



POUNDS + OUNCES

CATERING MENU



We pride ourselves on the quality of food we create.

Let us help you take the stress out of organising food for your functions. We have an easy to order menu across a variety of cuisines that can be adjusted to suit all dietary requirements.

You can rely on our range to deliver the highest quality ingredients, all prepared fresh in store, especially for you.

Providing a range of fresh, healthy and delicious food is our bread and butter. We're too proud and caring to provide anything less than perfect to our valued customers.

We cater for private and corporate functions to suit any budget, and guarantee to provide you with delicious food, delivered by our friendly staff to you on time.

We would be delighted to create something special for your event, meeting or function, regardless of size. Please do not hesitate to ask if you have a unique request!



Nourish Box

BREAKFAST

NOURISH BOX (GF, V)

Includes:

- + Yoghurt, granola, mixed berries (v)
- + Raspberry chia pudding with toasted granola (ve)
- + Mango chia pudding with toasted granola (ve)
- + Seasonal fruit salad (ve)

Small includes 2 varieties

Small - 8 pieces

26.50

Large includes 4 varieties

Large - 24 pieces

77.00

MIXED BREAKFAST BOX

An assortment of:

- + Muffins
- + Petite danish
- + Mini croissants

Mixed Breakfast Box - 20 pieces

77.00

MUFFINS (V)

Flavours may include:

- + Blueberry
- + Raspberry & white chocolate
- + Chocolate
- + Apple & cinnamon

Minimum 10 serves

Muffin - 2 halves

6.50

DANISH (V)

Flavours may include:

- + Raspberry
- + Cinnamon swirl
- + Vanilla custard
- + Apple

Minimum 10 serves

Danish - each

3.50



CROISSANTS

Fillings may include:

- + Ham, swiss cheese
- + Cheese, tomato (v)
- + Swiss cheese, avocado, tomato (v)

Minimum 10 serves

Mini Croissant - each 5.00

Large Croissant - each 11.50

BREAKFAST SLIDERS

Mini brioche buns filled with our morning favourites.

Fillings may include:

- + Scrambled egg, bacon, caramelised onion, tomato relish
- + Bacon, egg, cheese, BBQ sauce
- + Mushroom, feta, rocket, caramelised onion (v)

Minimum 10 serves

Breakfast Slider - each 6.00

BREAKFAST TURKISH

Fillings may include:

- + Bacon, egg, smashed avocado, tomato relish
- + Bacon, egg, cheddar cheese, BBQ sauce
- + Mushroom, egg, cheese, spinach, hollandaise (v)

Minimum 10 serves

Breakfast Turkish - each 10.50

TOASTED BREAKFAST TORTILLAS

Fillings may include:

- + Bacon, egg, cheddar, spinach, BBQ sauce
- + Bacon, egg, spinach, hollandaise
- + Egg, spinach, cheddar cheese, tomato, hollandaise (v)
- + Mushroom, avocado, potato hash, spinach, tomato relish (ve)

Minimum 10 serves

Toasted Breakfast Tortilla - each 10.50

BREAKFAST BAGELS

Fillings may include:

- + Bacon, egg, cheddar, BBQ sauce
- + Mushroom, feta, caramelised onion (v)
- + Smashed avocado, feta, balsamic glaze (v)

Minimum 10 serves

Breakfast Bagels - each 13.00

SEASONAL FRESH FRUIT (VE, GF)

Includes a selection of freshly sliced seasonal fruits

Minimum 10 serves

Small Platter (serves 10) 49.00

Large Platter (serves 20) 89.00

Fruit Salad Individual Snack Size 6.50



Mixed Sandwich Box

BREADS

SANDWICHES

An assortment of delicious fillings on our white & multigrain breads, cut in quarters for your convenience.

Fillings may include:

- + Roast chicken, mayonnaise, fresh salad
- + Roast chicken, coleslaw
- + Ham, fresh salad, tomato relish
- + BBQ pulled beef, fresh salad, honey mustard dressing
- + Egg, lettuce, mayonnaise (v)
- + Avocado, fresh salad, hummus (v)

Minimum 10 serves

Sandwiches - each 8.50

Switch to gluten free bread - per sandwich 1.00

GOURMET SANDWICHES

An assortment of delicious fillings on our artisan seeded sourdough and white ciabatta breads

Fillings may include:

- + Roast chicken, avocado, fresh salad, pesto mayonnaise
- + Smoked salmon, brie, avocado, red onion, rocket, cream cheese
- + Ham, brie, caramelised onion, fresh salad
- + Avocado, cheddar, fresh salad, red onion, beetroot hummus (v)
- + Eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (v)

Minimum 10 serves

Gourmet Sandwiches - each 12.00

Switch to gluten free bread



BAGELS

Fillings may include:

- + Smoked salmon, red onion, rocket, cream cheese
- + Ham, cheddar cheese, tomato, dijonnaise
- + BBQ beef, swiss cheese, dijon mustard, dill pickles
- + Beetroot hummus, grilled pumpkin, grilled eggplant, onion relish, rocket (ve)

Minimum 10 serves

Bagels - each

14.50

FRESH BAKED BAGUETTES

Fillings may include:

- + Roast chicken, avocado, fresh salad, pesto mayonnaise
- + Roast chicken, brie, fresh salad, aioli
- + Roast pumpkin, feta, caramelised onion, kalamata olives, rocket (v)
- + Ham, swiss cheese, fresh salad, honey mustard dressing

Minimum 10 serves

Baguettes - each

13.00

TORTILLA WRAPS

Fillings may include:

- + Roast chicken, fresh salad, pesto mayonnaise
- + Tandoori spiced chicken, fresh salad
- + Ham, fresh salad, mayonnaise
- + BBQ beef, coleslaw, honey mustard
- + Falafel, fresh salad, hummus (ve)

Minimum 10 serves

Tortilla Wraps - each 11.00

TOASTED TORTILLA WRAPS

Fillings may include:

- + BBQ chicken, bacon, cheddar, spinach, mayonnaise
- + Chicken schnitzel, coleslaw, BBQ sauce, aioli
- + Beef meatballs, tomato sugo, spinach, mozzarella, lemon aioli
- + Roast pumpkin, eggplant, capsicum, caramelised onion, spinach, sundried tomato, hummus (ve)

Minimum 10 serves

Toasted Tortilla Wraps - each 14.00

TOASTED TURKISH BREAD

Fillings may include:

- + Roast chicken, swiss cheese, avocado, sundried tomato, pesto mayonnaise
- + BBQ chicken, bacon, swiss cheese, spinach, mayonnaise
- + Slow cooked beef, tomato, rocket, caramelised onion, tomato relish, cheddar cheese
- + Pulled pork, ham, dill pickles, swiss cheese, dijonnaise
- + Grilled eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (v)

Minimum 10 serves

Toasted Turkish Bread - each 14.50

BURRITOS

With avocado and tomato salsa, Cuban rice, mozzarella, spinach, sour cream, sweet chilli sauce

Fillings may include:

- + Roast chicken
- + Slow cooked beef
- + Roasted sweet potato (v)

Minimum 10 serves

Burritos - each 15.00

MIXED SANDWICH BOX

Includes an assortment of:

- + Tortilla wraps
- + Baguettes
- + Sandwiches
- + Gourmet Sandwiches

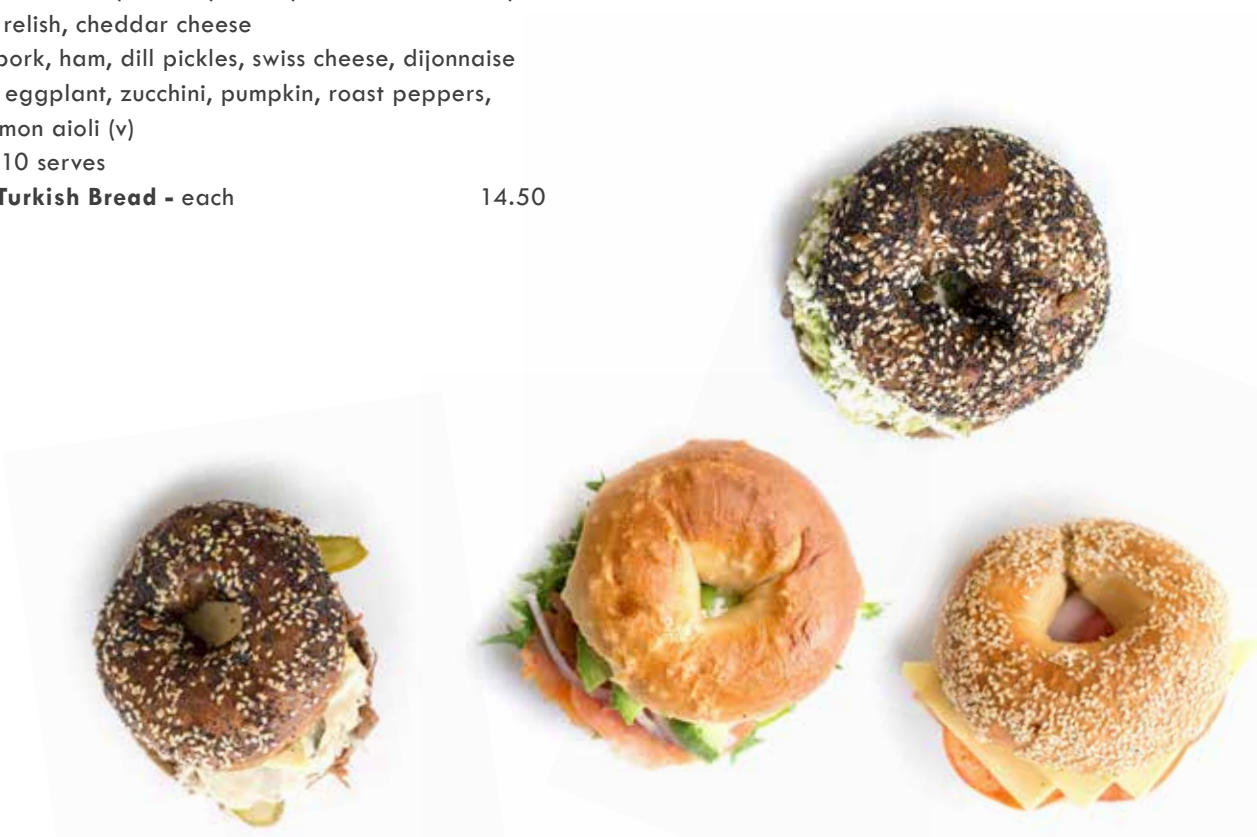
Mixed Sandwich Box - 16 pieces 89.00

MIXED MELTS BOX

Includes an assortment of:

- + Burritos
- + Toasted turkish bread
- + Toasted tortilla wraps

Mixed Melts Box - 14 pieces 99.00



V - Vegetarian

VE - Vegan

GF - Gluten Free





Mixed Selection of Hot Food

HOT SELECTION

MINI BEEF MEATBALLS

Marinated in our chilli & lime sauce

Served with tomato relish

Small Platter - approx 67 pieces 66.00

Large Platter - approx 134 pieces 115.50

MINI SPRING ROLLS & SAMOSAS (VE)

Vegetarian mini spring rolls & mini samosas

Served with sweet chilli sauce

Small Platter - 96 pieces 80.00

Large Platter - 192 pieces 140.00

CHICKEN WINGS

Served with sweet chilli sauce

Small Platter - approx 30 pieces 85.00

Large Platter - approx 50 pieces 125.00

PARTY ROLLS

Includes an assortment of house made pastries:

+ Sausage rolls

+ Pumpkin, spinach, four cheese rolls (v)

Served with tomato relish

Party Rolls - 20 pieces 55.00

CLASSIC PARTY PASTRIES

Flavours may include:

+ Sausage rolls

+ Pumpkin, spinach, four cheese rolls (v)

+ Quiche lorraine

+ Spinach, ricotta quiche (v)

+ Mini pies

Served with tomato or BBQ sauce

Small Platter - 28 pieces 77.00

Large Platter - 56 pieces 130.00



Pizza

PIZZA

Choose up to two toppings per platter:

- + Ham, mushroom, spinach, Kalamata olives, mozzarella, oregano
- + BBQ chicken, smoky BBQ sauce, mozzarella, oregano
- + Grilled eggplant, feta, roast peppers, spinach, mozzarella, oregano (v)
- + Fresh tomato, basil & mozzarella (v)
- + Ham, bacon, pulled pork, onion, mozzarella, BBQ sauce
- + Roasted pumpkin, feta, roast peppers, mozzarella, oregano

30 pieces

53.00

QUICHE

- + Quiche lorraine, bacon, mozzarella
- + Spinach, ricotta quiche (v)
- + Mediterranean vegetable quiche (v)

Minimum 10 serves

Quiche - each

4.00

PASTA

- + Beef lasagne
- + Spinach, ricotta lasagne (v)

Minimum 10 serves

Pasta - each

6.50

SLIDERS

Fillings may include:

- + Beef, cheese, dill pickles, ketchup, mustard
- + BBQ beef, dill pickle, coleslaw, honey mustard dressing
- + Pulled pork, coleslaw, chipotle mayonnaise
- + Grilled mushroom, brie, kale, caramelised onion, pesto (v)

Minimum 10 serves

Sliders - each

6.50

BAKES

Served with tomato relish

- + Zucchini, bacon slice
- + Roast vegetable frittata (v, gf)

Minimum 10 serves

Bakes - each

4.50

NOODLE & RICE BOWLS

- + Sweet and Sour Chicken & Rice
- + Teriyaki Chicken & Rice
- + Teriyaki Tofu Noodle Stir Fry (ve)
- + Chicken Curry & Rice
- + Satay Vegetable Noodle

Minimum 10 serves

Noodle & Rice Boxes - each

7.50



Individual Salads

COLD SELECTION

FRESH SALADS

For the healthy minded. Choose from:

- + Broccoli Pesto Pasta Salad (v)
- + Chicken Pesto Pasta Salad
- + Chicken Schnitzel, Avocado & Spinach Salad
- + Cuban Brown Rice (ve, gf)
- + Greek Salad (v) (gf)
- + Potato & Bacon Salad
- + Quinoa & Roast Vegetable Salad (ve, gf)
- + Vietnamese Chicken Salad (gf)

Minimum 10 serves

Fresh Salad Bowl - Large (serves 10) 59.00

Individual Boxes - Served in 8oz noodle boxes 7.00

SEASONAL FRESH FRUIT (VE, GF)

Includes a selection of freshly sliced seasonal fruits

Minimum 10 serves

Small Platter (serves 10) 49.00

Large Platter (serves 20) 89.00

Fruit Salad Individual Snack Size 6.50

POKE BOWLS

- + Miso Salmon Rice - brown rice, edamame, corn, radish, herbs, sesame seeds (gf)
- + Nourish Bowl - zucchini noodles, broccoli, tofu, pickled cabbage, capsicum, radish, mint (ve, gf)
- + Vegan Rainbow - zucchini noodles, broccoli, edamame, carrot, pickled cabbage, avocado, corn (ve, gf)

Poke bowls - each 7.50

ANTIPASTO PLATTER

Includes:

- + Ham
- + Salami
- + Chorizo
- + Grilled Mediterranean vegetables
- + Olives
- + Feta cheese
- + Turkish bread

Small platter 65.00

Large platter 120.00

Gluten free bread available



Grazing Platters

HOUSE MADE DIPS PLATTER (V)

Made from scratch & served with crunchy vegetables & tortilla chips.

Includes a selection of dips:

- + Hummus (ve)
- + Beetroot hommus (ve)
- + Semi-sundried tomato (v)
- + Roast capsicum (v)
- + Avocado (v)

Small platter - choose 2 dips 50.00

Large platter - choose 4 dips 95.00

Gluten free crackers available

SUSHI PLATTER

- + Crispy prawn
- + Crispy squid
- + katsu chicken
- + Fresh salmon & avocado (gf)
- + Teriyaki chicken (gf)
- + Egg & avocado (gf, v)

Cut into 4 pieces. Served with soy sauce, wasabi and ginger.

Small platter 87.00

Medium platter 115.00

Large platter 130.00

Extra large platter 150.00

Cocktail size platter 150.00

GRAZING PLATTER (V, GF)

A variety of local & international cheeses, accompanied by a selection of crackers.

Includes:

- + House made dip
- + Marinated olives
- + Mixed dried fruit & nuts
- + Gluten free crackers

Plus, a selection of cheeses:

+ Brie

+ Camembert

+ Blue costello

+ Cheddar

Small platter - 2 cheeses 65.00

Large platter - 4 cheeses 120.00



Slices

SWEET BITES

PETITE TARTS (V)

Flavours may include:

- + Apple pie
- + Banana Toffee
- + Fruit tart
- + Custard tart

Petite Tarts - 24 pieces

99.00

GLUTEN FREE SLICES (GF)

Flavours may include:

- + Chocolate fudge brownie
- + Caramel slice
- + Nutella fudge brownie

Minimum 10 serves

Gluten Free Slices - each

6.00

SLICES (V)

Flavours may include:

- + Caramel
- + Salted caramel
- + Lemon
- + Hedgehog
- + Chocolate fudge brownie

Ask about our vegan options

Minimum 10 serves

Slices - each

6.00

COOKIES (V)

Flavours may include:

- + Anzac
- + Chocolate chip
- + Double chocolate

Minimum 10 serves

Cookies - each

3.00

CARROT CAKE (GF)

each 4.00



GLUTEN FREE COOKIES (GF)

Flavours may include:

- + Cranberry & white chocolate
- + Florentine

Minimum 10 serves

Gluten Free Cookies - each

6.00

LOAF SLICES (V)

Toasted, cut in halves and served with butter

Minimum 10 serves

Banana bread - 2 half slices 6.80

Gluten free banana bread (gf) - 2 half slices 6.80

Orange & almond loaf (gf) - 2 half slices 7.50

Date & honey loaf (gf) - 2 half slices 7.00

V - Vegetarian

VE - Vegan

GF - Gluten Free

INDIVIDUAL BOXES

BREAKFAST BOXES

Minimum order of 10

CONTINENTAL

18 ea

2 mini breakfast croissants, mini seasonal fruit salad & granola, half a muffin

BREAKFAST BURGER

17 ea

Breakfast slider, mini yoghurt with granola & mixed berries, 2 mini danish

VEGAN (VE)

15.5 ea

Mini chia pudding with granola & coconut, toasted wrap with mushroom, avocado, potato hash, spinach, tomato relish

MORNING TEA

15.5 ea

Half a sandwich, mini danish, cookie, mini slice

LUNCH BOXES

Minimum order of 10

SANDWICH

16 ea

Half a sandwich, salad, mini slice

WRAP

19 ea

Half a fresh wrap, salad, mini seasonal fruit salad & granola, cookie

SUSHI (GF)

15.5 ea

4 Pieces of fresh sushi, salad, piece of fresh fruit

FALAFEL (VE)

16 ea

Half a falafel, hummus and salad wrap, salad, mini chia pudding with granola & coconut

PASTA

18.5 ea

House made pasta, salad, mini slice

FINGER FOOD

17 ea

Mini beef meatballs, salad, 2 party pies

FRITTATA (GF) (V)

16 ea

Roast vegetable frittata, salad, mini gluten free slice

PIZZA

15 ea

Pizza, slider, mini slice

AFTERNOON TEA

17.5 ea

Half a sandwich, mini croissant, party pie, mini danish, tomato relish



GROUP PACKAGES

RISE & SHINE PACKAGE

Includes:

- + Small seasonal fresh fruit platter
- + Mini croissants x 12
- + Petite danish x 12
- + Orange juice 2L

Rise & Shine Package - serves 12

144.00

Additional serves - each

12.00

ITALIAN FESTA PACKAGE

Includes:

- + Large antipasto platter
- + Homestyle pasta x 18
- + Traditional pizza platter
- + Fresh salad large bowl

Italian Festa Package - serves 20

340.00

Additional serves - each

17.00

LIGHT LUNCH PACKAGE

Includes:

- + Large classic party pastries platter
- + Sandwiches x 10
- + Tortilla wraps x 10

Light Lunch Package - serves 20

318.00

Additional serves - each

15.90

V - Vegetarian

VE - Vegan

GF - Gluten Free



BEVERAGES

COFFEE & TEA PACKAGE

Single origin batch brew coffee
& organic loose leaf tea

Minimum 10 guests

Coffee & Tea Package - per head 4.50

COFFEE, TEA & JUICE PACKAGE

Single origin batch brew coffee,
organic loose leaf tea & orange juice

Minimum 10 guests

Coffee, Tea and Juice Package - per head 5.50

BOTTLED WATER

1.5L Water 4.50

ORANGE JUICE

2L Bottle 9.00

APPLE JUICE

2L Bottle 9.00

SOFT DRINK

1.1L Soft drink 6.50

- + Schweppes Agrum Blood Orange
- + Schweppes Agrum Citrus Sugar Free
- + Schweppes Lemonade
- + Schweppes Lemonade Zero
- + Schweppes Dry Ginger Ale

1.25L Soft drink 7.00

- + Pepsi
- + Pepsi Max
- + Solo

COLD BREW COFFEE

2L Cold brew coffee 40.00

EQUIPMENT & STAFF

GLASSWARE

+ Water glasses - each	1.50
+ Wine & sparkling glasses - each	1.50

CROCKERY

+ Serviette & plate - each	1.50
+ Tea/coffee - each	1.50

CUTLERY

+ Cutlery - each	1.50
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SERVING UTENSILS

Tongs, knives, serving spoons etc	
+ Serving Utensils - each	1.50

TABLES

+ Trestle Table - each	39.00
+ Trestle Cover - each	15.00

SERVICE EQUIPMENT

+ Hot Water Urn - 20 litre	39.00
+ Percolator - 100 cup	80.00
+ Chaffer Dish - each	49.00
+ Hot Box - each	220.00

STAFF HIRE

+ 7am-7pm weekday - per hour	39.00
+ 7pm-7am weekday - per hour	56.00
+ Weekend - per hour	60.00
+ Public Holiday - per hour	90.00

TERMS & CONDITIONS

DELIVERY

See our website for delivery estimates or contact us for a quote. Our staff will collect any hired or re-usable items after your function, event or meeting has concluded. Please specify an appropriate time to do so, as we hate to interrupt. If you require any assistance with setting, packing or cleaning up in addition to your catering order, or require delivery outside of these terms, please contact our friendly staff.

ORDER TIMES

We will always be happy to meet any catering needs you have, however some items may require 48 hours notice to supply. It is advised to place your order as early as possible to ensure we have everything ready for you on the day. If you are unable to place your order in advance please speak to our friendly staff regardless. We will always be able to assist.

CHANGES / CANCELLATIONS

We understand your catering requirements may change unexpectedly. Notice of any changes or cancellations must be given 24 hours before the event (48 hours for larger orders). Charges may be applicable due to stock loss or labour charges.

BROKEN / MISSING EQUIPMENT

Any broken or missing equipment will be charged to your account at the cost of replacement.

PAYMENT TERMS

We accept Credit Card or Direct Debit (EFT) payment. Please contact our friendly staff to arrange payment.



POUNDS + OUNCES

ORDER ONLINE
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