



# MINDFUL

MEETINGS

BY MERCURE HOTELS

INSPIRATION | PRODUCTIVITY | PEACE OF MIND

**Mercure**  
HOTELS

PERTH

## INTRODUCTION

MINDFUL MEETINGS IS A NEW SIGNATURE OFFERING FROM MERCURE HOTELS, INTRODUCING HEALTH, WELLBEING AND SUSTAINABILITY INTO MEETING PACKAGES

This new offering is designed to deliver richer meeting experiences so you get better outcomes and have more fun along way.







MINDFUL MEETINGS BY MERCURE HOTELS ARE  
CARBON NEUTRAL WITH A COMMITMENT TO MAKING  
THE WORLD A BETTER PLACE THROUGH OUR  
PLANET 21 PROGRAM.

TO FIND OUT MORE VISIT [WWW.MERCURE.COM](http://WWW.MERCURE.COM)

- Your Mindful Meeting will be carbon neutral
- Greenhouse gases produced during the meeting are offset by funding renewable energy sources through the Carbon Reduction Institute
- We fund the cost of the offsets and do not pass them on to you
- Our hotel follows AccorHotels global environmental charter with 21 priority actions identified to reduce energy and water consumption and improve waste management and recycling



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# MINDSPACES

MERCURE MINDFUL MEETING ROOMS

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## OUR ROOMS INCLUDE

- Indoor plants that help to lower stress and improve indoor air quality
- Room arrangements designed to facilitate collaboration
- Access to natural light and fresh air where possible
- Reusable water jugs that minimise the need for unnecessary packaging
- Room diffusers to facilitate a calm and relaxed environment



## MINDFUL MEETINGS PACKAGES

YOU CAN BUILD YOUR OWN PROGRAM OR CHOOSE FROM SOME OF OUR PRE-DESIGNED PACKAGES TAILORED TO PARTICULAR OUTCOMES. OUR PRE-DESIGNED PACKAGES ARE AS FOLLOWS:




### THE PROBLEM BUSTER

HAVE A MAJOR PROBLEM YOU  
WANT TO SOLVE? NEED A SPACE  
FOR CREATIVE IDEATION?




### THE TEAM BUILDER

HAVE A NEW TEAM THAT NEEDS  
TO FEEL MORE CONNECTED OR  
WANT TO BUILD MORE ENERGY  
INTO YOUR EXISTING TEAM?



### THE MEMORY BANK

NEED YOUR TEAM TO KEEP  
ALERT AND RECEPTIVE WHILE  
DOWNLOADING CRITICAL  
NEW INFORMATION?







# FOOD FOR THOUGHT

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Executive Chef Sharath Kancharla, Mercure Perth

*Executive Chef, Sharath Kancharla's cuisine is a melting pot of culinary influences with a clear vision – bold food that is balanced by elegant simplicity. The menus of Mercure Perth's conference spaces, restaurants and bars are a distinct reflection of Sharath's diverse experience in luxury hotels around the world. Taste your way around Western Australia with innovative dishes that balance bold, punchy Mediterranean flavours with the light and healthy options.*





## BREAKFAST

Zucchini corn fritters

Breakfast quinoa

Buckwheat pancake

Eggs cooked to order served with spinach, mushrooms, roast tomato and wholegrain breads



## MORNING TEA

Vegetable crudité's and homemade dips

Mediterranean Vegetable Frittata

Bliss Balls

Date and Maple Loaf

Superfood Banana Bread

Spinach and Ricotta pastizzi

Chocolate Brownie Wonder



## LUNCH

Selection of healthy sandwiches, rolls or wraps with assorted fillings (cold meat and vegetarian options)

Seasonal Fresh Fruit Platter

Australian cheese and dried fruit platter

Selection of salads

Chicken tenders with cajun spices

Moroccan meatballs with spicy tomato sauce

Cous cous

Steamed broccoli with almond flakes

Salmon steaks with fennel salsa

Lean chicken in spicy coconut milk (thai style)

Roast beef with jus

Barramundi with coconut cream

Turmeric rice

Roasted chat potatoes with rosemary oil



## AFTERNOON TEA

Selection of Gourmet Cookies

Seasonal Fresh Fruit Platter

Vegetable crudité's and hummus



The above menu has been curated and photos have been supplied courtesy of Michele Chevalley Hedge, Low Sugar Lifestyle program ([www.ahealthyview.com](http://www.ahealthyview.com)).



## DINNER ENTRÉE

Saffron risotto with garlic prawns, shaved parmesan and chives

Trio of gnocchi, slow roasted cherry tomato double cheese sauce, shaved parmesan (v)

Roasted rare beef, avocado, spinach, onion quenelle and watercress

Buffalo mozzarella tart with truss tomatoes, rocket, basil oil balsamic and basil (v)

Lemon and garlic prawns, avocado and cucumber salsa, kaffir lime and tomato dressing



## DINNER MAIN

Herbed chicken breast, cheese polenta, broccolini and tomato relish

Seared Atlantic salmon, potato & green pea puree, dill Jasmine rice

Wild mushroom risotto, spinach salad & parmesan wafer (v)

Harvey roast beef, potato gratin, broccoli, truss tomato and red wine jus

Margaret River lamb rack, pumpkin puree, roasted artichoke, green peas and mint jus



## DESSERT

Flourless chocolate cake, berry compote and white chocolate sauce

Blueberry brulee cheesecake and raspberry lime compote

Chocolate mousse, white chocolate mascarpone and strawberries

Sticky date pudding, butterscotch sauce served with apricot prune compote

Apple and cinnamon pie served with hot vanilla custard and cinnamon cream



## DRINKS

Veggie juices

Assortment of tea and coffee

Sparkling, mineral waters infused with fruit

Iced herbal teas

Wine

DeBortoli Bancroft Bridge Semillon

Sauvignon Blanc

DeBortoli Bancroft Bridge

Shiraz Cabernet

Beer

Heineken

Hahn Super Dry 3.5



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# ALL MINDFUL MEETINGS CATERING PACKAGES INCLUDE THE FOLLOWING

FROM \$60 PER PERSON

## ON ARRIVAL

Freshly brewed coffee and selection of Dilmah Exceptional Teas

## MORNING TEA

Freshly brewed coffee and selection of Dilmah Exceptional Teas with Chef's choice of 2 items per person

## LUNCH

Chef's daily gourmet buffet lunch

A minimum of 15 delegates is required for all conference packages.

Minimum of 20 guests is required for all buffet lunches.

All groups with less than 20 guests attending will be served platter style lunch in the restaurant or working style outside the function room.

## AFTERNOON TEA

Freshly brewed coffee and selection of Dilmah Exceptional Teas with Chef's choice of 2 items per person

## YOUR ROOM

Iced water and savoury nut mix





# HOTEL FACILITIES





## MERCURE PERTH

Centrally located in Perth's vibrant city centre, Mercure Perth is the perfect place from which to explore Perth's many attractions. The hotel is walking distance to the beautiful Swan River foreshore and bustling Hay and Murray Street Malls, with magnificent Kings Park just moments away with free public transport links on your doorstep.

Guestrooms at Mercure Perth are stylish and comfortable, with all the modern conveniences of home. Enjoy large 40inch flat screen LCD TVs with Fox sports channels, 24hr room service, mini bar, tea and coffee making facilities and dedicated work spaces with high speed internet access. Inter-connecting guestrooms are available for families and groups.

Hotel services include complimentary WiFi in all areas, valet car-parking, dry-cleaning and a guest laundry located on level 3 for your convenience.

Offering Carbon Neutral Meetings and six modern function rooms designed to inspire, Mercure Perth is the ideal city location for your next conference, wedding or special event.

Our dedicated conference floor covers more than 740m<sup>2</sup> of meeting space, with natural light and creative, healthy catering for up to 350 guests.







## HOTEL FACILITIES

- 24 hour reception
- Check-in 2.00 pm / check-out 11.00 am
- Undercover valet car parking
- Heated outdoor pool
- Fitness centre
- 24hr In room dining menu
- Valet dry cleaning / laundry and guest laundry
- Local attraction information
- Major credit cards accepted (1.3% surcharge applies)

## ROOM FACILITIES

The hotel offers 239 spacious guest rooms including Standard, Superior and Privilege rooms to accommodate your delegates. For those who wish to treat their delegates or upgrade their VIP's, we have a number of suites available complete with a separate living area.

All rooms are furnished in a contemporary style featuring light wood grain finishes with modern splashes of colour, flat screen LCD televisions, free WIFI and 24 hour room service available.

To maximise the comfort of your stay, guests will enjoy a personalised level of experience with pillow menus including fluffy doonas and European pillows upon your request.

- Individually controlled air-conditioning
- Opening windows
- Private en suite bathrooms with bath
- Hair dryers
- Iron and ironing board
- Remote controlled flat screen TV
- Mini bar
- Tea and coffee making facilities
- Cable TV
- Bathrobes
- Writing desk
- Telephone
- In-room safe







## EVENT FACILITIES

Our dedicated conference floor, naturally lit meeting rooms and pre-function area offer an idyllic setting for any event no matter what the occasion, while drinks in Beccaria Bar is the perfect finish to any day. The hotel's eight versatile meeting rooms are custom built for the ever changing needs of clients and also contain the latest audio visual equipment.

We have proudly built an impeccable reputation on exceeding client's expectations for service, quality and functionality.

- 6 function rooms
- Exclusive evening venue hire at Cucina on Hay
- Private dining in Beccaria Restaurant
- Networking drinks in Beccaria Bar
- Rooftop sundowners or dining under the stars on the leisure deck
- Natural light in most meeting rooms
- Wireless internet
- Business centre
- On-site audio visual

# CUCINA ON HAY PROVIDES THE PERFECT VENUE FOR YOUR NEXT EVENT

*Authentic Italian shared experiences in Perth city's east end.*

Taste your way around the Italian countryside with pasta from Emilia-Romagna, cheese from Valle d'Aosta, Parma prosciutto and house-made piadina.

At Cucina, we are also proud to represent our outstanding West Australian suppliers and growers, with authentic Italian breads from Il Panino Bakery, olives and extra virgin olive oil from Gin Gin and charcuterie from Mondo Doro Smallgoods.

Inside welcomes you with a contrast of natural light and space, with darkened wood, steel and brass detailing. Lush tropical planters and dark greenery help bring a 'local touch' to its ambience.

From casual business meetings and social club events, to themed dinners and cocktail parties, Cucina on Hay is the ideal city location for your next function.

Our dedicated and experienced on-site events team are here to help you create a tailor-made occasion to suit a range of different budgets, with catering options for up to 70 guests.

For more information on holding your next event at Cucina on Hay, Call 08 9326 7078 or email us [h1754-fb04@accor.com](mailto:h1754-fb04@accor.com)

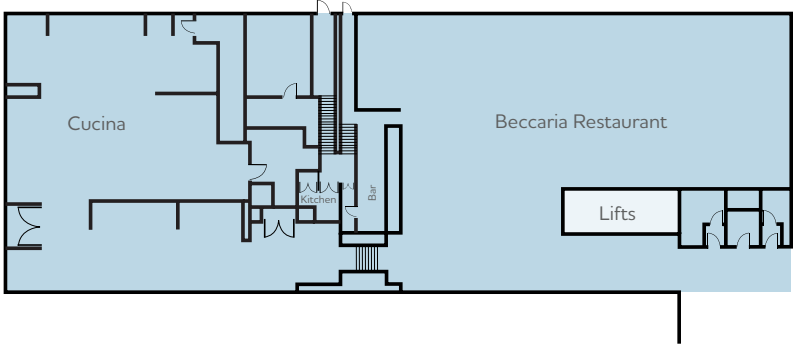




# FLOOR PLANS

## TECHNICAL FEATURES

- Floor to ceiling height in all rooms is 2.65m
- State-of-the-art audio visual equipment
- All rooms have access to video conference facilities
- Caroline, Orelia and Georgiana rooms offer natural light

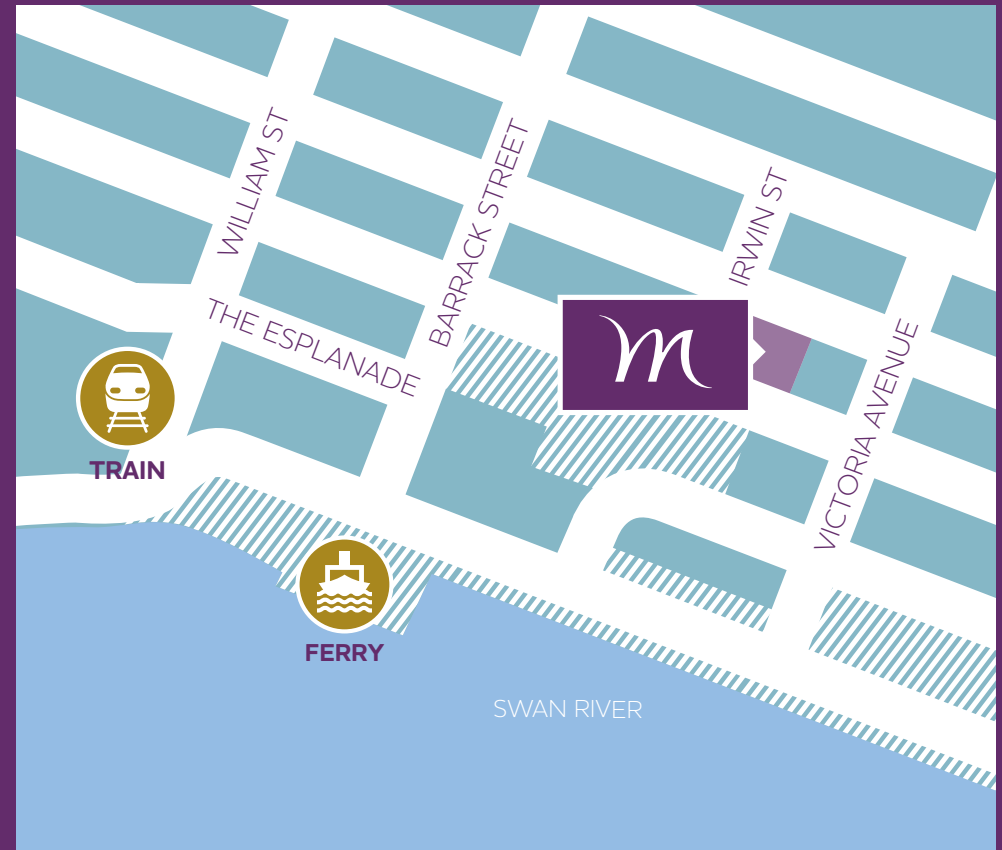




## CAPACITY CHART

Function room	Ceiling Height (m)	Area (m <sup>2</sup> )	Workshop	Banquet	U-Shape	Theatre	Classroom	Cocktail
<i>Caroline</i>	2.65	222	64	100	30	160	40	200
<i>Orella</i>	2.65	111	40	60	30	80	30	100
<i>Georgiana</i>	2.65	111	40	60	30	80	30	100
<i>Caroline / Orella / Georgiana</i>	2.65	444	160	250	–	350	120	350
<i>Anglesea 1</i>	2.65	95	32	40	20	60	20	50
<i>Anglesea 2</i>	2.65	160	64	80	40	120	60	150
<i>Anglesea 1 / Anglesea 2</i>	2.65	255	110	140	40	200	80	200
<i>Irwin</i>	2.65	40	–	–	12*	20	10	–
<i>Cucina on Hay</i>	–	–	–	40	–	–	–	60
<i>Beccaria Restaurant</i>	–	–	–	90	–	–	–	–
<i>Beccaria Bar</i>	–	–	–	–	–	–	–	50
<i>Rooftop deck</i>	–	94	–	30	–	–	–	50





## MERCURE PERTH

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