



reflections
Lake Cooby

CORPORATE & PRIVATE FUNCTIONS & RETREATS



A Glorious Lakeside Estate

STAY REFLECT CONNECT

Thank you for considering Reflections - Lake Cooby for your event.

Reflections - Lake Cooby is located on the shores of the stunning Cooby Dam, just 30 minutes north of Toowoomba and 20 minutes from Highfields. Based on 50 acres with both country and lakeside views, Reflections offers a unique events space with facilities to cater for everything from private celebrations, birthday parties, staff retreats, corporate seminars, fundraisers, outdoor adventure team building days, mindfulness and yoga retreats, and so much more!

Large and Intimate Spaces

INDOOR & OUTDOOR

Reflections – Lake Cooby has many indoor and outdoor function spaces for your event.

With 50 acres of beautiful lakeside country, you can be near the water, shaded by trees, in the historic Loveday Barn, up high on the hillside, outdoors under festoon lighting, inside with air conditioning, or inside our chandelier and festoon lit marquee with magnificent views over Lake Cooby.

We have facilities for you to entertain over 200 people.



Our Unique Event Locations



Venue	Inclusions	Theatre	Classroom	U-shape	Dining	Stand-Up
Conference Centre	AC, Smartboard, Projector, TV, tables and corporate chairs	80	45	45	80	120
BBQ Area (Only)	Rustic hardwood table and chairs, roller blinds, BBQ, Fire-pit, Pizza Oven	40	40	N/A	40	40
The Loveday Barn	Rustic indoor event space, access to BBQ & firepit	50	50	40	60	70
Marquee & Marquee Lawn	18m x 12m white chandelier & festoon lit marquee with outdoor festoon lit lawn area	300	150	N/A	150	300
Function Centre Lawn	Outdoor festoon lit lawn area for stand up outdoor events	N/A	N/A	N/A	N/A	300



On Site Accommodation



Your guests can stay onsite in our Luxury tents, the Cooby Lakehouse, or get back in touch with nature with our classic camping tents. Alternatively, your guests can choose to stay in Highfields, Ravensbourne or Toowoomba...all right on our doorstep!



Facilitated Activities

Are you looking to provide your guests or staff with a great bonding experience during your stay at Reflections? Why not arrange for our staff to run some of our outdoor recreational activities for you? Whether its a team building exercise, practicing mindfulness, or just getting out and having some good old fun, we're sure to have the activity for you! Check out our range of facilitated onsite activities below:

- High Ropes
- Low Ropes
- Rock Climbing
- Giant's Ladder
- Leap of Faith
- Milk Crate Stack
- Possum Pull
- Tryolean Traverse
- Zipline
- Canoeing
- Sailing
- Raft Building
- Giant Waterslide
- Mountain Biking
- Archery
- Orienteering
- Amazing Race
- Catapult Building
- Bush Walks
- Night Hikes
- Team Building Activities
- Initiative Activities
- Camp Craft
- Camp Cooking
- Lantern Stalk
- Night Hikes
- Camp Fires
- Mindfulness
- Mental Health First Aid
- Personality Profiling





Private & Corporate Retreats



PACKAGE INCLUSIONS FOR YOUR CORPORATE RETREATS



Corporate Retreat Package A

*min. 20 guests

Eat

- Morning tea, lunch, and afternoon tea provided
- Breakfast and dinner also provided for overnight retreats
- Chef prepared meals from the Corporate Retreats '**Package A Menu**' on page 12
- BYO alcoholic drinks

Stay

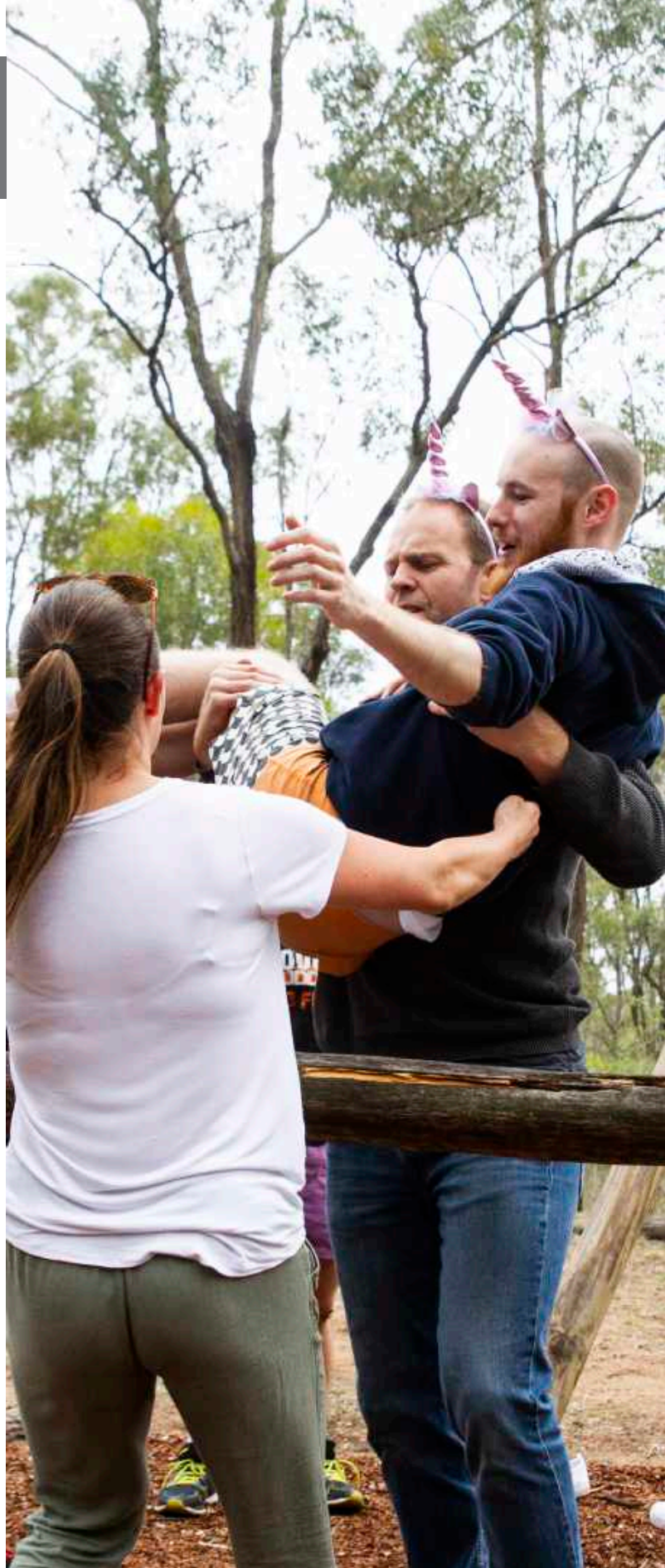
- Use of one of our onsite event locations for your own workshops, team building activities, seminars, etc.
- Overnight accommodation in our Luxury Tents, Cooby Lakehouse, or camping tents for overnight retreats (linen not included)

Play

- Onsite activities facilitated by our qualified outdoor education staff
 - Up to 2 activities per day
 - 1.5 - 2hr session per activity
 - See 'Facilitated Activities' on page 6 for a list of activities on offer

Add Ons

- Additional facilitated activities
- Use of additional event spaces
- Additional meals during your stay
- Upgrade to meals from the 'Package B Menu' or the 'Corporate & Private Functions Menu'
- Linen packages available for accommodation included in overnight packages | \$20pp



Prices starting at \$90 per person/day for single day retreats OR \$135 per person/day for overnight retreats

*min. 20 guests

Corporate Retreat Package B

*min. 20 guests



Eat

- Morning tea, lunch, and afternoon tea provided
- Chef prepared meals from the Corporate Retreats '**Package B Menu**' on page 13
- BYO alcoholic drinks

Stay

- Use of one of our onsite event locations for your own workshops, team building activities, seminars, etc.
- Overnight accommodation in our Luxury Tents, Cooby Lakehouse, or camping tents for overnight retreats (linen not included)

Play

- Onsite activities facilitated by our qualified outdoor education staff
 - Up to 2 activities per day
 - 1.5 - 2hr session per activity
 - See 'Facilitated Activities' on page 6 for a list of activities on offer

Add Ons

- Additional facilitated activities
- Use of additional event spaces
- Additional meals during your stay
- Upgrade to meals from the 'Corporate & Private Functions Menu'
- Linen packages available for accommodation included in overnight packages | \$20pp

**Prices starting at \$135 per person/
day for single day retreats OR \$185 per
person/day for overnight retreats**

*min. 20 guests

Corporate Retreat Package A Menu

BREAKFAST

- **Continental Breakfast** - cereals | toasting station | traditional condiments | juice | tea & coffee
- **Hot Breakfast** - bacon | scrambled eggs | toasting station | hashbrowns | juice | tea & coffee
- **Pancakes** - fresh pancakes | fresh fruit toppings | maple syrup | juice | tea & coffee
- **Bacon & Egg Rolls/Wraps**

MORNING TEA | AFTERNOON TEA

SAVOURY OPTIONS

- Vegetarian Quiche
- Cheesy Vegemite Scrolls
- Zucchini & Bacon Slice

SWEET OPTIONS

- Mixed Berry Muffins
- Tray Baked Cakes &/or Slice
- Fresh Baked Cookies

OTHER

- Whole Seasonal Fruit (e.g. bananas, apples, mandarins, etc.)
- Sliced Seasonal Fruit (e.g. watermelon, pineapple, rockmelon, etc.)

LUNCH

- **Make Your Own Wraps** - flour tortilla | chicken | egg mayo | ham off the bone | lettuce | tomato | cheese
- **Pasta Bake** - pasta | crispy bacon | creamy Napolitana sauce
- **Make Your Own Burgers** - fresh bread rolls | beef patties | lettuce | cheese | tomato | traditional accompaniments
- **Chicken Noodle Stir Fry**
- **Loaded Baked Potatoes** - mild chilli con carne | tuna mornay | grated cheese | sour cream | salsa
- **Spaghetti Bolognese**
- **Sausage Sizzle**

DINNER

- **Beef Lasagne** - fresh garlic bread | tossed garden salad
- **Chicken Tacos** - spiced chicken strips | salsa | sour cream | cheese | lettuce | tomato
- **Chicken Drummies** - mashed potato | seasonal vegetables | gravy
- **Pizza** - ham & pineapple | margherita | chicken & bacon
- **Sausage BBQ Dinner**

Corporate Retreat Package B Menu

BREAKFAST

- **Continental Breakfast Buffet** - fresh seasonal fruit platter | greek yoghurt w/ berry & passionfruit compote | housemade bircher muesli | danishes | croissants | sweet muffins | boxed cereals | juice | tea & coffee
- **Classic Breakfast Buffet** - bacon | eggs | tomatoes | cheese kransky | baked beans | sauteed mushrooms | scrambled eggs | toasting station | traditional accompaniments

MORNING TEA | AFTERNOON TEA

SAVOURY OPTIONS

- Mini Croissants - ham, roma tomato, cheddar rocket | smoked salmon, watercress, caper cream sauce
- Individual Quiche - asparagus & goats cheese | bacon & feta, cherry tomato, confit onion | charred sweet corn & red pepper | spinach & herbed ricotta
- Platter of Local & International Cheeses - crackers & crispbread, dips & fruit pastes
- House Made Pork & Fennel Sausage Rolls
- Lamb & Rosemary Mini Pies

SWEET OPTIONS

- House Baked Buttermilk Scones - whipped cream | strawberry jam
- Chef's Selection of Petite Pastries - cinnamon scrolls | Portugese custard tarts | apricot danish | berry danish | custard filled cannoli shells | mini donuts
- Tray Baked Cake Range - carrot cake w/ walnuts & traditional frosting | orange & almond cake | New York style baked cheesecake | dark chocolate & walnut brownies w/ raspberries
- House Baked Muffins - white chocolate & raspberry | buttermilk, apple & walnut | pistachio & raspberry friands
- Platter of Seasonal Fruit

LUNCH

- **Turkish Bread Sandwiches & Stone Baked Rolls** - ham, cheese, tomato | BLT | turkey, cranberry, rocket & cream cheese | salami w. pesto & mediterranean veg | rotisserie chicken w. salad, Japanese mayo & eschallots
- **Harvest Table** - ham off the bone | cold roast chicken | rare roast beef | artisan baked bread rolls | ranch potato salad | house slaw | fresh greens | condiments
- **Standing Lunches**, served buffet style:
 - **Pasta & Salad** - beef & three cheese lasagne | spinach & ricotta cannelloni | olive cibatta bread | green salad | heirloom tomato & cucumber salad w. Greek feta & spanish onion
 - **Curry & Rice** - Malay lamb curry w. basmati rice | vegetable & red lentil curry | potato w. tumeric, mustard seeds & fried curry leaves | roti | papadum | sambal
 - **Roasts & Rolls** - roast beef | roast pork | artisan baked bread rolls w. butter | green salad w. house ranch dressing | potato salad w. sour cream & cider dressing | gravy | apple sauce | mustard & condiments

Corporate Retreat Package B Menu cont...

LUNCH CONT...

- **Fajita Bar** - spiced chicken & beef | house refried beans w. charred capsicum & onion | warmed flour tortillas | guacamole | sour cream | fresh tomato salsa | cheese
- **Make Your Own Burgers** - beef & chicken options | stone baked rolls | all the trimmings
- **Gourmet Hot Dog Station** - gourmet beef sausage | maple bacon | sauteed onions | cheese | mustards & relish | condiments | bread rolls

DINNER

- **Tex Mex Station** - assorted U.S. Mexican inspired dishes | buffalo wings w. ranch dipping sauce | fajita & tacos - beef, chicken & vegetarian options | beef short ribs | charred sweet corn w. smoked paprika butter | potato salad | coleslaw | bourbon BBQ sauce | all the trimmings
- **Asian Street Food Station** - Korean chicken taco w. kimchi | Malaysian beef satay sticks | steamed pork dumplings | chicken yakitori skewers | red duck & lychee curry w. coconut rice | beef yaki soba noodles
- **Pizza & Pasta Station** - choice of 2 pizzas (list below) | rigatoni pasta | beef & 3 cheese lasagne | classic green salad w. dressing
 - Classic Margarita - fresh mozzarella, heirloom tomatoes, basil, tomato base
 - BBQ Chicken, Avocado & Mozzarella - ranch drizzle, BBQ base
 - Pulled Pork, Caramelised Onion & Feta - tomato base
 - Pesto Chicken, Cherry Tomato, Fresh Mozzarella, Rocket - white sauce base
 - Cranberry, Bacon & Brie - fresh pear & rocket, tomato base
 - Vegetarian - artichoke, fire roasted red capsicum, spiced butternut, pine nuts, feta cheese, tomato base
- **Burger & Slider Station** - stone baked bread rolls | beef & chicken patties & all the trimmings for m.y.o. burgers | pulled pork sliders w. bourbon BBQ sauce & red cabbage slaw | spiced chicken sliders w. chipotle mayo & slaw
- **Seafood Station** - traditional fish & chips in paper cones w. housemade tartare & lemon | roving cold seafood incl. fresh Noosa prawns, oysters & Tasmanian smoked salmon



Private & Corporate Functions

Menu & Catering Packages

Corporate & Private Functions Menu

BREAKFAST

- **Plated Options** - select one (single drop) or two (alternate drop) items from the menu list below:
 - **Classic Bacon & Eggs** - bacon | scrambled eggs | grilled roma tomato | cheese kransky | toast | tomato relish
 - **Eggs Benedict** - poached free range eggs | bacon | avocado | baby spinach | toasted muffins | citrus hollandaise
 - **Smoked Salmon Scramble** - scrambled eggs | Tasmanian smoked salmon | creme fraiche | salmon roe | toast
 - **Portugese Style Baked Eggs** - white beans | chorizo | herbed ricotta | tomato | fire roasted cap-sicum | Spanish onions | country style toast
- **Buffet Options**
 - **Continental Buffet** - fresh seasonal fruit platter | greek yoghurt | berry & passionfruit compote | house made bircher muesli | danishes | croissants | sweet muffins | boxed cereals | juice
 - **Classic Breakfast Buffet** - bacon | eggs | tomatoes | cheese kransky | baked beans | sauteed mushrooms | scrambled eggs | toasting station
 - **Premium Breakfast Buffet** - Continental Buffet plus Classic Buffet
- **Breakfast Grazing Station** - ham, cheese & roma tomato croissant | smoked salmon, dill caper cream & rocket croissant | BLAT sliders on brioche roll | individual quiche | fruit salad & Greek yo-ghurt cups | single serve green apple bircher muesli | house baked muffins | petite danishes

MORNING TEA | AFTERNOON TEA

Choose two items from the Sweet and/or Savoury lists below:

SAVOURY OPTIONS

- Mini Croissants - ham, roma tomato, cheddar rocket | smoked salmon, watercress, caper cream sauce
- Individual Quiche - asparagus & goats cheese | bacon & feta, cherry tomato, confit onion | charred sweet corn & red pepper | spinach & herbed ricotta
- Platter of Local & International Cheeses - crackers & crispbread, dips & fruit pastes
- House Made Pork & Fennel Sausage Rolls
- Lamb & Rosemary Mini Pies

SWEET OPTIONS

- House Baked Buttermilk Scones - w/cream & strawberry jam
- Chef's Selection of Petite Pastries - cinnamon scrolls | Portugese custard tarts | apricot danish | berry danish | custard filled cannoli shells | mini donuts
- Tray Baked Cake Range - carrot cake w/ walnuts & traditional frosting | orange & almond cake | New York style baked cheesecake | dark chocolate & walnut brownies w/ raspberries
- House Baked Muffins - white chocolate & raspberry | buttermilk, apple & walnut | pistachio & rasp-berly friands
- Platter of Seasonal Fruit

LUNCH

- **Turkish Bread Sandwiches & Stone Baked Rolls** - ham, cheese, tomato | BLT | turkey, cranberry, rocket & cream cheese | salami w. pesto & mediterranean veg | rotisserie chicken w. salad, Japanese mayo & eschallots
- **Harvest Table** - ham off the bone | cold roast chicken | rare roast beef | artisan baked bread rolls | ranch potato salad | house slaw | fresh greens | condiments
- **Standing Lunches**, served buffet style:
 - **Pasta & Salad** - beef & three cheese lasagne | spinach & ricotta cannelloni | olive cibatta bread | green salad | heirloom tomato & cucumber salad w. Greek feta & spanish onion
 - **Curry & Rice** - Malay lamb curry w. basmati rice | vegetable & red lentil curry | potato w. turmeric, mustard seeds & fried curry leaves | roti | papadum | sambal
 - **Roasts & Rolls** - roast beef | roast pork | artisan baked bread rolls w. butter | green salad w. house ranch dressing | potato salad w. sour cream & cider dressing | gravy | apple sauce | mustard & condiments
 - **Fajita Bar** - spiced chicken & beef | house refried beans w. charred capsicum & onion | warmed flour tortillas | guacamole | sour cream | fresh tomato salsa | cheese
 - **Make Your Own Burgers** - beef & chicken options | stone baked rolls | all the trimmings
 - **Gourmet Hot Dog Station** - gourmet beef sausage | maple bacon | sauteed onions | cheese | mustards & relish | condiments | bread rolls
- Cafe Style Meals
 - Grilled Chicken Sandwich w. Fries - smashed avocado | Swiss cheese | mixed lettuce | roma tomato
 - Three Cheese Beef Lasagne - garden salad | tzatziki | relish
 - Individual Vegetarian Tartlet - dressed green salad | condiments
 - Asahi Battered Fish & Chips - salad | traditional sides
 - Classic Caesar Salad - herbed focaccia croutons | shaved parmesa

PACKAGES

- 1/2 Day Package A - morning tea or afternoon tea + Turkish bread sandwiches for lunch
- 1/2 Day Package B - morning tea or afternoon tea + standing or cafe meal lunch
- Full Day Package A - morning tea + Turkish bread sandwiches for lunch + afternoon tea
- Full Day Package B - morning tea + standing or cafe meal lunch + afternoon tea

PLATTERS

All platters serve up to 10pax

- **Fresh Seasonal Fruit Platter**
- **Platter of Local & International Cheeses**
- **Antipasto Platter**
- **Hot Finger Food Platter** (3 pieces per person) - gourmet mini pies | pork & fennel sausage rolls | spinach & ricotta pastizzis | satay chicken skewers | spring rolls | lamb kofta kebabs | dipping sauces
- **Seafood Platter** (3 pieces per person) - salt & pepper calamari | torpedo cut flathead | crab cakes | salmon & avocado wonton crisps | skewered prawns
- **Tex Mex Platter** (3 pieces per person) - Louisiana crab cakes | buffalo chicken wings | 2 bite beef tacos | jalepeno poppers | chicken tostadas
- **Slider & Mini Burgers** (2 pieces per person) - pulled pork sliders | American style mini cheese burgers

CANAPES

Seafood

- **Lime & Sea Salt Calamari Skewers** - house tartare | charred lemon
- **Fresh Mooloolaba Tiger Prawns** - lemon aioli
- **Seared Scallops** - creole sauce | pancetta crumb
- **Spiced Crab & Corn Cakes** - lime & coriander creme fraiche
- **Lime Cured Salmon Ceviche** - avocado | dill caper cream | wonton crisp
- **Panko Crumbed Fish** - dill mayo

Vegetarian

- **Bruschetta Range**
 - Heirloom Tomato, Basil & Pecorino
 - Peppered Butter, Pear & Rocket
 - Spiced Pumpkin & Macadamia
 - Minted Pea & Feta w. extra virgin olive oil
- **Tartlet Range**
 - Beetroot & Goats Cheese
 - Sweet Potato, Caramelised Onion & Feta
 - Herbed Ricotta & Spring Pea
- **3 Cheese, Pea & Mint Arancini**
- **Grilled Haloumi Skewers** - charred lime | salsa verde
- **Pear & Goats Cheese Pastry Bites**
- **Spiced Polenta Cakes** - tomato jame | smoked creme fraiche

Other

- **Skewer Selection**
 - Twice Cooked Pork Belly - chilli caramel glaze
 - Satay Beef
 - Satay Chicken
 - Moroccan Spiced Lamb Kofte
 - Buttermilk Chicken - smoked paprika aioli
- **House Made Pork & Fennel Sausage Rolls** - tomato relish
- **Frenched Lamb Cutlets** - green goddess dipping sauce
- **Two Bite Beef Taco** - bourbon BBQ sauce | slaw | chilli mayo | crisp taco shell
- **Peking Duck Pancakes** - spring onions | cucumber | chive pancake | hoisin sauce
- **Chilli Beef Empadas** - guacamole | sour cream
- **Potato & Beef Brisket Crouquettes**
- **Pancetta Wrapped Jalepenos Poppers**
- **Shanghai Pork on Wonton Crisp**
- **Lamb & Pinenut Cigars**
- **Baked & Filled Yorkshire Puddings** - smoked beef tartare | confit onions | horseradish cream
- **Fig, Mozzarella & Prosciutto Forks**

SMALL BOWLS

Select 5 canapes from the list above & 2 of the bowl options below:

- **Red Duck Curry** - lychees | coconut rice
- **Soy Glazed & Twice Cooked Pork Belly** - broke rice | wombok slaw (gf) (lf)
- **Basil Crusted Salmon Fillet** - kipfler & avocado salad | creme fraiche dressing (gf)
- **Beef Short Ribs** - bourbon BBQ sauce | celeriac puree | charred corn (gf)
- **Classic Fish & Chips** - flathead tails | chips | emon wedge | tartare
- **Rigatoni Pasta** - creamy tomato sauce | baby spinach | grana padano | extra virgin oil (v)
- **Slow Cooked Shoulder of Lamb** - orzo | blistered heirloom tomatoes | feta | rocket | preserved lemon (gf)
- **Shanghai Beef on Bao** - wombok slaw
- **Lamb Tagine** - ras-el-hanout braised lamb | preserved lemon yoghurt | mint & pomegranate cous-cous

GRAZING TABLES

- Charcuterie & Meze Grazing Table:
 - Grilled artisan & wood fired breads for MYO Bruschetta - herbed ricotta w. minted smashed peas | basil & macadamia pesto | dukkah spiced pumpkin | traditional tomato, basil & parmesan
 - Crackers | lavosh | crisp bread
 - Cole & Cured Meats - Spanish jamon | kulen | salami | beef prosciutto
 - Local & Imported Cheeses
 - Iranian baby figs | cornichons | house made onion & caraway seed jam | Bunnyconnellen olives | fire roasted red capsicum | marinated eggplant | Jerusalem artichokes | smoked truss tomatoes | fresh & dried fruits, nuts & seeds
 - Add: Warm Tapas - spiced lamb kofta | grilled haloumi cheese w. charred lemon & salsa verde | grilled calamari skewers w. lime & sea salt
 - Add: Cold Seafood - fresh Mooloolaba prawns | Moreton bay bugs | half shell oysters | Tasmanian smoked salmon | traditional accompaniments

FOOD STATIONS

- **Tex Mex Station** - assorted U.S. Mexican inspired dishes | buffalo wings w. ranch dipping sauce | fajita & tacos - beef, chicken & vegetarian options | beef short ribs | charred sweet corn w. smoked paprika butter | potato salad | coleslaw | bourbon BBQ sauce | all the trimmings
- **Asian Street Food Station** - Korean chicken taco w. kimchi | Malaysian beef satay sticks | steamed pork dumplings | chicken yakitori skewers | red duck & lychee curry w. coconut rice | beef yaki soba noodles
- **Pizza & Pasta Station** - choice of 2 pizzas (list below) | rigatoni pasta | beef & 3 cheese lasagne | classic green salad w. dressing
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- **Seafood Station** - traditional fish & chips in paper cones w. housemade tartare & lemon | roving cold seafood incl. fresh Noosa prawns, oysters & Tasmanian smoked salmon