



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
Raspberry muffin

Breakfast in a Box 2

Smoked salmon & chive tart
Ham & cheese honey mustard baguette
Fresh fruit salad pot
Natural yogurt, honey, granola

Breakfast in a Box 3

Smoked salmon & cream cheese croissant
Dried fruit & nut mix
Fresh seasonal fruit
Muffin

Breakfast in a Box 4

Natural yogurt, honey, toasted muesli & berries
Ham & Swiss Turkish, seeded mustard cream cheese
Banana bread & fresh fruit skewer

Add Fresh juice; apple or orange \$3.00 for 300ml bottle, \$7.50 2ltr bottle, \$14.50 4ltr bottle

Box type: Kraft box with window 220mm x 165mm x 65mm



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

Banana chip, soy chips & sultanas

Whole fresh fruit piece \$1.50

Seasonal fresh fruit

Cheese selection box \$12.50

Mature cheddar

Brie & blue cheese, lavosh

Quince paste & grapes

Sweet snack box \$12.50

Gluten free chocolate brownie, dried fruit & nut pot

honey oat choc chip cake, fresh fruit

Brunch box 1 \$15.50

Mushroom, capsicum & pumpkin tart / smoked salmon, asparagus & leaf salad, vinaigrette

Two cheese selection with lavosh & quince paste/ Fresh fruit

Brunch box 2 \$15.50

Prawn salad baguette, dill aioli, chicken, vegetable & olive French cake,

Gluten free chocolate brownie & fresh fruit skewer

Antipasto box \$14.50

Salami, double smoked ham, rare beef, sun dried tomatoes, roasted capsicum, eggplant, hummus & pesto, toasted Turkish

Drinks options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$3.00
500ml juice	\$3.40

Box type: Kraft window box: 150mm x 100mm x 45mm



Value Lunch in a Box \$15.50

+ GST *please choose ONE box only*

Lunch in a Box 1

Chicken, celery, seeded mustard & salad roll
Brown rice, broccoli & walnut salad pot
Raspberry & coconut cake & fresh fruit

Lunch in a Box 2

Honey roast ham, cheese & salad whole meal roll, mango relish
Vegetable & olive French cake
Orange cake slice & fresh fruit

Lunch in a Box 3 – gluten free

Moroccan chicken salad, mixed leaves, tomatoes
Swiss, felafel & hommus, carrot, gluten free bread
Dried fruit & nut pot & fresh fruit

Lunch in a Box 4

Roasted vegetable wrap with sun dried tomato, avocado spread & mesclun
Mixed bean, roast pumpkin & zucchini salad, coconut & sweet chilli
Gluten free chocolate brownie, fresh fruit

Drinks options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$3.00
500ml juice	\$3.40

Box type: Kraft box with window 220mm x 165mm x 65mm



Premium Lunch in a Box - \$18.50

+ GST *please choose ONE box only*

Lunch in a Box 1

Chicken, celery & seeded mustard tortilla wrap, guacamole spread & salad leaves
Mixed Veggie & bean salad pot
Capsicum, mushroom & pumpkin tart
Orange cake slice & fresh fruit piece

Lunch in a Box 2

Rare roast beef whole grain roll, mesclun & honey mustard
Mixed bean, zucchini & coconut salad pot
Olive & vegetable French Cake
Chocolate chip oatcake slice & fresh fruit piece

Lunch in a Box 3 – Gluten free

Red salmon, baby spinach, capers, Spanish onion & cream cheese sandwich
Black & white rice salad, dried tomato, artichoke & fresh herbs pot
Gluten free chocolate brownie & fresh fruit piece

Lunch in a Box 4 – Gluten free

Roast Moroccan chicken pieces & mixed bean salad
Sun dried tomato, char grilled vegetables & hommus
Roast kumera, avocado & mixed leaf
Dried fruit & nut pot

Lunch in a Box 5 - gluten free

Vegetarian

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

Lunch in a Box 6 - Dairy free

Rare roast beef whole grain roll, hommus, mesclun & relish
Mixed bean, zucchini & coconut salad pot
Dairy free biscuits
fresh fruit piece

Drinks options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50 each
300ml juice	\$3.00 each
500ml juice	\$3.40 each

Box type: Kraft box with window 220mm x 165mm x 65mm



Protein & Salad in a Box - \$19.50

+ GST *please choose ONE protein & TWO salads per UNIT order*

HOW IT WORKS - The Protein & Salad boxes are designed for maximum healthy food choices.

Each box you with have one protein & your choice of two salads.

Maximum variety per lunch order is a variety of two proteins and two salads, Dietary on request. Sample order below.

Grilled salmon fillet with lemon & chive mayo GF
Coleslaw – red, white cabbage, toasted pinenuts, capsicum and apple
Kumera with cashew nuts, avocado, chives & lemon myrtle vinaigrette

Chicken, celery & walnut
Coleslaw – red, white cabbage, toasted pinenuts, capsicum and apple
Kumera with cashew nuts, avocado, chives & lemon myrtle vinaigrette

Proteins – Please choose two only per order

All proteins are gluten free - Please choose ONE Protein & TWO salads only per unit order

Grilled salmon fillet with lemon & chive mayo GF
Tuna, hard boiled eggs & Kalamata olives GF, V
Smoked salmon, capers & Spanish onion GF, V
Roasted soy & honey chicken fillet GF
Roasted Moroccan spiced chicken breast GF
Chicken, celery & walnut GF
Rare beef slices with honey mustard dressing GF
Salami & leg ham slices, tomato GF
Rare lamb fillet with pesto crust GF
Grilled lamb skewers with tzatziki GF
Tofu & felafel with hommus pot (V, VGN)
Haloumi pan fried in olive oil & lemon (V)
Char grilled vegetables seasoned with balsamic glaze (V, VGN)
Brown rice & veggie bites with seared asparagus (V,VGN)

Salads – please choose two per order.

Roast pumpkin, mixed bean & zucchini, coconut & sultana salad GF,VGN
Roast beetroot, chick pea, sweet corn and baby peas with fresh minted mayonnaise GF, V
Coleslaw – red, white cabbage, toasted pinenuts, capsicum and apple, dill mayonnaise GF,V
Chick peas, pan fried mushrooms, char grilled capsicum & Spanish onion with fresh herb dressing GF,V
Brown rice, broccoli & capsicum, orange zest dressing GF,V
Wild rice, artichoke & tomato, dill, shallots & balsamic vinaigrette GF,V
Pearl couscous, roast eggplant, mint, parsley, coriander & preserved lemon vinaigrette V
Couscous with pumpkin, chick peas, fresh herbs & lemon dressing V
Mesclun with tomato, cucumber, combo beans, carrot & Spanish onion GF, V
Baby spinach, seasonal figs, shaved parmesan & pinenuts GF, V
kumera with cashew nuts, avocado, chives & lemon myrtle vinaigrette GF, V
Baby potato with Spanish onion, shallots, seeded mustard, fresh herbs with mayonnaise GF, V
Potato, sundried tomato, olives & parsley with balsamic dressing GF, V
Thai noodles with keycap Manis, carrots, corn, shallots, ginger, lemongrass & fresh herbs V

Box type: recyclable card round container with lid: 150mm x 150mm x 70mm H



Add on sweet treats

Sweet treats	per person
Sesame seed snap biscuits (GF)	\$2.00
Dried fruit & nut pot	\$2.50
Gluten free nut bar	\$3.00
Anzac biscuits & cookies (two)	\$3.50
Chocolate brownie slice (GF)	\$3.50
Raspberry & coconut cake	\$3.50
Assorted muffins	\$3.50
Tasmanian cheddar & heritage blue with lavosh	\$5.50
Fresh fruit skewers	\$3.00
Fresh fruit platter	\$4.50
Fresh whole fruit (one piece)	\$1.20

Platters for tea or lunch

Morning tea & afternoon tea platters – priced per person – \$7.00 + GST

Please choose 2 items only:

1. Assorted fresh baked muffins
2. Assorted mini Danish & sweet pastries
3. Chocolate brownies (GF)
4. Assorted gluten free biscuits & cakes
5. Fresh seasonal cut fruit
6. Fresh fruit tarts / Portuguese tarts / ricotta & blueberry tarts (choose one type)
7. Fresh fruit skewers
8. Fresh baked scones with strawberries jam & whipped cream
9. Raspberry coconut cake
10. Chocolate chip honey oatcake slice

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. 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
6. Roast salmon fillet, baby spinach honey mustard platter – Moroccan couscous & pumpkin salad - Cheese selection with biscuits & fresh fruit platter \$20.50



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

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

Menus valid from January 2019

Contact admin@lunchinabox.com.au for a quote

General delivery charge is \$25.00