



Healthy Options Catering Menu



**Our catering menu includes a
large variety of homemade
healthy options.**

Breakfast Morning Tea Lunch Afternoon Tea Finger Food Items Hot Fork Dishes

Call, fax or email your orders

ABN: 94 812 916 992
Shop 2-3, The Alfred Hospital
23-81 Commercial Road, Melbourne Victoria 3004
Tel: 03 9076 8245 Fax: 03 9076 8244
Email: alfscafe@bigpond.com
www.alfscafe.com.au



Healthy Options

Breakfast Packages

Package 1 \$8.00 per person

- MINI bagel with Virginia ham, light cream cheese & chives
- MINI bagel with low fat cheese & tomato
- Low Fat MINI muffin
- Freshly squeezed orange juice

Package 2 \$10.00 per

- MINI wholemeal roll with Virginia ham, eggs scrambled with homemade pesto & spinach
- MINI wholemeal roll with pumpkin, zucchini, eggplant & avocado
- Fruit platter
- Freshly squeezed orange juice

Package 3 \$13.00 per

- MINI bagel with salmon, dill, low fat cream cheese & baby capers
- Mountain bread wrap with grilled pumpkin, zucchini, eggplant, ricotta cheese and olive tapenade.
- MINI bagel with grilled eye bacon, roasted tomato & avocado
- Fruit skewer
- Low GI & Low Fat apple & cranberry loaf
- Freshly squeezed orange juice

Package 4 \$15.00 per

- **Buffet Style Breakfast**
Balsamic sautéed mushrooms, scrambled eggs, baked beans, tomato & sautéed spinach
- MINI bagels, MINI wholemeal, multigrain & sourdough rolls
- Fruit salad
- Low Fat Bircher muesli
- Freshly squeezed orange juice

Lunch Packages

Package 1 \$8.00 per person

- Wholemeal, multigrain & light rye sandwiches with traditional fillings
- Low Fat cake slices
- Freshly squeezed orange juice

Package 2 \$10.00 per

- Wholemeal, multigrain & light rye sandwiches with traditional fillings
- Mountain bread wraps with traditional fillings
- Fruit platter
- Freshly squeezed orange juice

Package 3 \$13.00 per

- Wholemeal, multigrain & light rye sandwiches with traditional fillings
- MINI baguette filled with traditional fillings
- MINI bagels filled with traditional fillings
- Sushi platter
- MINI rice paper rolls
- Fruit salad
- Low GI & Low Fat cakes
- Freshly squeezed orange juice

Package 4 \$15.00 per

- Wholemeal, multigrain & light rye sandwiches with traditional fillings
- Mountain bread wraps with traditional fillings
- Hot Finger Food Spinach & ricotta puffs, herbed fish goujons and lean beef Moroccan meatballs served with coriander & tomato salsa
- Fruit salad
- Low GI & Low Fat cakes
- Freshly squeezed orange juice

Call, fax or email your orders

ABN: 94 812 916 992
Shop 2-3, The Alfred Hospital
23-81 Commercial Road, Melbourne Victoria 3004
Tel: 03 9076 8245 Fax: 03 9076 8244
Email: alfscafe@bigpond.com
www.alfscafe.com.au



Healthy Options

Sandwich Fillings

Traditional

- Virginia ham, seeded mustard, tomato & reduced fat cheese
- Curried egg mixed with homemade mayonnaise and spinach
- Egg mixed with homemade & low fat mayonnaise and lettuce
- Grilled eggplant, pumpkin, spinach & ricotta
- Roast beef, tomato chutney, carrot & lettuce
- Tandoori chicken, light tzatziki, fresh coriander & lettuce
- Poached chicken, avocado & lettuce
- Turkey, cranberry, low fat cheese & cucumber
- Tuna, cucumber, light mayonnaise & lettuce
- Lettuce, Spanish onion, tomato, cucumber & low fat cheese

Gourmet

- Herbed chicken tenderloins with grilled zucchini, pumpkin, rocket and lemon aioli
- Grilled eggplant, zucchini, pumpkin, olives, sundried tomato, capsicum, & ricotta cheese with a pesto paste
- Roast beef with balsamic mushrooms, rocket, grilled pumpkin and parmesan shavings
- Tasmanian smoked salmon, avocado, rocket, Spanish onion and light cream cheese with dill
- Pumpkin, pine nuts, light feta cheese, capsicum, spinach, artichoke and pesto
- Virginia ham, light brie cheese, baby spinach, tomatoes and Dijon mustard
- Falafel, tomato, cucumber, tabouli, rocket & homemade tahini

Salad

Salad dressings are homemade and low in fat

- Garden salad
- Tabouli salad
- Greek salad (reduced fat feta cheese)
- Pasta & grilled vegetable salad
- Chicken & avocado salad

Hot Dishes

Hot food is served with your choice of steamed rice, vegetarian fried rice and/ or steamed vegetables **\$9.90**

- Vegetable ginger stir fry
- Lemon grass chicken stir fry
- Thai sweet chilli prawns
- Stock based Green Thai chicken curry with Asian vegetables
- Beef burgundy
- Grilled Barramundi with wok tossed bok choy
- Grilled chicken breast filled with Mediterranean vegetables
- Stock based mushroom and herb risotto

Pasta

\$9.90

- Ricotta filled Agnolotti with rocket, semi dried tomato, grilled pumpkin in olive oil
- Rigatoni sautéed in olive oil with broccoli and cauliflower drizzled with lemon juice
- Penne with poached chicken, reduced fat feta cheese, olives, red capsicum and zucchini, sautéed in white wine with pesto

Call, fax or email your orders

ABN: 94 812 916 992
Shop 2-3, The Alfred Hospital
23-81 Commercial Road, Melbourne Victoria 3004
Tel: 03 9076 8245 Fax: 03 9076 8244
Email: alfscafe@bigpond.com
www.alfscafe.com.au



Healthy Options

Morning Tea

Package 1 \$6.00 per

- Low Fat MINI muffin
- Fruit salad
- Freshly squeezed orange juice

Package 2 \$8.00 per person

- Low Fat MINI muffin
- Fruit salad
- Freshly squeezed orange juice
- Freshly brewed coffee & a selection of herbal tea

Package 3 \$10.00 per

- Low fat & Low GI cake slice
- Fruit salad
- Low fat yoghurt with mixed berries
- Freshly squeezed orange juice
- Freshly brewed coffee & a selection of herbal tea

Package 4 \$13.00 per

- Homemade wholemeal vegetarian savoury muffin
- No added sugar fruit cake
- Fruit platter
- Freshly squeezed orange juice
- Freshly brewed coffee & a selection of herbal tea

Afternoon Tea

Package 1 \$6.00 per

- Low Fat MINI muffin
- No added sugar fruit cake slice
- Freshly squeezed orange juice

Package 2 \$8.00 per person

- Low Fat Cookie
- Fruit salad
- Freshly squeezed orange juice
- Freshly brewed coffee & a selection of herbal tea

Package 3 \$10.00 per

- Low fat & Low GI cake slice
- Cheese & Greens Platter
- 100% Fruit Juice
- Freshly brewed coffee & a selection of herbal tea

Package 4 \$13.00 per

- Low fat cake slice
- Fruit platter
- Cheese & greens platter
- Freshly squeezed orange juice
- Freshly brewed coffee & a selection of herbal tea

Call, fax or email your orders

ABN: 94 812 916 992
Shop 2-3, The Alfred Hospital
23-81 Commercial Road, Melbourne Victoria 3004
Tel: 03 9076 8245 Fax: 03 9076 8244
Email: alfscafe@bigpond.com
www.alfscafe.com.au



Healthy Options

Homemade Finger Food

Package 1 \$8.00 per person (6pcs)

- Herbed fish goujons
- Spinach & ricotta cheese filo pastry puff
- Lean beef meat balls served with coriander & tomato salsa

Package 2 \$10.00 per person

- Chicken breast skewers served with Thai dipping sauce
- Grilled salt & pepper calamari served with homemade & reduced fat tartare sauce
- Sushi

Package 3 \$13.00 per person (6pcs)

- Vegetarian bruschetta
- Lemon peppered prawn skewers served with reduced fat cocktail dipping sauce
- MINI lean beef burger with tomato, low fat cheese and fruit chutney

Package 4 \$15.00 per person

- MINI salmon toastie with rocket and light cream cheese & dill
- Lean lamb kofta skewers served with homemade humus
- Smoked tofu vegetarian skewers
- MINI prawn and vegetarian rice paper rolls served with peanut satay dipping sauce

Platters

Fruit platter \$5.00 per person

- A selection of fresh seasonal fruit

Dip platter \$5.00 per person

- Homemade eggplant, humus & tzatziki with accompanied with cucumber, carrots, celery, pita bread and toasted Turkish bread

Sushi platter \$5.00 per person

- An assortment of nori rolls served with pickled ginger, wasabi and soya sauce

Cheese platter \$6.50 per person

- An assortment of reduced fat hard cheeses, small amount of brie, camembert and edam cheese served with water crackers.

Antipasto platter \$9.50 per person

- An array of continental cold cuts accompanied by grilled vegetables, artichokes, reduced fat feta cheese and olives

Middle Eastern platter

\$9.50 per person

- Chicken breast skewer, Lamb kofta skewer, tabouli, grilled haloumi cheese and falafel with homemade humus & eggplant dip

Call, fax or email your orders

ABN: 94 812 916 992
Shop 2-3, The Alfred Hospital
23-81 Commercial Road, Melbourne Victoria 3004
Tel: 03 9076 8245 Fax: 03 9076 8244
Email: alfscafe@bigpond.com
www.alfscafe.com.au