

CATERING PACAKGES

ALL ORDERS NEED TO BE SUBMITTED BY 12:30 PM SHARP THE DAY PRIOR TO YOUR REQUESTED CATERING DATE

(HEALTHY BREAKFAST PACKAGE A) 6 PAX \$50

2 x Mini Bagels w/ Chicken, Avocado & Spinach
2 x Mini Bagels w/ Tomato, Swiss Cheese & Mixed Lettuce
2 x Mini Bagels w/ Smoked Salmon, Creamed Cheese & Spinach
6 x Fresh Whole Fruit (Banana/ Apple/ Orange)
6 x Low Fat Mini Muffins
1 x Orange Juice (2L)

(HEALTHY BREAKFAST PACKAGE B) 6 PAX \$65

2 x Mini Wholemeal Rolls w/ Virginia Ham, Tomato, Swiss Cheese, Basil Pesto & Spinach
2 x Mini Wholemeal Rolls w/ Scrambled Egg, Mushroom, Tasty Cheese & Spinach
2 x Mini Wholemeal Rolls w/ Pumpkin, Zucchini, Avocado, Feta & Spinach
6 x Mini Fruit Salad Cups OR Mini Low-Fat Yoghurt Cups
1 x Orange Juice (2L)

(HEALTHY BREAKFAST PACKAGE C) 12 PAX \$180

3 x Mountain Bread Wrap W/ Chicken, Tasty Cheese, Avocado & Spinach
4 x Mini Bagels w/ Smoked Salmon, Creamed Cheese & Spinach
4 x Mini Bagels w/ Tomato, Swiss Cheese & Mixed Lettuce
12 x Low Fat Mini Muffins
1 x Fruit Platter (Medium Size)
6 x Mini Low Fat Bircher Muesli
6 x Mini Low-Fat Yoghurt Cups
2 x Orange Juice (2L)

(MORNING /AFTERNOON TEA PACKAGE A) 6 PAX \$60

6 x Low Fat Cakes
6 x Low Fat Mini Muffins
6 x Mini Fruit Salad Cups OR Mini Low-Fat Yoghurt Cups
2L Orange Juice OR Coffee & Tea

(MORNING /AFTERNOON TEA PACKAGE B) 6 PAX \$75

6 x Low Fat Cakes OR Low-Fat Mini Muffins
6 x Lemon Pepper Chicken Skewers
3 x Mixed Vegetable & Quinoa Frittata
6 x Mini Fruit Salad Cups OR Mini Low-Fat Yoghurt Cups
2L Orange Juice OR Coffee & Tea

(MORNING /AFTERNOON TEA PACKAGE C) 12 PAX \$180

12 x Low Fat Cake Slices/ Low Fat Mini Muffin
12 x Lemon Pepper Chicken Skewer
6 x Mixed Vegetable & Quinoa Frittata
1 x Cheese & Greens Platter
1 x Fruit Platter (Medium Size)
2 x Orange Juice (2L)
12 x Coffee & Tea

CATERING PACAKGES

ALL ORDERS NEED TO BE SUBMITTED BY 12:30 PM SHARP THE DAY PRIOR TO YOUR REQUESTED CATERING DATE

(HEALTHY LUNCH PACKAGE A) 6 PAX \$ 60

6 x Wholemeal, Multigrain or Rye Sandwiches
w/Traditional Fillings
6 x Low Fat Cakes
1 x Orange Juice (2L)

(HEALTHY LUNCH PACKAGE B) 6 PAX \$85

3 x Wholemeal, Multigrain or Rye Sandwiches
w/Traditional Fillings
3 x Mountain Bread Wraps w/ Traditional Fillings
12 x Mini Rice Paper Rolls
6 x Low Fat Cakes
1 x Orange Juice (2L)

(HEALTHY LUNCH PACKAGE C) 6 PAX \$100

6 x Mini Bagels W/ Traditional Fillings
2 x Mountain Bread Wraps W/ Traditional Fillings
1 x Small Assorted Sushi Roll Platter
6 x Mini Rice Paper Rolls
6 x Low Fat Cakes
6 x Fresh Whole Fruit (Banana/ Apple/ Orange)
1 x Orange Juice (2L)



(HEALTHY LUNCH PACKAGE D) 12 PAX \$230

6 x Wholemeal, Multigrain or Rye Sandwiches
w/ Traditional Fillings
1 x Small Assorted Sushi Roll Platter
12 x Mini Rice Paper Rolls
6 Serves of Chicken Avocado Salad W/ Aged Balsamic Dressing
6 Serves of Greek Salad/ Daily Vegetarian Salad
6 x Low Fat Cakes
1 x Fruit Platter (Medium Size)
2 x Orange Juice (2L)

**ALL PACKAGES INCLUDE
DISPOSAL PLATES, CUTLERY, CUPS & NAPKINS**

**ANY ADDITIONAL SETS OF DISPOSALS WILL BE
CHARGED AT
\$1.00 PER HEAD**

**IF YOU REQUIRE CERAMICS FOR COFFEE & TEA
IT IS AN ADDITIONAL \$1.00 PER SET**

PLEASE NOTE:

**THESE PACKAGES DO NOT CATER FOR ANY SPECIAL DIETARY REQUIREMENTS.
GLUTEN FREE, DAIRY FREE, VEGAN ETC ARE ALL CHARGED AT AN ADDITIONAL
COST DEPENDING ON WHAT YOU HAVE REQUESTED.**

**FEEL FREE TO CALL OR EMAIL OUR TEAM TO DISCUSS THE OPTIONS
WE HAVE AVAILABLE.**

TO SHARE

TRADITIONAL SANDWICHES \$6.50 each or \$18.00 for 3 (Cut in 1/4)

TRADITIONAL FOCACCIAS \$8.50 each or \$24.00 for 3 (Cut in 1/4)

Ham, Cheese & Tomato
Chicken, Mayo & Spinach
Salami, Tomato & Cheese
Tuna, Mayo & Lettuce
Egg Salad & Lettuce
Tomato, Cheese & Lettuce
Tomato, Feta & Rocket
Salad & Cheese

GOURMET SANDWICHES \$7.50 each or \$21.00 for 3 (Cut in 1/4)

GOURMET FOCACCIAS \$9.50 each or \$27.00 for 3 (Cut in 1/4)

Ham, Cheese, Lettuce & Pickle Relish
Ham, Lettuce & Egg Salad
Chicken, Spinach, Cheese & Mayo
Chicken, Avocado & Spinach
Chicken, Tomato, Lettuce & Aioli
Chicken, Cucumber, Carrot & Sweet Chili Mayo
Tandoori, Chicken, Tomato, Spinach & Tzatziki
Smoked Salmon, Spinach, Red Onion & Mayo
Turkey, Spinach, Carrot, Cranberry Sauce
Salami, Tomato, Spinach & Cheese
Corned Beef, Tomato, Spinach, Cheese & Pickle Relish
Roasted Beef, Spinach, Tomato, Onion, Mustard & Mayo
Egg Salad, Spinach, Carrot & Cucumber
Roasted Pumpkin, Feta, Spinach & Pesto
Grilled Vegetables, Spinach & Feta
Avocado, Feta, Carrot & Spinach

ALF'S SIGNATURE SANDWICHES \$8.50 each OR \$24.00 for 3 (Cut in 1/4)

ALF'S SIGNATURE FOCACCIAS \$10.50 each OR \$30.00 for 3 (Cut in 1/4)

Chicken Aioli, Spinach & Avocado
Chicken Aioli, Spinach, Tomato & Cheese
Sriracha Mayo Chicken, Tomato, Lettuce, Cucumber & Cheese
Honey Mustard Mayo Chicken, Spinach, Carrot & Swiss Cheese
Pesto Mayo Chicken, Sun-Dried Tomato, Rocket & Cheese
Turkey, Pumpkin, Spinach, Swiss Cheese & Cranberry Sauce
Turkey, Avocado, Rocket, Sun-Dried Tomato & Pesto Mayo
Roasted Beef, Rocket, Tomato, Red Onion & Horseradish
Roasted Beef, Rocket, Roasted Capsicum, Brie & Fruit Chutney
Smoked Salmon, Avocado, Rocket, Onion & Capers
Smoked Salmon, Cream Cheese, Spinach Onion & Avocado
Tuna, Mayo, Avocado, Rocket Onion & Carrot
Mediterranean (Grilled Vegetable, Roasted Capsicum, Olives, Feta, Rocket & Pesto)
Pumpkin, Avocado, Beetroot, Carrot & Spinach
Hummus, Avocado, Carrot, Cucumber & Spinach
Zucchini, Brie, Tomato, Rocket, Onion & Dijon

CROISSANTS \$21.00 FOR 3 (CUT IN 1/2)

Ham, Cheese & Tomato
Chicken, Tomato, Cheese
Ham, Egg Salad

PITA & SALAD WRAPS \$10.00 each OR \$28.00 for 3 (Cut in 1/4)

ALL WRAPS INCLUDE SPINACH, CARROT, LETTUCE, TOMATO & CUCUMBER

Chicken & Aioli
Turkey & Cranberry Sauce
Tandoori Chicken & Tzatziki
Ham & Pickle Relish
Corned Beef & Fruit Chutney
Tuna & Egg Salad
*Falafel & Hummus
*Grilled Vegetable & Pesto

TORTILLA WRAP \$10.00 OR \$28.00 for 3 (Cut in 1/4)
ALL WRAPS INCLUDE SPINACH, CARROT, CUCUMBER & CHEESE

Chicken Avocado
Chicken Sweet Chili Mayo
Turkey Cranberry Cream Cheese
Ham Tomato Relish
Corned Beef Dijon Mayo
Chicken Aioli

MINI BAGUETTE \$27.00 FOR 3 (CUT IN 1/3)
ALL BAGUETTE INCLUDE MIXED LEAF CUCUMBER & RED ONION

Tuna, Onion, Carrot & Egg Salad
Chicken, Tomato & Pesto Mayo
Chicken Aioli & Tomato
Smoked Salmon, Capers & Avocado
Turkey, Tomato, Avocado & Aioli
Roasted Beef, Onion, Tomato & Pickle Mayo
*Pumpkin Brie & Fruit Chutney
*Grilled Vegetables, Haloumi & Balsamic

MINI BAGEL \$30.00 FOR 6 (CUT IN 1/2)

Smoked Salmon, Spinach, Capers, Onion & Cream Cheese
Turkey, Spinach, Carrot, Cucumber, Cranberry Sauce & Cream Cheese
Corned Beef, Spinach, Tomato, Onion, Fruit Chutney & Cream Cheese
Chicken, Spinach, Carrot, Tomato, Avocado & Cream Cheese

BEVERAGES

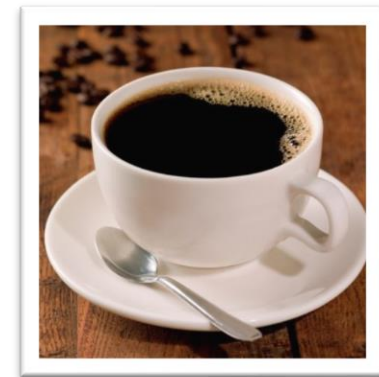
TEA & COFFEE \$3.00 per serve

ORANGE OR APPLE JUICE (2L) \$7.50 per bottle

DIET SOFT DRINKS \$5.90 per bottle

PLAIN, LEMON OR ORANGE SPARKLING MINERAL WATER (1.25 L) \$5.90 per bottle

MOUNT FRANKLIN WATER (1.5L) \$4.00



PLATTERS & FINGER FOOD

FRUIT PLATTER

(SMALL 4 - 6 PAX \$25)

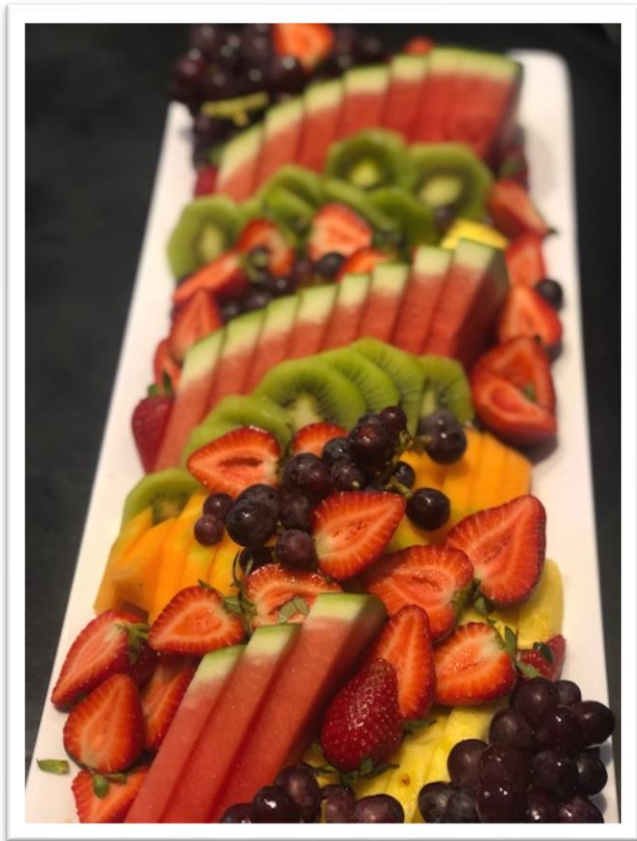
Watermelon, Pineapple, Honeydew, Rock Melon, Strawberry, Grapes & Kiwi Fruit

(MEDIUM 8 - 12 PAX \$50)

Watermelon, Pineapple, Honeydew, Rock Melon, Strawberry, Grapes & Kiwi Fruit

(LARGE 15 - 20 PAX \$75)

Watermelon, Pineapple, Honeydew, Rock Melon, Strawberry, Grapes & Kiwi Fruit



HEALTHY DIP PLATTER (8-12 PAX \$60)

Carrots, Cucumber, Celery, Turkish Bread, Soft Pita Bread, Water Crackers
Plus 3 Choices of Dips
(Hummus / Beetroot Hummus / Tzatziki / Guacamole / Eggplant)

CHEESE & GREENS PLATTER (8-10 PAX \$70)

Tasty Cheese, Brie, Camembert, Aged Cheddar, Choice of Blue Vein or Feta, Water Crackers, Celery, Cucumber, Carrot, Strawberry, Grapes, Mixed Nuts & Dried Fruits W/ Garnish

ASSORTED SUSHI ROLL PLATTER

All platter included soy ginger wasabi
\$ 20 Small (3 rolls cut into 8 pcs)
\$ 40 Medium (6 rolls cut into 8 pcs)
\$ 60 Large (9 rolls cut into 8 pcs)

ASSORTED MINI RICE PAPER ROLL \$35 // DOZEN

Served w/ sweet chili sauce or hoi sin sauce

FINGER FOOD

Mixed Vegetable & Quinoa Frittata \$15/ 3ea
Vegetarian Bruschetta \$12/ 6ea
Baked Spinach & Ricotta Filo \$ 9/ 6ea
Blinis w/ roasted beef, horseradish cream, red onion & parsley \$24/ 6ea
Blinis w/ smoked salmon, cream cheese, dill & capers \$24/ 6ea

PIZZA SLABS (32 bite size pcs per pizza)

Healthy Chicken Pizza \$45
Vegetarian Healthy Pizza \$45

HOT FOOD



SKEWERS (\$18 for 6)

Moroccan Lamb
Lemon Pepper Chicken
Salt & Pepper Prawn

HOT DISHES SERVED IN FOIL TRAYS

(8 SERVES OF ONE CHOICE ONLY)

Roasted Seasonal Vegetables \$70.00
Roasted Potato W/ Garlic Herbs & Olive Oil \$60.00
Vegetable Stir Fry \$60.00
Steamed Rice \$30.00

FRIED RICE: (8 SERVES OF ONE CHOICE ONLY) \$75.00

Egg & Vegetables
Quinoa & Vegetables
Chicken & Vegetables

STIR FRY'S: (8 SERVES OF ONE CHOICE ONLY) \$75.00

Black Pepper Chicken/ Beef/ Lamb
Garlic Ginger Chicken/ Beef
Chili Soy Chicken/ Beef
Steamed Fish (Basa) W/ Asian Vegetable & Garlic Soy

CURRIES: (8 SERVES OF ONE CHOICE ONLY) \$75.00

Mild Chicken Curry
Coconut Chicken/ Beef/ Lamb Curry
Lamb/ Beef Rogan Josh
Chicken/ Beef Korma

PASTA: (8 SERVES OF ONE CHOICE ONLY) \$75.00

Penne W/ Mixed Vegetables, Spinach, Olives, Feta & Napoli Sauce
Penne W/ Roasted Mushroom, Spinach, Ricotta & Balsamic Glaze
Penne W/ Roasted Pumpkin, Feta, Spinach, Pine Nut, Pesto
Penne W/ Poached Chicken, Avocado, Spinach, Sundried Tomato & Lemon Olive Oil

SALADS

SERVED IN FOIL TRAYS
(SINGLE SERVE \$10.90 OR 8 SERVES OF ONE CHOICE ONLY @ \$75.00)

Chicken Avocado Salad W/ Aged Balsamic Dressing
Greek Salad
Roasted Pumpkin Salad W/ Chickpeas, Spinach, Feta & Lemon Olive Oil
Baby Beetroot & Quinoa Salad W/ Spinach, Feta & Italian Dressing
Daily Special Vegetarian Salad

SWEET & SAVOURY

Mushroom, Spinach & Scrambled Egg Wrap \$8.50 each // \$ 48.00 (6)

Ham & Cheese Toasties \$6.60 each // \$36.00 (6)

Tomato & Cheese Toasties \$5.60 each // \$30.00 (6)

Savoury Muffins \$20.00 (6)

Mini Low-Fat Yoghurt / Muesli/ Fruit Salad Cups \$4.50 each // \$25.00 (6)

Apple & Cranberry Sweet Muffins \$20.00 (6)

Assorted Mini Cookies \$1.50 each // \$8.00 (6)

Assorted Mini Muffins \$9.00 (6)

Protein Balls \$4.00 each // \$23.50 (6)

Apricot Slice \$2.60 each // \$14.50 (6)

Assorted Cake Slices \$2.80 each // \$ 15.50 (6)

