



Health Foods Menu 22/09/2023

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, house tzatziki (GF) 25 pieces	\$76.50
Thai charred prawn skewers, coriander, chilli salsa and fresh lime (GF) (DF) 24 pieces	\$85.50
Sweet potato turmeric felafel skewers w, tahini sauce (GF)(VG) 24 pieces	\$78.50
Salmon sweet potato patties w, avocado yogurt dip (GF) 24 pieces	\$78.50
Individual broccoli, spinach, feta & semi fried tomato frittatas (GF)(V) 24 pieces	\$80.50
Sweet potato, kale, quinoa fritters w, herb yogurt and green tomato salsa (GF)(V) 24 pieces	\$75.50
Curried quinoa chickpea patties with chilli Jam (GF)(VG)(FD) 24 pieces	\$75.50

Cold Platters

Assorted gourmet sandwich wedges (GF Optional upon request \$56.95)	\$49.50
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) 24 wedges	
Assorted gourmet Vegan sandwich wedges (GF Option upon request \$63.25)	\$55.00
Including felafel, sweet potato, Moroccan pumpkin, fire roasted capsicum, charred zucchini Avocado, hummus, salads, chickpea salad mix, mayo, rocket. 24 wedges	
Assorted Brown rice sushi platter, soy sauce, pickled ginger (GF) (VG optional)	\$81.50
40 pieces 56.95	
Assorted Rainbow mini rice paper rolls, hoisin sauce (GF)(DF) (VG optional)	\$67.50
24 pieces	
Raw vegetable & house spiced hummus Platter (GF) (VG)(DF)	\$53.50
A selection of seasonal crudité's, house spiced hummus served in a capsicum bowl	

Salad Trays \$55.00

Serve approx. 8-10 side portions

Lentil salad, kale, baby spinach, green beans, Spanish onion, cherry tomato, mint, lemon Dijon dressing (gf)(vg)

Green salad, mixed baby leaf, broccoli, snow peas, cucumber, avocado, chia seeds, pumpkin seeds,
herbs, raw apple cider dressing (gf)(vg)

Quinoa & crunchy broccoli slaw, curly kale, shaved Brussel sprouts, almonds, mixed seeds, house honey
mustard dressing (gf)(vg)

Spiced roasted chickpea salad, baby coz, cherry tomato, cucumber, avocado, radish, tahini dressing (gf)(vg)

Roasted carrot, cauliflower & quinoa salad, green onion, parsley, coriander, dates, almonds, peas, spiced lemon
tahini dressing (gf)(vg)



Sweets Platters

Seasonal Fruit Platter (GF)(VG)	\$65.00
Fruity oat and seed slice (GF)(VG) 24 piece	\$68.00
Sweet potato Chocolate Brownie (VG) (GF optional) 24 piece	\$68.00
Caramel Walnut Slice (GF)(VG) 24 piece	\$78.00
Coconut lemon slice (GF)(VG) 24 piece	\$68.00
Date and super seed slice (GF)(VG) 24 piece	\$78.00
Assorted raw energy balls, natural sugar (GF) 30 pieces <i>- Super seeds energy ball, hemp, pumpkin and sunflower seeds</i> <i>-Pumpkin, coconut, pepita</i> <i>-Dark choc peanut</i>	\$87.00
Mini Pumpkin scones (GF) 20 pieces House chia raspberry jam, whipped coconut cream	\$65.00

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