

# Lunch in a Box Menus

## 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 & cream cheese croissant  
Dried fruit & nut mix  
Fresh seasonal fruit  
Muffin

### Breakfast in a Box 3 - Gluten free

Banana bread  
Fresh seasonal fruit  
Natural yogurt, honey, berries  
Dried fruit & nut mix

### Breakfast in a Box 4 – Gluten free, dairy free, vegan

Granola – gluten free, vegan  
Lactose free yoghurt, honey, berries  
Chocolate muffin – dairy free, nut free, gluten free, egg free  
Fresh fruit - seasonal

***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*

# Lunch in a Box Menus

## Snack in a Box

+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 – Gluten free \$10.50

Gluten free chocolate brownie  
Fresh fruit piece  
Coconut & berry chia cup  
Granola bar

### Antipasto box \$14.50

Salami, double smoked ham, rare beef, sun dried tomatoes, roasted capsicum, roast eggplant, fetta, olives  
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*

# Lunch in a Box Menus

## Value Lunch in a Box \$15.50

+ GST *please choose ONE box only*

### Lunch in a Box 1

Chicken, celery, seeded mustard & salad sliders  
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, dairy free

Moroccan chicken salad, mixed leaves, tomatoes  
Quinoa, roast pumpkin, dried cranberries & coconut salad  
Dried fruit & nut pot & fresh fruit

### Lunch in a Box 4 – gluten free, dairy free, vegan

Roasted vegetable "Thins" sandwich, sun dried tomato, avocado spread & mesclun  
Mixed bean, roast pumpkin & zucchini salad, coconut & sweet chilli  
Chocolate brownie (GF, V, DF, EGGF)  
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*

# Lunch in a Box Menus

## Premium Lunch in a Box - \$18.50

+ GST *please choose ONE box only*

### Lunch in a Box 1 – healthy choice

Chicken, celery & seeded mustard “Thins” sandwich, guacamole spread & salad leaves  
Quinoa, roast pumpkin, dried cranberries & coconut salad pot  
Zucchini, sweet potato & fresh herb slice  
Low fat carrot, apple & chia muffin & 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, dairy 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, vegan

#### Vegan

Chilli tofu, tomato & sweet potato salad  
Falafel & fresh vegetable salad with hommus  
Mushroom, zucchini, capsicum skewer, olive oil & dukkah  
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*

# Lunch in a Box Menus

## Deluxe Boxes - \$19.50

+ GST *please choose TWO proteins & TWO salads per order*

### HOW IT WORKS

The deluxe boxes are designed for maximum healthy food choices. We place your choice into a box for your lunch.

Please note proteins are split as a half/half selection in a box.

**In each deluxe box you will have one protein & your choice of two salads.**

**Proteins – Please choose two only per order**

**All proteins are gluten free** - Please choose TWO Protein & TWO salads only per order.

Grilled salmon fillet with lemon & chive mayo GF  
Tuna, hard boiled eggs & Kalamata olives GF, V  
Roasted Moroccan spiced chicken breast GF  
Chicken, celery & walnut GF  
Rare beef slices with honey mustard dressing GF  
Rare lamb fillet with pesto crust GF  
Grilled lamb skewers with tzatziki GF  
Tofu & feta with hummus pot (V, VGN)  
Haloumi pan fried in olive oil & lemon (V)  
Char grilled vegetables seasoned with balsamic glaze (V, VGN)

**Salads – please choose two per order.**

Roast pumpkin, mixed bean & zucchini, coconut & sultana salad GF, VGN, DF  
Roast beetroot, chick pea, sweet corn and baby peas with fresh minted mayonnaise GF, V, DF  
Coleslaw – red, white cabbage, toasted pinenuts, capsicum and apple, dill mayonnaise GF, V, DF  
Chick peas, pan fried mushrooms, char grilled capsicum & Spanish onion with fresh herb dressing GF, V, DF  
Brown rice, broccoli & capsicum, orange zest dressing GF, V, DF  
Wild rice, artichoke & tomato, dill, shallots & balsamic vinaigrette GF, V, DF  
Pearl couscous, roast eggplant, mint, parsley, coriander & preserved lemon vinaigrette V  
Mesclun, tomato, cucumber, combo beans, carrot & Spanish onion GF, V, DF  
Kumara with cashew nuts, avocado, chives & lemon myrtle, mayonnaise GF, V, DF  
Quinoa, roast pumpkin, dried cranberries & coconut salad V, GF, DF

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

# Lunch in a Box Menus

## Add on sweet treats

Sweet treats	per person
Sesame seed snap biscuits (GF)	\$2.50
Dried fruit & nut pot	\$2.50
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 or fresh fruit skewers
6. Coconut & berry chia cups
7. Lactose free yoghurt, berries & granola cups
8. Fresh fruit tarts / Portuguese tarts / ricotta & blueberry tarts (choose one type)
9. Fresh baked scones with strawberries jam & whipped cream
10. Raspberry coconut cake

### Lunch Platters – priced per person - Gluten free & dairy free options available

#### \$17.50 + GST

Assorted tortilla wraps & rolls - Meat & vegetarian fillings, roast veggie & pesto salad & fresh fruit platter

Assorted "Thins" sandwiches - Assorted filled baguettes , wild rice, artichoke salad- fresh fruit platter

Assorted tortilla wraps – meat & vegetarian fillings - Chocolate brownies – fresh fruit skewers

Soy, honey chicken skewers – Quinoa, roast pumpkin & coconut salad - Cheese & biscuits, fresh fruit platter GF

#### \$20.50 + GST

Smoked salmon & leek tart slices, chicken & seeded mustard grain roll, mixed bean salad, chick peas & fresh herbs Fresh fruit skewers

Roast lemon myrtle salmon fillet, baby spinach, shaved parmesan & honey mustard platter

Moroccan couscous & pumpkin salad - Cheese selection, biscuits, quince paste & fresh fruit skewers

# Lunch in a Box Menus

## 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***

We love food and we love to help! - Please get in touch for all your catering needs and let our team create some great tasting food for your next event.