

## *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

***\$7.90 per unit***

### **FRESH SANDWICHES**

Triangle sandwiches (4 points per serve) ***\$7.90***

Wraps (cut into halves) ***\$9.00***

Ribbons (3 fingers per serve/triple layered) ***\$10.20***

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***

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## *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) ***\$17 per serve***

Made fresh in our kitchen from locally sourced produce. Protein/cheese can be added, ie Marinated Feta or Bocconcini for extra \$5.00; herbed Cajun chicken fillets for extra \$6.00 or seared Atlantic salmon fillet for extra \$7.00

#### **Spicy Thai Tofu Bowl**

Roasted sesame tofu, raw corn, cucumber, shredded red cabbage, carrot ribbons, coriander, spicy toasted tamari 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

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## *Corporate Working Lunches*

(Continued)

### **PLANT BASED WARM SALAD BOWLS**

(Individual) **\$18 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 / large size) w baby spinach, shredded cheese, Roma tomato, and Moroccan jam or with shaved leg ham, cheese and Roma tomato ***\$9 per serve***

Deep dish tart slices – chargrilled vegetable and ricotta ***\$13 per serve***

Frittata wedge (spicy Spanish w chorizo, or vegetarian) ***\$14 per serve***

Baked Potatoes (medium size)

Vegan, smoky baked beans w diced avocado and tomato salsa ***\$16 per serve***

Spicy vegetable lentil and cheese w avocado and sourcream ***\$16 per serve***

Chilli con carne with red kidney beans and cheese w avocado and soucream ***\$16 per serve***

Cajun chicken fillets w spicy fresh tomato, avocado chilli salsa ***\$17 per serve***

Vegan sweet potato, lentil and spring onion burgers with lemon tahini dressing ***\$18 per serve***

Lasagna (traditional meat, or roast layered vegetable w ricotta and Napolitano sauce) ***\$19 per serve***

Creamy Moussaka (vegan – eggplant, potato, and chickpea) ***\$20 per serve***

Chicken tikka masala w cumin lime yoghurt and basmati pilaf rice ***\$20 per serve***

Lamb mint meatball tagine w Greek yoghurt and herb salad ***\$20 per serve***

Vegan Moroccan spiced vegetable chickpea curry w spiced couscous ***\$20 per serve***