



CATERING PACKAGES

Power Breakfast

Minimum 6 per item

- Bliss balls..... 3 ea**
Raw, Vegan protein balls with coconut, dates, goji berries and raw protein powder (GF, DF, V)
- Overnight muesli cups 5 ea**
with fresh fruit, maple and buckwheat crumble and organic Barambah yoghurt (GF)
- Brown rice coconut pudding 4.5 ea**
with poached fruit, cacao nibs and bee pollen (GF, DF, VO)
- Purple power pudding 4.5 ea**
Blueberry and chia pudding pots with nut clusters and cacao nibs (GF, DF, V)
- Fruit salad pots5 ea**
with coyo and bee pollen (GF, DF, VO)
- Breakfast muffins4 ea**
Organic Australian quinoa, cheese and herb loaded muffins (GF)
- Breakfast parfait cups5 ea**
Granola, coyo and berry parfait cup (GF, DF, V).
- Zucchini bread 4.5 ea**
with organic feta and sliced fresh tomato.
- Black olive and herb frittata 4.5 ea**
with breakfast salad (GF)
- Power granola bars 4 ea**
Nut, seed and oat bars (DF)
- Paleo chocolate custard pots..... 5 ea**
w nutty granola

Breakfast boxes

Minimum 4 boxes per order

- The Vego box 14**
A tofu scramble breakfast wrap
Protein Ball
coconut yoghurt and fruit cup w maple buckwheat granola (V, DF)
- The BLT Box 14**
A BLT wrap (1/2)
blueberry muffin
bircher muesli, yoghurt and fruit cup
- The Quiche Box 14**
A vegetable quiche with side salad
blueberry muffin
bircher muesli, yoghurt and fruit cup
- The Frittata Box 14**
A gluten free vegetable frittata
A GF friand
Fruit salad cups with organic yoghurt (GF)

Breakfast platters

Minimum 6 people

- Wraps and sandwiches.....10 pp**
A mixed platter of bacon and egg wraps, BLT sandwiches and vegetarian wraps. (The equivalent of one wrap or sandwich per person)
- Breakfast bites.....12 pp**
A mixed platter of the chef's selection: quiches, frittata, savoury muffins etc.
- Fruit platter.....8 pp**
Seasonal fruit platter



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So many salads

- Individual salads8 ea**
- Small salads (2-3).....14 ea**
- Large salads (4-6).....20 ea**

- Roasted pear and lentil salad (V)
- Wild rice salad with roasted veg & zatar
- Raw zoodle rainbow salad (V)
- Broccolini and currant salad with almonds (V)
- Green bean, feta and cherry tomato salad with mustard vinagertete

*All our salads are GF

Lunch boxes

Minimum 4 boxes per order

- The Burger Box 15 ea**
A roast beef and slaw slider, side salad and sweet treat
- The Rice Paper rolls Box..... 15 ea**
3x Rice paper rolls with dipping sauce, side salad and a protein ball (V, DF, GF)
- The Quiche Box 15 ea**
A ham and vegetable quiche, side salad and a sweet treat
- The Wrap Box15 ea**
A chicken salad wrap, side salad and sweet treat.
- Kids lunch boxes10 ea**
A ham and cheese sandwich, fruit and organic yoghurt

Lunch Platters

Sandwiches, bagels and wraps12pp
A mix of salad, ham, chicken and feta gourmet wraps, bagels and sandwiches.
(The equivalent of 1.5 sandwiches and wraps per person).

Mixed canape platter 14pp
A mixed platter of chefs selection: rice paper rolls, quiche, salad cups, frittata, falafels, dips and crudities.

Sliders platter 16pp
Chefs selection of sliders: pulled pork, roast beef, chicken and BLT.
(The equivalent of 2 sliders per person)

Sweet platters

Minimum 6 people

Cakes and slices.....7 pp
Chefs selection of sweet treats: Slices, brownies, choc dipped strawberries, vegan treats etc.

Fruit platter.....8 pp
Seasonal fruit platter

Picnic baskets

Hire a picnic basket for two with everything you need including a picnic rug and biodegradable utensils.

The bits & pieces basket90
Antipasto including grilled vegetables, cheeses, a gourmet selection of meats, lavosh and fruit