

## our honestly healthy catering menu

V = vegan GF = gluten free

### healthy snacks

GF	<b>free-range boiled eggs &amp; spinach</b>	<b>\$6</b>
GF V	<b>shelled edamame</b>	<b>\$6</b>
GF	<b>falafel &amp; spiced tahini dip</b>	<b>\$6</b>
GF V	<b>fruit salad</b>	<b>\$6</b>
	<b>protein bars</b>	<b>\$5</b>
	<b>protein balls</b>	<b>\$5</b>

### drinks

	<b>still water</b>	<b>\$4.50</b>
	<b>sparkling water</b>	<b>\$5</b>
	<b>coke zero</b>	<b>\$4.50</b>
	<b>diet coke</b>	<b>\$4.50</b>
	<b>emma &amp; toms juice</b>	<b>\$5.50</b>
	<b>emma &amp; toms sparkling 250ml</b>	<b>\$5.50</b>

### salads (single serve)

GF	<b>chicken chipotle (popular)</b>	<b>\$18.50</b>
	shredded free-range chicken, corn, shredded cheese, tortilla crisps, black beans, coriander, jalapeños & cos lettuce with chipotle mayonnaise dressing	
	<b>modern caesar</b>	<b>\$19</b>
	shredded free-range chicken, crispy bacon, free-range egg, parmesan, croutons & cos lettuce with caesar dressing	
V	<b>vegan slaw</b>	<b>\$16</b>
	carrot, mint, red cabbage, coriander, edamame, fried shallots & cos lettuce with zesty asian dressing	
GF	<b>middle eastern falafel</b>	<b>\$17</b>
	falafel, mint, currants, cucumber, tomato, spanish onion & cos lettuce with tahini dressing	
GF	<b>protein powerhouse</b>	<b>\$17.50</b>
	flaked tuna, edamame, free-range egg, quinoa, beetroot & spinach with olive oil & lemon juice	
V	<b>superfood detox</b>	<b>\$18</b>
	marinated tofu, coriander, quinoa, beetroot, edamame, sesame seeds & mixed leaves with zesty asian dressing	
GF	<b>quinoa chicken</b>	<b>\$18.50</b>
	shredded free-range chicken, feta, almonds, quinoa, black olives & mixed leaf with balsamic vinaigrette	
	<b>pulled pork tortilla</b>	<b>\$18.50</b>
	marinated pulled pork, tomato, shredded cheese, capsicum, corn, tortilla crisps & cos lettuce with jalapeno lime dressing	

### create your own

4 toppings \$17.50, 5 toppings \$18.50, 6 toppings \$19

base	dressing	toppings
cos lettuce	balsamic	avocado
mixed leaves	vinaigrette	beetroot
spinach	basil pesto	black beans
warm brown rice	caesar	capsicum
vegan chicken stock	chipotle mayonnaise	carrot
	jalapeno lime	coriander
	fresh lemon	corn
	spiced tahini	croutons
	white balsamic	cucumber
	zesty asian	currants
		danish feta
		edamame
		free-range egg
		fried shallots
		jalapenos
		mint
		parmesan
		olive
		pinenuts
		quinoa
		red cabbage
		sesame seeds
		shredded cheese
		spanish onion
		tomato
		tortilla crisps
		dukkha
		almonds
		coconut

  

protein
crispy bacon
flaked tuna
falafel
marinated pulled pork
marinated tofu
shredded free-range chicken
warm marinated chicken
warm meatballs

  

### 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	<b>chicken chipotle (popular)</b>	<b>\$67</b>
	<b>modern caesar</b>	<b>\$69</b>
V	<b>vegan slaw</b>	<b>\$58</b>
GF	<b>middle eastern falafel</b>	<b>\$62</b>
GF	<b>protein powerhouse</b>	<b>\$64</b>
V	<b>superfood detox</b>	<b>\$65</b>
	<b>pulled pork tortilla</b>	<b>\$67</b>
GF	<b>quinoa chicken</b>	<b>\$67</b>