

Corporate Working Lunches

Presented on returnable platters, baskets and boards. A minimum of three (3) clear working days notice required. Available for pick-up or delivery (cost applies)

FRESH ROLLS SELECTION

may include:

Capeseed square	Lepinja
Sourdough round	Baps
Pane di casa oblong	Multigrain
Turkish Rye oblong	Half Baguettes

\$7.50 per unit

FRESH SANDWICHES

Triangle sandwiches (4 points per serve) ***\$7.80***

Ribbons (3 fingers per serve/triple layered) ***\$9.90***

Wraps (cut into halves) ***\$8.80***

For the above range a selection of healthy, delicious and generous fillings may include:

Chicken, celery and mayonnaise

Curried egg and chives

Roast beef and tomato

Roast chicken and avocado

Shaved leg ham and tomato w grain mustard

Smoked turkey and avocado w cranberry

Swiss cheese, tomato and avocado w hoummos

Tuna, cheese and chives

Bocconcini, avocado, tomato and hoummos

All with plentiful gourmet lettuce mix, light cream cheese, shredded carrot, relishes and condiments

GLUTEN-FREE and VEGAN available pre-ordered

Continued on the next page

Corporate Working Lunches

Three (3) clear working days notice for ordering

HEARTY SOUPS WITH FRESH CRUSTY ROLLS

(minimum of 12 serves)

Ready to serve. All made from fresh local ingredients in our kitchen.

Traditional vegetarian minestrone

Thick winter root vegetable and lentil with crunchy thyme and parmesan crumbs

Creamy pumpkin

Creamy Swiss mushroom

\$12 per serve

PLANT BASED SUBSTANTIAL SALAD BOWLS

(Individual) ***\$14 per serve***

Made fresh in our kitchen from locally sourced produce. Protein/cheese can be added, ie Marinated Feta or Bocconcini for extra \$4.00; herbed Cajun chicken fillets for extra \$5.00 or seared Atlantic salmon fillet for extra \$6.00

Spicy Thai Tofu Bowl

Roasted sesame tofu, raw corn, cucumber, shredded cabbage, carrot ribbons, coriander, spicy sunflower seeds, rocket, chopped romaine, lime juice, w spicy sesame dressing and crunchy noodles

Guacamole Greens Bowl

Avocado, grape tomatoes, Spanish onion, tortilla chips, mesclun mix, lime juice, and coriander w jalapeno vinaigrette

Falafel Hommous Bowl

Herb falafel, hommus, grape tomatoes, Spanish onion, cucumber, za'atar bread crumbs, shredded kale, chopped romaine, w cucumber tahini yoghurt dressing

Black Lentil, Avocado and Beetroot Bowl

Avocado, black lentils, soy spiced broccoli, raw beetroot, cucumber, shredded carrot, spring onion, roasted walnuts, rocket, chopped romaine w sticky balsamic vinaigrette

Corporate Working Lunches

(Continued)

PLANT BASED WARM SALAD BOWLS

(Individual) ***\$16 per serve***

protein/cheese maybe added at extra cost

Curry Cauliflower Bowl

Curry roasted cauliflower, shredded red cabbage, coriander, golden raisins, quinoa, rocket and cucumber w tangy curried yoghurt dressing

Harvest Bowl

Soy sesame roasted brussel sprouts, cumin roasted sweet potato slices, sliced green apples, roasted walnuts, mesclun mix, chopped romaine, cranberries w lemon maple vinaigrette

Curry Chickpea Bowl

Curry roasted chickpeas, carrot ribbons, shredded cabbage, golden raisins, coriander, chopped roasted almonds, quinoa, baby spinach w curry yoghurt dressing

Wild Rice Mushroom Bowl

Sauteed sliced mushrooms, wild rice mix, roasted beetroot, bean shoots, sesame soy tofu, spicy roasted sunflower seeds w miso ginger dressing

Winter Pumpkin and Grain Bowl

Cumin roasted jap, pumpkin, freekah, lentils, baby spinach leaves, spanish onion, crispy baby capers, currants, toasted pumpkin and pomegranate seeds

Corporate Working Lunches

WARM MEAL OPTIONS

(four clear day's notice for minimum of 12 serves)

Croissants (medium size)

With baby spinach, shredded cheese, Roma tomato, and Moroccan jam
or with shaved leg ham, cheese and Roma tomato ***\$8.60 per serve***

Baked Potatoes (medium, vegan, smokey baked
beans w diced avocado and cheese)

Spicy Vegetable lentil and cheese / chilli with red kidney beans
both with avocado and sourceam ***\$12 per serve***

Frittata wedge (spicy Spanish with chorizo, or vegetarian) ***\$12 per serve***

Lasagna (traditional meat, or roast layered vegetable with
ricotta and Napolitano sauce) ***\$12 per serve***

Deep dish tart slices – chargrilled vegetable and ricotta ***\$12 per serve***

Vegan sweet potato, lentil and spring onion burgers with tzatziki ***\$14 per serve***

Creamy Moussaka (vegan – eggplant, potato, and chickpea) ***\$14 per serve***

Chicken tikka masala w cumin lime yoghurt and
basmati pilaf rice ***\$14 per serve***

Lamb mint meatball tagine with Greek yoghurt and herbs ***\$14 per serve***

Cajun chicken fillets w spicy fresh tomato chilli salsa ***\$14 per serve***

Vegan Moroccan spiced vegetable chickpea curry
w spiced couscous ***\$14 per serve***