culinary standards

International Convention Centre Sydney (ICC Sydney) is setting new culinary standards with its Feeding Your Performance philosophy.

Selecting ingredients that not only taste good but boost alertness is critical to enhancing the delegate experience at conventions, peppering up table conversations at gala dinners and driving energy levels across the trade show floor. Our goal is to provide guests with the best possible opportunity for engagement, enjoyment and business success at events within Sydney's new world class venue.

ICC Sydney creates 'smart food' by exploring the science behind ingredients and the nutritional qualities that drive physical and mental performance.

An assurance of excellence

The 'Feeding Your Performance' stamp of approval is an assurance of our ongoing commitment to nourishing bodies and minds at ICC Sydney events. Its presence underscores our philosophy of creating world class cuisine through the selection of locally and ethically sourced fresh, seasonal and, where possible, heritage produce.



Carefully selected
seasonal, sustainable and
locally sourced produce
to boost alertness and
drive energy levels.

Why Feeding Your Performance



At ICC Sydney, we believe that nutrition, as well as the variety, seasonality and freshness of food, plays a role in creating the best possible environment for collaboration, celebration, learning and innovation.

- With nutrition experts and a passionate team led by Director of Culinary Services, Lynell Peck and Executive Chef, Tony Panetta, ICC Sydney is committed to creating seasonal menus that feed both body and mind, driving physical and mental performance.
- Fresh fruits, vegetables and whole grains feature prominently in ICC Sydney's Culinary Collection, as does produce sourced from local and regional suppliers who practice ethical and sustainable farming techniques.
- Meals will be high in protein and low in saturated fats to help visitors maintain energy and focus during their important meetings and events.
- Traditional convention menus are transformed to increase the ratio of plant-based proteins, as high quality animal proteins play a supporting role.
- Healthy housemade beverages will include spa waters and teas infused with fresh fruits, berries, herbs and aromatics.
- Even our oils will be health conscious as we source New South Wales grown, pressed olives for our olive oil.
- ICC Sydney's culinary philosophy is consistent with the New South Wales Government's focus on encouraging healthy eating and active living.
- ICC Sydney is committed to partnering with small and large New South Wales farmers and encouraging the growth of local producers and jobs.

Exceptional Food origins

To be able to deliver fresh, seasonal dishes, ICC Sydney has established a large and broad network of artisan farmers and producers across New South Wales. This approach will allow us to serve up quintessential Sydney cuisine while helping to strengthen regional businesses with the potential to create new jobs.

Here are just some of the partners supporting ICC Sydney's innovative menus.



ICC Sydney's Executive Chef,
Tony Panetta, with Founder of
Cooks Co-Op, Martin Boetz

Meet our Food and beverage partners

Cooks Co-Op is located just over an hour's drive from Sydney. With its headquarters in Sackville, it is part of the thriving Hawkesbury region. A company with a difference, the business focuses on sustainable farming, re-establishing heritage fruit and vegetable varieties and the promotion of quality, chef-grade ingredients. The farm gives chefs influence and control over their selected produce from before seedling right through to the dinner plate. cooksco-op.com



Breakout River Meats is based in Cowra, along the banks of the Lachlan River and at the head of one of the most fertile valleys in the world, the Lachlan Valley. Combining ideal pastures and locally-grown fodder crops with pedigree genetics, Breakout's Cowra Lamb, Watervale Beef and Chiverton Pork have reputations as some of the best quality products in Australia. breakoutriver.com.au



Meet our Food and beverage partners

Eden Mussels is located on the South Coast of New South Wales and has been operating for more than two decades, producing sustainable Australian Blue Mussels in the nutrient rich waters of Twofold Bay. With a plethora of awards, Eden Mussels has set a world class benchmark for quality seafood. [edenmussels.com](https://www.edenmussels.com)



Old Saltys Oysters is located at Pambula River, on the South Coast of New South Wales. An award winning producer, Old Saltys delivers the finest Sydney Rock Oysters, grown in the AAA rated waters of Pambula and Merimbula lakes. [oldsaltyoysters.com.au](https://www.oldsaltyoysters.com.au)



Meet our Food and beverage partners

Willowbrae Chevre Cheese Farm is based at the foothills of the Hawkesbury Valley. They have a passion and commitment to creating exquisite, award-winning goods. Operating for 18 years, the family-run business has a 100-goat dairy that produces a range of quality artisan milks, cheeses and yoghurts. willowbrahevrecheese.com.au



ALTO Olives combine sunshine, clean air, constant warm days and cool nights – adding professional grove management and a dash of ingenuity. The foothills of Australia's Great Dividing Range are home to ALTO Olives, a dynamic family enterprise producing a diverse portfolio of exceptional quality extra virgin olive oils and table olives. The picturesque ALTO estate comprises 20,000 olive trees of different European origin varieties, each chosen for particular attributes – suitability to the climate, oil yield, quality and consistency. alto-olives.com.au



Meet our Food and beverage partners

Archie Rose is dedicated to honouring Sydney's rich spirit-making past and shaping its future via its boutique distillery in Roseberry, Sydney. The company creates its spirits by hand and proudly produces products with a clean, crisp taste and minimal impurities. archierose.com.au



In the spirit of celebrating local producers, ICC Sydney and Archie Rose have partnered to deliver custom gin and vodka creations. Executive Chef, Tony Panetta, has selected a range of botanicals including angelica root, fresh apple, lemon myrtle, orris root and coriander seed for ICC Sydney's unique gin, and blood lime, river mint, cardamom and fresh orange for a vodka variation.

Lark Hill was established in 1978 by Sue & Dave Carpenter, high on the escarpment above Bungendore, 30km North East of Canberra. Lark Hill is a cold vineyard and at 860m elevation, is one of the highest plantings in the Canberra District. The soils are shallow depleted shale over clay, and vineyard receives 600mm of rainfall annually. Lark Hill produces exceptional batches of wines and are passionate about natural methods, with all vineyards certified biodynamic. larkhillwinery.com



Meet our Food and beverage partners

Tyrrell's Wines was established in 1858 and is one of Australia's pre-eminent family-owned wine companies with vineyards extending from the Hunter Valley to the Limestone Coast (SA) and Heathcote (VIC). Home to some of the nation's most famed wines, Tyrrell's has been awarded more than 5,000 trophies since 1971. It was also named Winery of the Year in James Halliday's Australian Wine Companion in 2010. tyrells.com.au



Printhie Wines is a 5-Star rated winery from the high-altitude, cool-climate Orange region of NSW, Australia. The farming property "Printhie" has existed for well over 100 years with its name taken from a now extinct goanna-like lizard that was quite common in the local area. In 2003, Printhie built a state-of-the-art 350 tonne winery, designed to complement the existing 100 year old woolshed that stands adjacent. The winery has since grown to a capacity of 500 tonnes. printhiewines.com.au



