



# Breakfast in a Box \$13.50

+ GST please choose ONE box only

## Breakfast in a Box 1

Ham & cheese croissant  
Fresh baked cocktail Danish  
Fresh seasonal fruit  
Mini muffins

## Breakfast in a Box 2

Smoked salmon & chive tart  
Double smoked ham baguette  
Fresh fruit salad pot  
Natural yogurt with honey

## Breakfast in a Box 3

Smoked salmon & cream cheese croissant  
Dried fruit compote  
Fresh seasonal fruit  
Mini muffin

## Breakfast in a Box 4

Natural yogurt with honey, toasted muesli & berry compote  
Double smoked ham Turkish with seeded mustard cream cheese  
Fresh baked banana bread & fresh fruit skewers

**Add Fresh juice; apple or orange \$7.50 2ltr bottle & \$14.50 4ltr bottle**

*Box type: clear recyclable plastic box: 185mm x 125mm x 55mm*



# Snack / Brunch in a Box

**\$9.50 – \$17.50** + GST *please choose ONE box only*

**Trail Mix 100g \$2.50**

A selection of dried fruit & nut mix

**Whole piece of fruit \$1.50**

**Cheese selection box \$9.50**

Tasmanian cheddar, heritage brie & blue cheese with lavosh, quince paste & muscatels

**Sweet snack box 1 \$9.50**

Choc chip cookies, honey almond slice / Fresh fruit selection

**Brunch box 1 \$13.50**

Mushroom & leek tart / smoked salmon, asparagus & leafy salad with chive vinaigrette  
Two cheese selection with lavosh & quince paste/ Fresh fruit

**Brunch box 2 \$13.50**

Prawn salad baguette with dill mayonnaise, chicken & semi dried tomato frittata, chocolate brownie & fresh fruit skewer

**Antipasto box \$14.50**

Semi dried tomatoes, roasted capsicum, eggplant, salami, double smoked ham & pastrami with hummus & baba ganoush pots

**Drinks options to accompany each box**

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$2.80
500ml juice	\$3.20

*Box type: clear recyclable plastic box: 185mm x 125mm x 55mm*



# Value Lunch in a Box \$14.50

+ GST *please choose ONE box only*

## Lunch in a Box 1

Chicken with celery, seeded mustard & baby spinach crusty baguette  
Cheese, sun dried tomato, grated carrot roll with rocket & pesto  
Hummingbird cake slice & fresh fruit

## Lunch in a Box 2

Honey roast ham, cheese & salad whole meal roll with spicy mango relish  
Roast vegetable frittata with shaved parmesan  
Orange cake slice & fresh fruit

## Lunch in a Box 3

Turkey & cranberry tortilla wrap with rocket  
Swiss & char grilled vegetable Turkish with baba ganoush  
Banana cake slice & fresh fruit

## Lunch in a Box 4

Roasted vegetable wrap with sun dried tomato, avocado spread & mesclun  
Swiss, felafel & pumpkin hummus in wholemeal roll  
Gluten free friand, piece of fresh fruit

## Drinks options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$2.80
500ml juice	\$3.20

*Box type: clear recyclable plastic box: 185mm x 125mm x 55mm*



# Premium Lunch in a Box - \$17.50

+ GST please choose ONE box only

## Lunch in a Box 1

Tortilla wrap with chicken, avocado, seeded mustard & mesclun  
Baguette with double smoked ham, rocket & tomato relish  
Mushroom, pesto & goats cheese tart  
Carrot cake slice & fresh fruit piece

## Lunch in a Box 2

Tortilla wrap with smoked salmon, chives & rocket  
Whole grain roll with roast beef, mesclun & honey mustard  
Chicken, chilli & coriander skewer  
Lemon cake slice & fresh fruit piece

## Lunch in a Box 3

Red salmon with baby spinach, capers, Spanish onion & cream cheese wrap  
Rye bread with corned beef, mesclun & corn relish  
Roast vegetable & parmesan tart  
Chocolate brownie slice & seedless grapes

## Lunch in a Box 4

Tortilla wrap with chilli chicken, bean sprouts, carrot & shallots  
Semi dried tomato, char grilled vegetables & hummus Turkish bread  
Roast kumara and herbed potato frittata  
Tasmanian cheddar & Heritage brie with lavosh

## Lunch in a Box 5

### Vegetarian and gluten free

Goats cheese, spinach & roast pumpkin frittata  
Falafel & fresh vegetable salad with hummus  
Chilli tofu, mushroom & basil skewer / Fresh fruit piece

## Lunch in a Box 6

Smoked salmon & avocado in wholemeal roll  
Lightly dressed mushroom, snow pea & broccoli salad  
Roast kumara, chick pea & spinach salad / Fresh fruit salad

## Drinks options to accompany each box

Assorted soft drinks 375ml \$2.50 each  
Water 600ml \$2.50 each  
300ml juice \$2.80 each  
500ml juice \$3.20 each  
Box type: clear recyclable plastic box: 185mm x 125mm x 55mm



# Deluxe Lunch in a Box - \$25.50

+ GST *please choose ONE box only*

## Lunch in a Box 1

Grilled fillet of Tasmanian salmon with lime dressing & baby spinach  
Mushroom & broccoli salad with ginger & orange zest dressing  
Potato salad with toasted pine nuts, sundried capsicum & mint

## Lunch in a Box 2

Roast rare beef & honey roast ham salad  
Roast kumara salad with cashew nut, avocado & citrus chilli dressing  
Mesclun salad with honey soy dressing

## Lunch in a Box 3

Char grilled Moroccan spiced chicken breast with preserved lemon couscous  
Mixed bean & lentil salad with fresh herbs & vinaigrette dressing  
Sweet potato salad with Spanish onion & olives

## Lunch in a Box 4

Smoked salmon & king prawns with lime mayonnaise  
Baby spinach, basil & rocket salad with shaved parmesan  
Spanish potato slice with marinated capsicum & oregano

**All boxes are served with your choice of a dessert platter, choose 2 from list below:**

Chocolate brownie  
Chocolate chip muffins  
Tasmanian cheddar & heritage blue with lavosh  
Fresh fruit platter  
Fresh fruit skewers with mint  
Assorted cookies

### Drinks options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$2.80 each
500ml juice	\$3.20 each

Box type: clear recyclable plastic box: 240mm x 160mm x 55mm      Platters- Dropped off and picked up within the week.



# Gourmet Platters

## **Morning tea and afternoon tea platters** – priced per person – \$6.00 + GST

*Please choose 2 items only:*

1. Assorted fresh baked muffins
2. Assorted cookies
3. Assorted mini Danish & sweet pastries
4. Chocolate brownies
5. Assorted gluten free biscuits & cakes
6. Fresh seasonal cut fruit
7. Fresh fruit tarts
8. Fresh fruit skewers
9. Fresh baked scones with strawberries jam & whipped cream
10. Raspberry coconut cake

## **Lunch Platters** – priced per person – \$17.50 to \$19.50 + GST

1. Assorted filled tortilla wraps & rolls - Meat & vegetarian fillings & Fresh fruit platter \$17.50
2. Assorted finger sandwiches - Assorted filled baguettes - Fresh fruit platter \$17.50
3. Assorted filled tortilla wraps – meat & vegetarian fillings - Chocolate brownies – Fresh fruit skewers \$17.50
4. Soy, honey chicken skewers - Vegetarian pesto tarts - Cheese selection, biscuits & fresh fruit platter \$18.50
5. Baby spinach, capsicum & sundried tomato tarts – Tofu, chilli salad with bean sprouts - Cheese selection with biscuits & fresh fruit platter \$19.50
6. Smoked salmon & leek tart – Mixed bean salad with chick peas & fresh herbs - Grain roll filled with chicken, seeded mustard & avocado salad - Fresh fruit skewers \$19.50

**All lunches platters are provided with complimentary orange juice or mineral water.  
Platters are dropped off and picked up within the week.**



## BBQ in a Box

### **Take it easy - BBQ in a Box – \$380 + GST and caters for 10 people**

20 x Soy honey & ginger chicken skewers  
10 x thick beef sausages / 10 x tender lamb chops  
5 x home style beef patties / 5 x brown rice burger  
10 x jumbo bread rolls  
Mixed leaf salad with classic vinaigrette  
Potato salad with Spanish onion, shallots & mint  
Penne pasta salad with capsicum, red onion, fresh herbs & spicy tomato ragout  
Fresh fruit salad with cream

### **Meat lovers Gourmet BBQ in a Box – \$420 + GST and caters for 10 people**

10 x Gourmet sausages / 10 x 100g prime scotch fillet  
10 x tender lamb cutlets / 5 x brown rice burgers (V)  
10 x jumbo bread rolls  
Mixed leaf salad with cucumber, cherry tomatoes, grated carrot with balsamic vinaigrette  
Coleslaw with capsicum, sultanas, pepitas & dressing  
Roast kumara salad with celery, walnuts & lemon herb dressing  
Spiral pasta salad with fetta, sun dried tomato, olives & pesto  
Fresh fruit salad with cream

### **BBQ Ocean/Paddock in a Box - Only \$550 and caters for 10 people**

10 x 120g Tasmanian salmon fillet / 10 x marinated prawn kebabs  
10 x 100 gram Prime scotch fillet / 10 x tender lamb cutlets / 5 x vegetarian patties  
10 x jumbo bread rolls  
Mixed leaf salad with cucumber, cherry tomatoes, grated carrot with balsamic vinaigrette  
Coleslaw with capsicum, sultanas, pepitas & dressing  
Roast kumera salad with celery, walnuts & lemon herb dressing  
Spiral pasta salad with fetta, sun dried tomato, olives & pesto  
Fresh fruit salad with cream

#### *Included-*

*Corn starch cutlery  
Quality paper plates  
Paper napkins for guests  
Garbage bag for the easy clean-up  
1 x whole grain mustard and 1 x spicy tomato relish in a pot*

***Your BBQ is carefully prepared and packed. Salads are presented in quality disposable platters. Please provide your own cooking utensils. Free Delivery for all orders over \$400.00***



# Gourmet Dinner Boxes

## **Menu 1 \$14.50**

Roast breast of chicken with sautéed spinach, creamy mash & mushroom sage sauce  
Fresh steamed vegetables  
Fresh fruit skewers

## **Menu 2 \$14.50**

Thai chicken in coconut sauce with ginger, shallots & basil - steamed rice  
Stir fried vegetables  
Orange cake slice with strawberries

## **Menu 3 \$14.50 + GST**

Pan fried boneless beef sirloin with roasted baby potatoes, roast field mushrooms  
Tomato & fresh herb ragout, seasonal vegetables  
Fresh fruit salad

## **Menu 4 \$14.50 + GST**

Char grilled veal medallions with sweet potato mash, steamed snow peas  
Port & orange rosemary sauce  
Double chocolate brownie and fresh fruit

## **Menu 5 \$18.50 + GST**

Pan fried Tasmanian salmon fillet with garlic & citrus juices  
Fresh steamed asparagus spears & baby potatoes  
Seedless grapes & banana

## **Menu 6 \$18.50 + GST**

Roast fillet of barramundi with sautéed rosemary potatoes  
Steamed vegetables & white wine jus  
Carrot cake slice & fresh fruit

## **Menu 7 Vegetarian \$13.50 + GST**

Roast field mushroom stuffed with wild rice, spinach, capsicum & dried apricots  
Roast kumara & fresh herb couscous, fresh tomato ragout  
Whole fresh fruit

These boxes are designed for easy reheating of the savoury main item;  
Each menu will consist of a main microwavable box and one dessert box.  
Plastic cutlery and paper napkin provided.  
This is a great choice for corporate meetings, working dinners, green room meals, production crew meals and crew meals for sailing trips.





# Picnic Hamper for two

## **Picnic Hamper 1 \$100 + GST**

Smoked salmon with asparagus, lime aioli dressing

Rare roast beef, leg ham, pesto & tomato relish

Char grilled vegetables with hommus

French stick

Fresh seasonal fruit salad

Double chocolate brownies

### **DRINKS INCLUDED IN HAMPER**

Bottle of San Pellegrino 750ml

Plus a choice of one from below drinks;

Bottle of Trilogy Sparkling

Seppelt Fleur De Lys Chardonnay Pinot Noir

Hanwood Chardonnay

Penfolds Koonunga Hill Shiraz, South Australia

## **Picnic Hamper 2 \$100 + GST**

Chicken & roasted leek tarts

Roast kumara salad with avocado, lemon myrtle & cashew nuts

Seared asparagus with kalamata olives, feta & sundried tomatoes

French stick

Fresh baked banana cake

Cheese selection with muscatels & lavosh

### **DRINKS INCLUDED IN HAMPER**

Bottle of San Pellegrino 750ml

Plus a choice of one from below drinks;

Bottle of Trilogy Sparkling

Seppelt Fleur De Lys Chardonnay Pinot Noir

Hanwood Chardonnay

Penfolds Koonunga Hill Shiraz, South Australia

## **Picnic Hamper 3 Box \$105 + GST**

Grilled Tasmanian salmon with snow pea & Bilpin apple dill salad

Moroccan chicken slices with preserved lemon cous cous

Mixed bean, lentil & chick pea salad coriander vinaigrette

Sour dough

Crème brûlée for two

Seedless watermelon & grapes

### **DRINKS INCLUDED IN HAMPER**

Bottle of San Pellegrino 750ml

Plus a choice of one from below drinks;

Bottle of Trilogy Sparkling

Seppelt Fleur De Lys Chardonnay Pinot Noir

Hanwood Chardonnay

Penfolds Koonunga Hill Shiraz, South Australia



# Picnic Hamper for two

## **Picnic Hamper 4 Box \$125 + GST**

King prawns with lime aioli  
 Sydney Rock oysters with lemon wedge & cocktail sauce  
 Moroccan chicken slices with tomato relish  
 Char grilled vegetables with hommush  
 Cape seed loaf  
 Stilton cheese, French brie, quince paste & lavosh  
 Fresh fruit salad with Cointreau

### **DRINKS INCLUDED IN HAMPER**

Bottle of San Pellegrino 750ml  
 Plus a choice of one from below drinks;  
 Bottle of Trilogy Sparkling  
 Seppelt Fleur De Lys Chardonnay Pinot Noir  
 Hanwood Chardonnay  
 Penfolds Koonunga Hill Shiraz, South Australia

### **DRINKS UPGRADE**

### **Extra cost**

Domain Chandon	\$12.00
Moet & Chandon NV Brut	\$65.00
Pol Roger, NV Brut	\$75.00
Oyster Bay Chardonnay or Sauvignon Blanc	\$11.00
Devils Lair The hidden Cave, Margaret River Chardonnay	\$11.00
Reschke Cabernet	\$12.00
D'Arenberg The Footbolt Shiraz, McLaren Vale	\$12.00

## They Say.....

*"For more than 8 years we have used Lunch in a Box as a supplier of meal packs for both events staff and performers at our major events and festivals held in Darling Harbour and The Rocks. They have always delivered on time and with a quality product to fit the available budget."*

**Sal Sarah, Event Manager Sydney Harbour  
 Foreshore Authority**

*"We regularly use Lunch in a Box to provide gourmet lunch packs for guests at our corporate events. The quality and quantity of food is outstanding and the service provided by Alan and his team are second to none. You'll never be disappointed."*

**Will Gray | Director Hidden Door**

*The team at Lunch in a Box handled my order of 120 breakfast packs, 265 lunch packs and 80 dinner packs with ease. When the packs arrived, they were well presented, delicious and were able to satisfy the hunger of the wide range of people that were involved in the event. I highly recommend Alan and the team for all of your catering requirements."*

**Meaghan Westra | NSW Department of Premier and Cabinet**