

our honestly healthy catering menu

healthy snacks

GF	free-range boiled eggs & spinach	\$6
GF V	shelled edamame	\$6
GF	falafel & spiced tahini dip	\$6
	protein bars	\$6
	protein balls	\$5

create your own

4 toppings \$19.⁵⁰, 5 toppings \$20.⁵⁰, 6 toppings \$21

base

cos lettuce
mixed leaves
spinach
warm brown rice
vegan chicken stock

dressing

balsamic vinaigrette
basil pesto
caesar
chipotle mayonnaise
olive oil
jalapeno lime
fresh lemon squeeze
spiced tahini
white balsamic
zesty asian

protein

crispy bacon
flaked tuna
falafel
marinated pulled pork
marinated tofu

shredded free-range chicken
warm marinated chicken
warm meatballs

toppings

avocado
beetroot
black beans
capsicum
carrot
coriander
corn
croutons

cucumber
currants
danish feta
edamame
free-range egg
fried shallots
jalapenos
mint
parmesan
olive
pine nuts
quinoa
red cabbage
sesame seeds
shredded cheese
spanish onion
tomato
tortilla crisps
dukkha
almonds
coconut

GF

GF + VEG

GF

V

GF

GF

salads (single serve)

chicken chipotle	\$20. ⁵⁰
shredded free-range chicken, corn, shredded cheese, tortilla crisps, black beans, coriander, jalapeno & cos lettuce with chipotle mayonnaise dressing <i>energy 1971kj, calories 471, protein 35g, fat 26g</i>	
modern caesar	\$21
shredded free-range chicken, crispy bacon, free-range egg, parmesan, croutons & cos lettuce with caesar dressing <i>energy 2202kj, calories 526, protein 45g, fat 31g</i>	
vegan slaw	\$18
carrot, mint, red cabbage, coriander, edamame, fried shallots & cos lettuce with zesty asian dressing <i>energy 677kj, calories 162, protein 6g, fat 9g</i>	

middle eastern falafel	\$19
falafel, mint, currants, cucumber, tomato, spanish onion & cos lettuce with spiced tahini dressing <i>energy 1729kj, calories 413, protein 16g, fat 20g</i>	

protein powerhouse	\$19. ⁵⁰
flaked tuna, edamame, free-range egg, quinoa, beetroot & spinach with olive oil & lemon juice <i>energy 1971kj, calories 471, protein 30g, fat 33g</i>	

superfood detox	\$20
marinated tofu, coriander, quinoa, beetroot, edamame, sesame seeds & mixed leaves with zesty asian dressing <i>energy 1497kj, calories 358, protein 14g, fat 16g</i>	

quinoa chicken	\$20. ⁵⁰
shredded free-range chicken, feta, almonds, quinoa, olives & mixed leaf with balsamic vinaigrette <i>energy 2192kj, calories 524, protein 35g, fat 37g</i>	

pulled pork tortilla	\$20. ⁵⁰
marinated pulled pork, tomato, shredded cheese, capsicum, corn, tortilla crisps & cos lettuce with jalapeno lime dressing <i>energy 1689kj, calories 404, protein 27g, fat 26g</i>	

platters (serves 4-5)

each of our platters contain 4-5 servings, ideal for meetings and corporate lunches.

choose from a variety of flavours:

GF	chicken chipotle (popular)	\$74
	modern caesar	\$76
V	vegan slaw	\$65
GF	middle eastern falafel	\$69
GF	protein powerhouse	\$71
V	superfood detox	\$72
	pulled pork tortilla	\$74
GF	quinoa chicken	\$74

drinks

still water	\$5
sparkling water	\$6
coke zero	\$5
diet coke	\$5
emma & toms juice	\$6

V = vegan GF = gluten free VEG = vegetarian