

CATERING

TRADING HOURS: MONDAY TO FRIDAY 6AM TO 4PM
VISIT US IN STORE TO DISCUSS CATERING OPTIONS
OR CALL NICOLE ON 0415 135 388

• LIGHT OPTIONS •

BACON AND EGG MUFFINS	\$4.50
SAVORY MUFFIN	\$5.50
<i>garden vegetable or pumpkin and bacon</i>	
MUFFIN OF THE DAY	\$4.50
BREKKY BAR	\$4.00
ASSORTED YOGHURTS	\$4.50 each
BIRCHER MUESLI	\$4.50 each
CHIA PUDDING	\$4.50 each
BANANA BREAD	\$4.50 each
<i>or BANANA AND WALNUT BREAD</i>	
ASSORTED SLICES	\$4.00 each
<i>lemon • caramel • hedgehog • rocky road</i>	



• LUNCH •

LUNCH OPTIONS CHANGE DAILY;
PLEASE CALL TO DISCUSS
WHAT IS AVAILABLE

BEEF SLIDERS	\$5.00 each
PASTA OF THE DAY	\$9.50 per serve
SPANAKOPITA	\$7.50 per serve
PUMPKIN, SPINACH & FETA FILO	\$7.50
<i>(can be cut into 3)</i>	
CHICKEN & ASPARAGUS FILO	\$7.50
<i>(can be cut into 3)</i>	
SATAY CHICKEN FILO	\$7.50
<i>(can be cut into 3)</i>	
SALMON PATTIES	\$7.50
FRITTATA	\$7.50
THAI CHICKEN TORTILLA BAKE	\$7.50
VEGETARIAN SALADS	\$7.50 per serve
Meat/seafood salads	\$9.50 per serve

• SANDWICH OPTIONS •

- **FOCACCIAS** *(Toasted and cut into 2)* \$7.50 each
 - CHICKEN SCHNITZEL *butter, mayo, lettuce, cheese, tomato and schnitzel*
 - HAM *butter, pickle spread, cheese, tomato and ham*
 - SALAMI *butter, pesto, spinach, salami roast capsicum, feta, olives and salami*
 - SWEET CHILI CHICKEN *butter, sweet chili sauce, spinach, chicken tenders, cheese, tomato*
 - CHICKEN AND AVOCADO *butter, mayo, lettuce, tomato, cheese, chicken and avocado*
 - ROAST VEGETABLES *butter, pesto, spinach, roast eggplant, zucchini, capsicum and feta*
 - ROAST BEEF *butter, Dijon, spinach, beef, cheese, tomato*
- **SANDWICHES** \$6.00 each
 - CHICKEN SCHNITZEL *butter, mayo, lettuce, cheese, tomato and schnitzel*
 - TURKEY *butter, cranberry sauce, spinach, tomato, cucumber, cheese and turkey*
 - HAM *butter, pickle spread, cheese, tomato and ham*
 - TANDOORI CHICKEN *butter, tziki, spinach, tomato, cucumber and chicken*
 - CHICKEN AND AVOCADO *butter, mayo, lettuce, tomato, cheese, chicken and avocado*
 - EGG MIX *butter, mayo, lettuce and egg*
 - TUNA MIX *butter, mayo, lettuce and tuna mix*
 - ROAST VEGETABLES *butter, pesto, spinach, roast eggplant, zucchini, capsicum and feta*
 - CHICKEN AND CAPSICUM *butter, mayo, chicken & capsicum mix & lettuce*
 - SALAMI AND PESTO *butter, pesto, salami & tasty cheese*
 - ROAST BEEF *butter, Dijon, spinach, beef, cheese, tomato*
 - BLT *butter, bacon, lettuce, tomato*
- **WRAPS** *(cut into 3)* \$7.50 each
 - CHICKEN SCHNITZEL *butter, mayo, lettuce, cheese, tomato and schnitzel*
 - TURKEY *butter, cranberry sauce, spinach, tomato, cucumber, cheese and turkey*
 - HAM *butter, pickle spread, cheese, tomato and ham*
 - TANDOORI CHICKEN *butter, tziki, spinach, tomato, cucumber and chicken*
 - CHICKEN AND AVOCADO *butter, mayo, lettuce, tomato, cheese, chicken and avocado*
 - BLT *butter, bacon, lettuce, tomato*
 - SWEET CHILI CHICKEN *butter, sweet chili sauce, spinach, chicken tenders, cheese, tomato*
 - EGG MIX *butter, mayo, lettuce and egg*
 - TUNA MIX *butter, mayo, lettuce and tuna mix*



• HOT FOOD CATERING • (\$2.00 per item)

SEAFOOD OPTIONS

- POTATO SPUN PRAWNS
*tiger prawns wrapped in a
crunchy potato noodle*
- CRUMBED WHITING FILLETS
*mini whiting filets encrusted in a crisp,
light style crumb*
- CALAMARI RINGS
squid rings in a golden crispy crumb

VEGETARIAN OPTIONS

- THREE CHEESE AND VEGETABLE FILO TRIANGLES
*a tasty blend of feta, ricotta and pecorino cheeses
with a selection of vegetables encased in a crispy filo pastry*
- MINI SPINACH AND RICOTTA ROLLS
delicious pastry parcels filled with baby spinach and creamy ricotta
- CHEESE AND BROCCOLI BITES
delicious bite sized goodness filled with cheese and broccoli
- MINI SAMOSA
add an exotic taste to your next catering menu
- COCKTAIL VEGETARIAN SPRING ROLLS
bite sized pieces ideal for corporate meetings and snacks
- MINI FRITTATA
a colourful roast veggie medley backed in a light frittata

MEAT & POULTRY OPTIONS

- MINI CHICKEN GARLIC KIEV
bite sized chicken pieces with a garlic center
- SATAY CHICKEN SKEWERS
- PARTY PIES & SAUSAGE ROLLS
- ASSORTED MINI QUICHE
- MINI BEEF DIM SIMS
- SWEET CHILI CHICKEN TENDERS
- MINI BEEF MEATBALLS

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