

HEALTHY HEART MENU

“healthy can be delicious”

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Morning Tea or Afternoon Tea Selection

Our healthy cakes are baked in house with no added refined sugars:

Healthy banana, date & pecan wholemeal muffins – 4 pieces	\$ 8.80 pp
Wholemeal scones w low fat ricotta, cinnamon & honey whip – 2 pieces	\$ 6.80 pp
Wholewheat chocolate & zucchini cake w date & cacao spread Vegan - 2 pieces	\$ 6.80 pp
Organic stoneground flour pikelets w maple, cashew & strawberry whip – 2 pieces	\$ 6.80 pp
Wholewheat carrot, walnut & raisin spice cake w vanilla spread – 2 pieces	\$ 6.80 pp
Red velvet cake w low fat ricotta & yoghurt icing G/F – 2 pieces	\$ 6.80 pp
Dried fig, pecan, coconut, honey & carob balls Vegan, D/F, G/F - 2 pieces	\$ 6.80 pp
Date, walnut, organic cacao & maple balls Vegan, D/F, G/F - 2 pieces	\$ 6.80 pp

Lunch + Savoury Selection

No salt cured meat products are used in our sandwiches and wraps

Potato pikelets w avocado, coriander & lime salsa G/F – 2 pieces	\$ 6.00 pp
Roast pumpkin corn cakes w olive & ricotta whip G/F – 2 pieces	\$ 6.00 pp
Frittatas – steamed chicken & sweet corn / pesto & olive oil roast vegetable	\$ 6.00 pp
Point sandwich selection with generous fillings including vegetarian, steamed chicken & lean roast beef on light rye, wholemeal & multigrain breads	\$ 8.80 pp
Gourmet wraps – sundried tomato flat bread w assorted gourmet low fat fillings including vegetarian, freshly steamed chicken & lean roast beef	\$12.00 pp
Roast vegetable antipasto platters w low fat dipping sauces G/F - Serves 15-20 people	\$88.00 ea
2 Kg Organic brown rice salad w celery, apples, walnuts, raisins & low fat dressing G/F	\$88.00 ea
2 Kg Roast sweet potato, feta, green beans, olives, almonds, tomato & lemon G/F	\$88.00 ea
2 Kg Steamed quinoa, feta, tomato, cucumber, avocado, olives, mint, sumac G/F	\$88.00 ea
• Individual Salad Boxes (minimum 6) 300gr serving	\$14.80 pp

Additions to your catering

- 100% orange juice @ \$6.80 per litre / 100% apple juice @ \$7.80 per litre
- Sparkling San Pellegrino water @ \$6.80 per litre / Individual 600ml water @ \$3.00 each
- Coffee and Tea package priced from \$3.80 per person

Catering for Office Meetings, Seminars, Training and In-House Conferences

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