



Health Foods Menu 01/02/2020

Prices are subject to change and some items are subject to availability.

Delivery charge applies. Service staff is available on request at an additional cost.

Served on disposable platters. Add Bio plates and napkins \$0.45 per person. Bio cutlery set \$0.55 per person.

We suggest a mixture of hot and cold platters for most occasions.

Additional 10% GST applies.

We understand the importance of nutritional eating using foods that are closest to their natural form. With the rising abundance of food Allergies, Intolerances and Sensitivities; we want to be able to offer everyone a delicious catered option. This menu contains tasty, wholesome healthy options suitable for Gluten Free, Vegan, Dairy free, using natural fresh ingredients

There is a rising awareness about the importance of what we eat and the effects the foods we eat can have on our bodies and brains. We have dedicated a menu to provide delicious, healthier alternatives with the nutrients to keep your brain active, your heart healthy.

Also doing our best towards environmental sustainability, all our platters and disposable plates/cutlery are made with Biodegradable or compostable materials.

Hot platters

Honey Turmeric marinated Free Range chicken skewer (GF)(DF) 30 pieces	\$79.50
Thai charred prawn skewers, coriander, chilli and fresh lime (GF) 30 pieces	\$79.50
Sweet potato turmeric felafel skewers w, cumin raita (GF)(V)(VG option) 30 pieces	\$79.50
Salmon sweet potato patties w, avocado yogurt dip (GF) 30 pieces	\$79.50
Individual broccoli, spinach & semi fried tomato frittata (GF)(V) 24 pieces	\$67.20
Sweet potato, kale, quinoa fritters w, herb yogurt and house salsa (GF)(V) 30 pieces	\$79.50
Curried quinoa chickpea patties with chilli Jam (GF)(VG) 2.80 24 pieces	\$67.20

Cold Platters

Assorted gourmet sandwich wedges (GF Optional upon request)	\$49.00
Including curried egg and micro herbs, BLT with aioli and house chutney, tender roast beef with Swiss cheese And seeded mustard, chicken breast with avocado, semi dried tomato, aioli and cheese, tandoori chicken, pesto roasted vegetables (V), herbed tuna mayo mix w, rocket, Sweet potato, feta, pesto and rocket (V) 28 wedges	
Assorted gourmet Vegan sandwich wedges (GF Option)	\$49.00
Including felafel, sweet potato, Moroccan pumpkin, fire roasted capsicum, charred zucchini Avocado, salads. 28 wedges	
Assorted sushi platter, soy sauce, pickled ginger (GF) (VG optional)	\$60.00
40 pieces	
Assorted Rainbow mini rice paper rolls, hoisin sauce (GF) (VG optional)	\$60.00
24 pieces	
Raw vegetable dip Platter (GF) (VG)	\$50.00
A selection of seasonal crudités, house spiced hummus served in a capsicum bowl	
Salad Trays All (GF)	
Serve approx. 10 side portions	
Roasted sweet potato, broccoli, chilli, quinoa, mixed nuts, pomegranate (VG)	\$48.00
Green salad, mix leaf, broccoli, snow peas, cucumber, avocado, chia seeds, pumpkin seeds, herbs, raw apple cider dressing (VG)	\$48.00
Quinoa, curly kale, crunchy broccoli slaw, cabbage, shaved Brussel sprouts, flax and sunflower seeds, house dressing (VG)	\$48.00
Baby spinach, roasted beetroot, feta, mandarin segments, walnuts, dressing	\$48.00
Baby kale quinoa salad, semi dried tomato, fresh cherry tomato, feta, toasted chickpea, fresh basil w, Greek vinaigrette (VG)	\$48.00
Baby coz, avocado, spices pepitas, cherry tomato, crisp radish, fresh chopped Herbs, house dressing (VG)	\$48.00



Tuna, GF penne, chilli, herbs, roasted cherry tomato, confit garlic, crunchy broccoli **\$48.00**

Sweets Platters

Seasonal Fruit Platter (GF)(VG) \$49.90

Fruity oat slice (GF)(VG) \$65.00
24 pieces

Caramel Slice (GF)(VG) 24 piece \$75.00
24 pieces

Sweet potato Chocolate Brownie (VG) (GF optional) 24 piece \$55.00
24 pieces

Caramel Walnut Slice (GF)(VG) 24 piece \$75.00
24 pieces

Coconut lemon slice (GF)(VG) 24 piece \$65.00
24 pieces

Date and super seed slice (GF)(VG) 24 piece \$75.00
24 pieces

Assorted raw energy balls, natural sugar (GF) \$75.00
- Super seeds energy ball, hemp, pumpkin and sunflower seeds
-Pumpkin, coconut, pepita
-Dark choc peanut
30 pieces

Mini Pumpkin scones (GF) (20 pieces) \$60.00
House chia raspberry jam, whipped coconut cream

(GF) – gluten free
(DF) – Dairy Free
(V)- Vegetarian
(VG)- Vegan