



# together.

## Catering Menu

### Breakfast & Morning Tea

#### Breakfast Bowls \$16

all topped with our house made gluten friendly maple and cinnamon granola, coconut yoghurt and seasonal fruit

- Coconut & Vanilla Chia Porridge (GF/DF/Vegan)
- Apple & Cinnamon Bircher Muesli (GF/DF/Vegan)
- Aztec Chocolate Smoothie Bowl (GF/DF/Vegan)
- Pina Colada Smoothie Bowl (GF/DF/Vegan)
- Protein Oats (DF/Vegan)

#### Bagels/Wraps/Sandwiches \$12

- Salmon, Cream Cheese, Capers & Dill with Pickled Onion
- Pesto, Halloumi & Tomato (V)
- Bacon, Lettuce, Tomato & Avocado (DF)
- Beef Pastrami, Pickles & Cheddar Cheese
- Bacon & Egg Sourdough Sandwich or Wrap

#### Savoury Items

- Savoury Muffin with feta, spinach, basil, sun-dried tomato \$6.5 (GF)
- Salmon, Bacon & Egg or Pumpkin & Sun-dried Tomato Frittata \$8.5 (GF)
- Sausage Rolls & Savouries (min 10 people) \$4pp
- Club Sandwiches (min 10 people) \$6pp
  - ham, egg, lettuce, tomato
  - cucumber & cream cheese
  - salmon & cream cheese
  - chicken & spring onion

#### Sweet Items

- Banana Cakes topped with vanilla mascarpone and candied walnuts \$6.5 (GF)
- Beetroot Chocolate Cakes with vanilla mascarpone and berries \$6.5 (GF)
- Banana Loaf with Organic Butter (serves 10) \$55 (GF)
- Seasonal Fruit Platter for min 10 people \$6pp (GF/DF/Vegan)
- Danish Pastries - selection of Apricot, Raisin or Cherry and Chocolate Danish \$5.5

- Raw Unbaked Slices \$6.5 (GF/DF/Vegan)
- Snickers, Salted Caramel, Raspberry Brownie, Peppermint Brownie, Espresso Brownie, Ginger (contains gluten), Jaffa, Hazelnut Brownie

- Chocolate Truffles \$3.5 (GF/DF/Vegan)

- Sweet Selection Platter - selection of slices, truffles, and/or mini baked cakes \$6.5 (GF/DF/Vegan)

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\*pricing excludes gst and is priced per head unless stated



## Lunch

### Wholesome Wraps \$12

can be made with a gluten free wrap, and come with our house made cashew aioli and chutney

- Spiced chicken, rainbow salad and feta
- Bacon & Egg with rainbow salad and parmesan
- Vegan Roasted Vegetable
- Vegan Crumbed *Chicken* and avocado

### Sourdough Sandwiches \$12

all come with our house made cashew aioli and chutney

- Roasted Eggplant, Capsicum, Zucchini, Pumpkin with Cheddar Cheese
- Bacon & Egg with salad greens and Cheddar Cheese
- Spiced Chicken with salad greens and Cheddar Cheese

### Turkish Pide Sandwiches \$12

all come with our house made cashew aioli and chutney

- Roasted Eggplant, Capsicum, Zucchini, Pumpkin with Halloumi Cheese
- Bacon, Tomato, Avocado & Pesto with salad greens
- Kasundi & Chicken with salad greens, sun-dried tomato and Cheddar Cheese

### Glow Bowls \$17

seasonal single serve meals with a grain base, protein and mixture of fresh and pickled vegetables

### Spiced Chicken Skewer \$8.5

### Mixed Roast Vegetable Skewer \$6

## Antipasto Platters

Our platters are created using quality, whole food ingredients. Our dips, crackers & dukkah (all gluten, dairy & refined sugar friendly) are handmade in our kitchen & made with love. We endeavour to use foods free of additives & preservatives. Each platter has a selection of cheeses, cured meats, fresh fruit, artisan breads, house made gluten free seed crackers, dukkah, a selection of fresh/pickled/roasted vegetables, house made dips & chutney. They are created to be bespoke and we can cater to any dietary requirements.

Please note: All boards, serve ware, bowls & equipment must be returned to 585 Beach Road Rothesay Bay within 3 days of the event. Alternatively, we can arrange for platters to be made in boxes.

All GF except for breads served on the side

- Petite (serves 2-4) \$75
- Small (serves 6-8) \$125
- Standard (serves 10-12) \$225
- Large (serves 12-15) \$270

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## Salads

Price Per Head (single serve/meal size 25oz) - \$12

Large Bowl (serves 15 - 16oz serves) \$85

Small Bowl (serves 8 - 16oz serves) \$50

- Classic potato salad with celery, boiled eggs, spring onion, fresh herbs and a homemade mayonnaise dressing (GF/DF)
- Broccoli salad with bacon, cherry tomatoes, red onion, baby spinach, chives with a dijon, white wine vinegar dressing (GF/DF)
- Summer peach or berry & feta salad with salad greens, crumbled feta, roasted walnuts, basil, red onion with a lemon and olive oil dressing summer season only (GF)
- Roast pumpkin salad with cumin roasted chickpeas, caramelised onion, fresh herbs and rocket with a tahini lemon yoghurt dressing (GF)
- Mediterranean pearl barley salad with sumac, apricots, fresh herbs and sun-dried tomatoes (GF/DF/Vegan)
- Roast vegetable salad with roast pumpkin, kumara, baby carrots & beetroot tossed with fresh salad greens and homemade dukkah and cashew aioli dressing (GF/DF/Vegan)
- Cauliflower based Couscous with dates, carrot, coriander, fennel & cumin seeds, red onion, turmeric coconut yogurt dressing (GF/DF/Vegan)
- Turmeric roasted potato salad with green apple, red onion, gherkin, FR bacon, parmesan and rocket with a light yoghurt dressing (GF)
- Quinoa, feta and roasted grape salad with fresh rocket, candied walnuts (GF)
- Green salad with fresh peas, zucchini ribbons, spring onion, parsley, mint and basil & avocado (GF/DF/Vegan)
- Asian rice noodle salad with fresh vegetables, fragrant herbs and a tahini & tamari dressing (GF/DF/Vegan)

## Canapés

A platter of delectable bites with 50-70 items. \$175 per platter with one selection of the below. We recommend 4-5 bites per head so each platter feeds 12-15.

- Spiced meatballs with zesty tzatziki (GF)
- Pear, blue cheese and prosciutto bites (GF)
- Bruschetta bites topped with herby whipped feta, roast beetroot and fresh chives (V)
- Bruschetta bites topped with rare lamb, pickled onions, pomegranate and tzatziki
- Cucumber, cream cheese & salmon bites with pickled onion and dill (GF)
- Prunes wrapped in FR Bacon (GF)
- Caprese skewers, cherry tomatoes, fresh basil & mozzarella (GF/V)
- Salami, cheddar & pickled onion skewers (GF)
- Salmon & Cream Cheese Blinis with capers & fresh dill

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## Dinner

Pair our wholesome salads with a selection of meats or vegetarian dishes

- Baked Lemon & Thyme Chicken \$15pp (GF/DF)
- Whole Leg of Ham (approx 4kg) \$190 (GF/DF)
- Slow Cooked Mediterranean Lamb \$16pp (GF/DF)
- Slow Cooked Asian Style Beef Brisket \$16pp (GF/DF)
- Rare Eye Fillet (Whole) with Chimichurri (approx 1.5kg) \$120 (GF/DF)
- Whole side of Salmon \$95 (GF/DF)
- Vegan Lasagne (min 6 serves) \$12pp (GF/DF/Vegan)

## Dessert & Cakes

Finish your main meal with a selection of our raw treats or baked celebration cakes. If you are after a more extravagant celebration cake, please contact us.

- Seasonal Fruit Platter for (min 10 people) \$6pp (GF/DF/Vegan)
- Raw Unbaked Slices \$6.5 (GF/DF/Vegan) – Snickers, Salted Caramel, Raspberry Brownie, Peppermint Brownie, Espresso Brownie, Ginger (contains gluten), Jaffa, Hazelnut Brownie
- Chocolate Truffles \$3.5 (GF/DF/Vegan)
- Sweet Selection Platter – selection of slices, truffles, and/or mini baked cakes \$6.5 (GF/DF/Vegan)

Whole Double Layered Baked Cake \$90 (GF)

- Banana cake filled and topped with vanilla mascarpone, salted caramel and candied walnuts
- Lemon & Raspberry cake filled and topped with whipped cream, lemon curd and seasonal berries
- Chocolate & Beetroot cake filled and topped with vanilla mascarpone and seasonal berries/chia jam
- Carrot Cake filled and topped with whipped vanilla cream cheese, candied walnuts and seeds

Whole Unbaked Vegan Cheesecake (serves 12) \$120 (GF/DF/Vegan)

- Snickers
- Summer Berry & Vanilla
- Black Forest

Unbaked Babycakes \$8 (GF/DF/Vegan)

- Banana Caramel
- Triple Chocolate
- Espresso Chocolate

We love creating new combinations in the kitchen, so if you're after a custom dish, let us know and we can create something bespoke for you.

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