


We pride ourselves on the quality of food we create.

Let us help you take the stress out of organising food for your functions. We have an easy to order menu across a variety of cuisines that can be adjusted to suit all dietary requirements.

You can rely on our range to deliver the highest quality ingredients, all prepared fresh in store, especially for you.

Providing a range of fresh, healthy and delicious food is our bread and butter. We're too proud and caring to provide anything less than perfect to our valued customers.

We cater for private and corporate functions to suit any budget, and guarantee to provide you with delicious food, delivered by our friendly staff to you on time.

We would be delighted to create something special for your event, meeting or function, regardless of size. Please do not hesitate to ask if you have a unique request!


Nourish Box

## BREAKFAST

## NOURISH BOX (GF)(V)

Includes:

+ Yoghurt, granola, mixed berries (v)
+ Raspberry chia pudding with toasted granola (ve)
+ Mango chia pudding with toasted granola (ve)
+ Seasonal fruit salad (ve)
Small includes 2 varieties
Large includes 4 varieties
Small-8 pieces
24.00

Large - 24 pieces
70.00

MIXED BREAKFAST BOX
An assortment of:

+ Muffins
+ Petite danish
+ Mini croissants
Mixed Breakfast Box-20 pieces
70.00


## MUFFINS (V)

Flavours may include:

+ Blueberry
+ Raspberry \& white chocolate
+ Chocolate
+ Apple \& cinnamon
Minimum 10 serves
Muffin-2 halves


## DANISH (V)

Flavours may include:

+ Raspberry
+ Cinnamon Swirl
+ Vanilla Custard
+ Apple
Minimum 10 serves
Danish - each


## CROISSANTS

Fillings may include:

+ Ham, swiss cheese
+ Cheese, tomato (v)
+ Swiss cheese, avocado, tomato ( $v$ )
Minimum 10 serves
Mini Croissant - each 4.60
Large Croissant - each


## BREAKFAST SLIDERS

Mini brioche buns filled with our morning favourites.
Fillings may include:

+ Scrambled egg, bacon, caramelised onion, tomato relish
+ Bacon, egg, cheese, BBQ sauce
+ Mushroom, feta, rocket, caramelised onion (v)
Minimum 10 serves
Breakfast Slider - each


## BREAKFAST TURKISH

Fillings may include:
Fillings may include:

+ Bacon, egg, smashed avocado, tomato relish
+ Bacon, egg, cheddar cheese, BBQ sauce
+ Mushroom, egg, cheese, spinach, hollandaise (v)
Minimum 10 serves
Breakfast Turkish - each


## TOASTED BREAKFAST TORTILLAS

Fillings may include:

+ Bacon, egg, cheddar, spinach, BBQ sauce
+ Bacon, egg, spinach, hollandaise
+ Egg, spinach, cheddar cheese, tomato, hollandaise (v)
+ Mushroom, avocado, potato hash, spinach, tomato relish (ve)
Minimum 10 serves
Toasted Breakfast Tortilla - each


## BREAKFAST BAGELS

Fillings may include:

+ Bacon, egg, cheddar, BBQ sauce
+ Mushroom, feta, caramelised onion (v)
+ Smashed avocado, feta, balsamic glaze (v)
Minimum 10 serves
Breakfast Bagels - each
11.00

SEASONAL FRESH FRUIT (VE, GF)
Includes a selection of freshly sliced seasonal fruits
Small Platter (serves 10)
48.00

Large Platter (serves 20)
85.00

Fruit Salad Individual Snack Size
6.00

Minimum 10 serves


Mixed Sandwich Box

## BREADS

## SANDWICHES

An assortment of delicious fillings on our white \& multigrain breads, cut in quarters for your convenience

Fillings may include:

+ Roast chicken, mayonnaise, fresh salad
+ Roast chicken, coleslaw
+ Ham, fresh salad, tomato relish
+ BBQ pulled beef, fresh salad, honey mustard dressing
+ Egg, lettuce, mayonnaise (v)
+ Avocado, fresh salad, hummus (v)
Minimum 10 serves
Sandwiches - each
Switch to gluten free bread - per sandwich


## GOURMET SANDWICHES

An assortment of delicious fillings on our artisan seeded sourdough and white ciabatta breads

Fillings may include:

+ Roast chicken, avocado, fresh salad, pesto mayonnaise
+ Smoked salmon, brie, avocado, red onion, rocket, cream cheese
+ Ham, brie, caramelised onion, fresh salad
+ Avocado, cheddar, fresh salad, red onion, beetroot hummus (v)
+ Eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (v)
Minimum 10 serves
Gourmet Sandwiches - each
Switch to gluten free bread



## BAGELS

Fillings may include:

+ Smoked salmon, red onion, rocket, cream cheese
+ Ham, cheddar cheese, tomato, dijonnaise
+ BBQ beef, swiss cheese, dijon mustard, dill pickles
+ Beetroot hummus, grilled pumpkin, grilled eggplant, onion relish, rocket (ve)

Minimum 10 serves
Bagels - each
13.00

## FRESH BAKED BAGUETTES

Fillings may include:

+ Roast chicken, avocado, fresh salad, pesto mayonnaise
+ Roast chicken, brie, fresh salad, aioli
+ Roast pumpkin, feta, caramelised onion,
kalamata olives, rocket (v)
+ Ham, swiss cheese, fresh salad, honey mustard dressing
Minimum 10 serves
Baguettes - each
12.00


## TORTILLA WRAPS

Fillings may include:

+ Roast chicken, fresh salad, pesto mayonnaise.
+ Tandoori spiced chicken, fresh salad.
+ Ham, fresh salad, mayonnaise.
+ BBQ beef, coleslaw, honey mustard.
+ Falafel, fresh salad, hummus (ve)
Minimum 10 serves
Tortilla Wraps - each
10.00


## TOASTED TORTILLA WRAPS

Fillings may include:

+ BBQ chicken, bacon, cheddar, spinach, mayonnaise
+ Chicken schnitzel, coleslaw, BBQ sauce, aioli
+ Beef meatballs, tomato sugo, spinach, mozzarella, lemon aioli
+ Roast pumpkin, eggplant, capsicum, caramelised onion, spinach, sundried tomato, hummus (ve)

Minimum 10 serves

## Toasted Tortilla Wraps - each

## TOASTED TURKISH BREAD

Fillings may include:

## Fillings may include:

+ Roast chicken, swiss cheese, avocado, sundried tomato, pesto mayonnaise
+ BBQ chicken, bacon, swiss cheese, spinach, mayonnaise
+ Slow cooked beef, tomato, rocket, caramelised onion, tomato relish, cheddar cheese
+ Pulled pork, ham, dill pickles, swiss cheese, dijonnaise
+ Grilled eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (v)

Minimum 10 serves
Toasted Turkish Bread - each




Mixed Selection of Hot Food

## HOT SELECTION

## MINI BEEF MEATBALLS

Marinated in our chilli \& lime sauce
Served with tomato relish
Small Platter - approx 67 pieces
60.00

Large Platter - approx 134 pieces
105.00

MINI SPRING ROLLS \& SAMOSAS (VE)
Vegetarian mini spring rolls \& mini samosas
Served with sweet chilli sauce
Small Platter - 96 pieces
80.00

Large Platter-192 pieces
140.00

## CHICKEN WINGS

Served with sweet chilli sauce
Small Platter - approx 30 pieces
75.00

Large Platter - approx 50 pieces
115.00

## PARTY ROLLS

Includes an assortment of house made pastries:

+ Sausage rolls
+ Pumpkin, spinach, four cheese rolls (v)
Served with tomato relish
Party Rolls - 20 pieces


## CLASSIC PARTY PASTRIES

Flavours may include:

+ Sausage rolls
+ Pumpkin, spinach, four cheese rolls (v)
+ Quiche lorraine
+ Spinach, ricotta quiche (v)
+ Mini pies
Served with tomato or BBQ sauce
Small Platter-28 pieces
Large Platter-56 pieces
120.00


Pizza

## PIZZA

Choose up to two toppings per platter:
Ham, mushroom, spinach, Kalamata olives, mozzarella, oregano
$B B Q$ chicken, smoky $B B Q$ sauce, mozzarella, oregano
Grilled eggplant, feta, roast peppers, spinach, mozzarella, oregano (v)
Fresh tomato, basil \& mozzarella (v)
Ham, bacon, pulled pork, onion, mozzarella, BBQ sauce
Roasted pumpkin, feta,roast peppers, mozzarella, oregano
30 pieces

## SLIDERS

## Fillings may include:

+ Beef, cheese, dill pickles, ketchup, mustard
+ BBQ beef, dill pickle, coleslaw, honey mustard dressing
+ Pulled pork, coleslaw, chipotle mayonnaise
+ Grilled mushroom, brie, kale, caramelised onion, pesto (v)
Minimum 10 serves
Sliders-each


## QUICHE

Minimum 10 serves
Quiche lorraine, bacon, mozzarella
Spinach, ricotta quiche (v)
Mediterranean vegetable quiche ( $v$ )
Quiche - each

## PASTA

Minimum 10 serves
Beef lasagne
Spinach, ricotta lasagne (v)
Pasta - each

## BAKES

Minimum 10 serves
Served with tomato relish
Zucchini, bacon slice
Roast vegetable frittata (v) (gf)
Bakes - each

## NOODLE \& RICE BOXES

Sweet and Sour Chicken \& Rice
Teriyaki Chicken \& Rice
Teriyaki Tofu Noodle Stir Fry (ve)
Noodle \& Rice Boxes - each
7.00

Minimum 10 serves


## COLD SELECTION

## SUSHI PLATTER

Fillings may include:

+ Fresh salmon \& avocado (gf)
+ Teriyaki chicken (gf)
+ Tuna mayonnaise \& cucumber ( $g f$ )
+ Carrot \& cucumber (gf) (v)

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Individual Salads

## POKE BOWLS

Miso Salmon Rice - brown rice, edamame, corn, radish, herbs, sesame seeds ( $g f$ )

Nourish Bowl-zucchini noodles, broccoli, tofu, pickled cabbage, capsicum, radish, mint (ve) (gf)

Vegan Rainbow - zucchini noodles, broccoli, edamame, carrot, pickled cabbage, avocado, corn (ve) (gf)

## Poke bowls - each

## FRESH SALADS

For the healthy minded.

## Choose from:

+ Broccoli Pesto Pasta Salad (v)
+ Chicken Pesto Pasta Salad
+ Chicken Schnitzel, Avocado \& Spinach Salad
+ Cuban Brown Rice (ve)(gf)
+ Greek Salad (v)(gf)
+ Potato \& Bacon Salad
+ Quinoa \& Roast Vegetable Salad (ve) (gf)
+ Vietnamese Chicken Salad (gf)
Fresh Salad Bowl - Large (serves 10)
Individual Boxes - Served in 8oz noodle boxes

Minimum 10 serves


Grazing Platters

## ANTIPASTO PLATTER

Includes:

+ Ham
+ Salami
+ Chorizo
+ Grilled Mediterranean vegetables
+ Olives
+ Feta cheese
+ Turkish bread
Small platter
60.00

Large platter
Gluten free bread available

## HOUSE MADE DIPS PLATTER (V)

Made from scratch \& served with crunchy vegetables \& tortilla chips Includes a selection of dips:

+ Hummus (ve)
+ Beetroot hommus (ve)
+ Semi-sundried tomato (v)
+ Roast capsicum (v)
+ Avocado (v)
Small platter - choose 2 dips
Large platter - choose 4 dips


## GRAZING PLATTER (V) (GF)

A variety of local \& international cheeses, accompanied by a selection of crackers.

Includes:

+ House made dip
+ Marinated olives
+ Mixed dried fruit \& nuts
+ Gluten free crackers
Plus, a selection of cheeses:
+ Brie
+ Camembert
+ Blue costello
+ Cheddar

| Small platter - 2 cheeses | 60.00 |
| :--- | :--- |
| Large platter -4 cheeses | 110.00 |

## SEASONAL FRESH FRUIT (VE, GF)

Includes a selection of freshly sliced seasonal fruits

Small Platter (serves 10)

Large Platter (serves 20)
Fruit Salad Individual Snack Size

Minimum 10 serves

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## SWEET BITES

## PETITE TARTS (V

Flavours may include

+ Apple pie
+ Banana Toffee
+ Fruit tart
+ Custard tart
Petite Tarts - 24 pieces


## SLICES (V)

Flavours may include:

+ Caramel
Salted caramel
+ Lemon
+ Hedgehog
+ Chocolate fudge brownie
Ask about our vegan options
Minimum 10 serves


GLUTEN FREE SLICES (GF)
Flavours may include:

+ Chocolate fudge brownie
+ Caramel slice
+ Nutella fudge brownie
Minimum 10 serves
Gluten Free Slices - each

COOKIES (V)
Flavours may include:

+ Anzac
+ Chocolate chip
+ Double chocolate
Minimum 10 serves
Cookies - each

GLUTEN FREE COOKIES (GF)
Flavours may include:

+ Cranberry \& white chocolate
+ Triple chocolate
Minimum 10 serves
Gluten Free Cookies - each
CARROT CAKE (V)
Carrot Cake- 20 pieces
65.00


## LOAF SLICES (V)

Toasted, cut in halves and served with butter
$\begin{array}{ll}\text { Banana bread - } 2 \text { half slices } & 5.70\end{array}$
Gluten free banana bread ( gf ) - 2 half slices 6.00
Orange \& almond loaf (gf) - 2 half slices 7.00
Date \& honey loaf (gf) - 2 half slices 6.00

Minimum 10 serves



## INDIVIDUAL BOXES

## BREAKFAST BOXES

Minimum order of 10

## CONTINENTAL 17 ea

2 mini breakfast croissants, mini seasonal
fruit salad \& granola, half a muffin
BREAKFAST BURGER ..... 15.5 ea

Breakfast slider, mini yoghurt with granola \& mixed berries,
2 mini danish

VEGAN (VE) 15.5 ea

Mini chia pudding with granola \& coconut, toasted wrap with mushroom, avocado, potato hash, spinach, tomato relish
MORNING TEA ..... 14 ea

## LUNCH BOXES

Minimum order of 10

## SANDWICH

Half a sandwich, salad, mini slice
WRAP ..... 16.5 ea
Half a fresh wrap, salad, mini seasonal fruit salad \& granola, cookie
SUSHI (GF) ..... 15.5 ea
4 Pieces of fresh sushi, salad, piece of fresh fruit
FALAFEL (VE) ..... 14.5 ea
Half a falafel, hummus and salad wrap, salad, mini chia pudding with granola \& coconut
PASTA ..... 16.5 ea
House made pasta, salad, mini slice
FINGER FOOD ..... 15.5 ea
Mini beef meatballs, salad, 2 party pies
FRITTATA (GF) (V)14.5 ea
Roast vegetable frittata, salad, mini gluten free slice
PIZZA13.5 ea
Pizza, slider, mini slice
AFTERNOON TEA16 ea
Half a sandwich, mini croissant, party pie,


## GROUP PACKAGES

## RISE \& SHINE PACKAGE

Includes:

+ Small seasonal fresh fruit platter
+ Mini croissants x 12
+ Petite danish $\times 12$
+ Orange juice 2L
Rise \& Shine Package - serves 12
Additional serves - each


## LIGHT LUNCH PACKAGE

Includes:

+ Large classic party pastries platter
+ Sandwiches $\times 10$
+ Tortilla wraps $\times 10$
Light Lunch Package - serves 20
Additonal serves - each


## ITALIAN FESTA PACKAGE

Includes:

+ Large antipasto platter
+ Homestyle pasta $\times 18$
+ Traditional pizza platter
+ Fresh salad large bowl
Italian Festa Package - serves 20
Additonal serves - each




## BEVERAGES

COFFEE \& TEA PACKAGE
Single origin batch brew coffee \& organic loose leaf tea
Minimum 10 guests
Coffee \& Tea Package - per head ..... 4.20
COFFEE, TEA \& JUICE PACKAGE
Single origin batch brew coffee, organic loose leaf tea \& orange juice
Minimum 10 guests
Coffee, Tea and Juice Package - per head ..... 5.20
BOTTLED WATER
1.5L Water ..... 4.00
ORANGE JUICE2L Bottle8.00
APPLE JUICE
2L Bottle ..... 8.00
SOFT DRINK
2L Soft drink ..... 6.50
COLD BREW COFFEE
2L Cold brew coffee ..... 35.00

## EQUIPMENT \& STAFF

## GLASSWARE

$$
\begin{array}{ll}
+ \text { Water glasses - each } & 1.20 \\
+ \text { Wine \& sparkling glasses - each } & 1.20
\end{array}
$$

## CROCKERY

+ Serviette \& plate - each 1.20
+ Tea/coffee - each 1.20


## CUTLERY

+ Cutlery - each


## SERVING UTENSILS

Tongs, knives, serving spoons etc

+ Serving Utensils - each


## TABLES

| + Trestle Table - each | 35.00 |
| :--- | ---: |
| + Trestle Cover - each | 15.00 |

## SERVICE EQUIPMENT

| + Hot Water Urn - 20 litre | 35.00 |
| :--- | ---: |
| + Percolator - 100 cup | 75.00 |
| + Chaffer Dish - each | 45.00 |
| + Hot Box - each | 200.00 |

## STAFF HIRE

+ 7am-7pm weekday - per hour 38.00
+ 7pm-7am weekday - per hour 55.00
+ Weekend - per hour 60.00
+ Public Holiday - per hour 70.00


## DELIVERY

See our website for delivery estimates or contact us for a quote.
Our staff will collect any hired or re-usable items after your function, event or meeting has concluded. Please specify an appropriate time to do so, as we hate to interrupt. If you require any assistance with setting, packing or cleaning up in addition to your catering order, or require delivery outside of these terms, please contact our friendly staff.

## ORDER TIMES

We will always be happy to meet any catering needs you have, however some items may require 48 hours notice to supply. It is advised to place your order as early as possible to ensure we have everything ready for you on the day. If you are unable to place your order in advance please speak to our friendly staff regardless.

We will always be able to assist.

## CHANGES / CANCELLATIONS

We understand your catering requirements may change unexpectedly. Notice of any changes or cancellations must be given 24 hours before the event (48 hours for larger orders). Charges may be applicable due to stock loss or labour charges.

## BROKEN / MISSING EQUIPMENT

Any broken or missing equipment will be charged to your account at the cost of replacement.

## PAYMENT TERMS

We accept Credit Card or Direct Debit (EFT) payment. Please contact our friendly staff to arrange payment.



[^0]:    Served with soy sauce, wasabi and ginger

