

CATERING SPECIALISTS

- Finger Foods
- Morning and Afternoon Tea
- Lunch



COCKTAIL / FINGERFOODS

Minimum 6 people

Minimum 4 days notice required

choose any 4 items

\$9.00 per head

choose any 8 items

\$17.80 per head

. spinach and ricotta filo triangles

. pizzata triangles on a thin wholemeal base

. thai chicken sausage rolls

. satay and sweet chilli chicken balls (not spicy, gluten free)

. meatballs in 'QOT' tomato and basil sauce (gluten free)

. smoked salmon volauvent with sour cream, capers and chive

. prawn curry pastries

. pumpkin, spinach, poppy seed and fetta quiche tartlet

. smokey bacon, tomato and spinach quiche tartlet

. mediterranean vegetarian quiche tartlet

. zucchini, black olive & sundried tomato tartlets

. caramalised onion, basil pesto, roast pumpkin, roast capsicum and fetta tartlets

. vego pasties

. lamb pies

. chicken breast with mushroom, leek and ricotta pies

. vego curry pies

. vego butter chicken pies

. polenta tartlett with sundried tomato pesto, shredded fetta and roast pumpkin (gluten free)

. frittata - vegetarian (gluten free)

. mushroom and lemon risotto balls (gluten free)



All foods served at room temperature
Deliciously plattered or boxed

Low Fat, No Frying. Only Oven Baked!

"The Value of our product is in our quality"

CATERING SPECIALISTS

- Finger Foods
- Morning and Afternoon Tea
- Lunch



MORNING TEA / AFTERNOON TEA

croissants . mini with melted cheese and tomato	\$3.00
croissants . mini with shredded chicken breast, cheese and tomato	\$3.50
croissants . mini with smoked ham and cheese	\$3.50

QUICHE TARTLETS

. smoked bacon, tomato and spinach	\$2.00
. pumpkin, spinach, poppyseed & fetta	\$2.00
. mediterranean vego	\$2.00
. ricotta and spinach filo triangles	\$1.60
. muffins . savoury . mini . roasted pumpkin, cheese, sundried tomato, spinach & herbs	\$1.80
. muffins . sweet . mini . cherry ripe	\$1.80

DANISH PASTRIES \$2.80

- . blueberry croissants
- . cinnamon & caramel croissants
- . double chocolate croissants

SWEET TARTLETS \$3.00

- . lemon curd and passionfruit
- . blueberry or pear and almond
- . baked chocolate

FRUIT PLATTERS

fresh and dried fruits
NOTE: Seasonal fruits apply

small (up to 7 people)	\$45
large (up to 14 people)	\$85

JUICES

No added sugar or preservatives

2.4lt orange juice	\$8.50
2.4lt multi v juice	\$8.50
2.4lt apple juice	\$8.50
2.4lt apple and blackcurrant juice	\$8.80

1.5lt spring water	\$4.80
--------------------	--------

. plates, cups and servietts .80c per person



CATERING SPECIALISTS

- Finger Foods
- Morning and Afternoon Tea
- Lunch



SWEET TARTS / CAKES

cocktail	(6cm diameter)	\$3.00
small	(9cm diameter)	\$4.80
medium	(21.5cm diameter)	\$23.50
large	(25.5cm diameter)	\$32.50

- lemon curd and passionfruit (optional)
- blueberry and almond
- pear and almond
- baked chocolate

cherry ripe with sour pitted cherries, dark jamaican chocolate and coconut	(23cm diameter)	\$29.50
--	-------------------	---------

SANDWICHES, WRAPS, BAGUETTES AND ROLLS

wraps	12" pita wraps cut into 4 (one wrap per person)	\$9.00
baguette	(one per person)	\$9.00
sandwich rolls	wholemeal, multigrain (approx 8cm round)	\$6.50

- ceasar salad - no anchovies - with smokey bacon, egg, salad, parmesan and our special handmade ceasar dressing
- chicken breast - satay dressing with salad and cheese
- mediterranean vego - basil pesto dressing, roasted vegetables, salad and cheese
- beef - honey mustard dressing with salad and cheese

QUICHES

cocktail		\$2.50
small	(12cm) 1 Person	\$6.80
medium	(21.5cm) 4 People	\$19.50
large	(25.5cm) 8-12 People	\$28.50

- roasted pumpkin, spinach, poppyseed and fetta
- smokey bacon, tomato and spinach
- mediterranean vego with roasted eggplant, zucchini, roasted capsicum, spinach, spanish onion and ricotta



CATERING SPECIALISTS

- Finger Foods
- Morning and Afternoon Tea
- Lunch



PIZZA 7" wholemeal pita base

roasted pumpkin with peanut satay and sesame	\$6.80
mediterranean vego	\$7.80
mushroom, ricotta and caramelised onion with a smoked barbeque base	\$6.80
black olive, sundried tomato and roasted artichoke	\$7.80

FRITTATA gluten free

cocktail	\$2.50
small (12cm) 1 Person	\$7.80
large (25.5cm) 8-12 People	\$44

- smoked salmon, vegetable and capers
- vegetarian

PIES

cocktail	\$2.50
small (112cm) 1 Person	\$7.80

- lamb
- chicken breast with mushroom, leek, fetta and pumpkin
- vego butter chicken
- vego curry (mild)
- vego with mushroom, leek, fetta and pumpkin

SPANAKOPITA

large (34cm diameter)	\$44
per slice	\$7.50

- spinach, ricotta, leek, fetta and fennel in a filo pastry



CATERING SPECIALISTS

- Finger Foods
- Morning and Afternoon Tea
- Lunch



POLENTA TARTS gluten free

cocktail		\$2.50
small	(12cm diameter)	\$8.50
large	(25.5cm diameter)	\$38.00

- polenta base, layered with sundried tomato pesto, roasted pumpkin, shredded fetta and parsley

SAUSAGE ROLLS

cocktail		\$1.50
small	approx 8cm	\$4.40

- chicken
- spinach and ricotta

LASAGNE

small pyrex	27cm x 18cm	\$42
large pyrex	33cm x 22cm	\$62
per slice (1 serve)	12cm x 9cm	\$7.80

- chicken with pumpkin, ricotta and mushroom
- vegetarian

Note: Pyrex Deposit Required

CANNELONI hand made with tomato & basil sauce

spinach and ricotta	\$8.80
---------------------	--------

SALADS / RISOTTO

roast pumpkin and cashew nut with corriander, roasted capsicum, spanish onion and our own special balsamic dressing	\$24 per kg
ceasar salad, minus anchovies with smokey bacon, egg, parmesan and our own unique ceasar dressing	\$22 per kg
baby spinach with danish fetta, black olives, tomato, zucchini, spanish onion, roasted capsicum with a balsamic dressing	\$22 per kg
mushroom and lemon risotto <small>no dairy, no butter, no cheese</small>	\$18 per kg

