



Lunch Trays Menu C

As at 1st October 2019

Our caterer donates \$1 from every lunch tray purchased to a local charity. Thank you for your support!

All prices exclude GST and are subject to change without notice. Tray lunches are served cold and items cannot be substituted- minimum 5 trays of same type per order.

Tray Lunch – 4 items (1 bread item + 1 salad option + 1 savoury or sweet option)* \$24.50pp

Tea/Coffee is included*

Includes pump pots of coffee and hot water, herbal tea box, milk, milk jug, sugar and stirrers.

Option 1

Mini ciabatta roll filled with smoked ham, dijonnaise, mesclun, cheese and pickled onion

Garlic herb chicken salad, cucumber, rocket and mixed sprouts salad with blueberry vinaigrette

Roast cauliflower, spring onion and parmesan mini quiche (v)

Super chocolate cookie (v)

Option 2

Poppy plait roll filled with spicy pulled beef and herbed beetroot slaw

Honey mustard pasta salad with tomato, rocket and crisp prosciutto flakes (df)

Bacon, roasted asparagus and brie mini quiche

Black forest brownie (v)

Option 3

Harvest seed roll filled with pastrami, beetroot hummus, baby spinach, tomato and sprouts

Beef strip salad, crispy noodles, mesclun, mung beans, red peppers with sambal oelek dressing (df)

Spinach, ham, red pepper and haloumi quiche wedge

Strawberry cheesecake slice (v)

Option 4 –Vegetarian

Sesame seed bagel filled with avocado, tomato, brie, mesclun and capsicum with apricot chutney (v)

Mixed roast vegetable salad, couscous, baby spinach, avocado and parmesan with red wine vinaigrette (v)

Rocket, thyme braised onion and goat feta mini quiche (v)

Pineapple lump slice (v)

Option 5 –Vegan

Poppy plait roll filled with roast eggplant, chargrilled vegetable relish, baby spinach and alfalfa sprouts (vegan)

Quinoa salad with radish, carrot, sundried tomato, mixed seeds, cos lettuce and orange vinaigrette (vegan, gf)

Filo vegetable roll with spinach, pine nuts, red onion and kumara (vegan)

Peanut butter slice (vegan, gf, keto)

Option 6 -Gluten Free & Dairy Free

Brown GF roll filled with pulled beef and herbed beet slaw (gf, df)

Quinoa salad with radish, carrot, sundried tomato, mixed seeds, cos lettuce and orange vinaigrette (vegan, gf)

Chicken skewer marinated in cumin, coriander and paprika (gf, df)

Peanut butter slice (vegan, gf, keto)

Option 7 –Paleo

Roasted vegetable loaf

Poached chicken salad with capsicum, cos lettuce, peanuts, carrots, mint, spring onion and avocado dressing

Chicken skewer marinated in cumin, coriander and paprika (gf, df)

Raw goodness cranberry slice

Served cold in individual disposable trays- the packaging is made from 100% recyclable and 100% biodegradable bioplastic.