

HEALTHY HEART MENU

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Healthy can be delicious – that’s our philosophy..... All items from our Healthy Heart Menu are prepared fresh daily in house to Heart Foundation guidelines. A delicious, healthy alternative to any morning tea, lunch or afternoon tea.

Morning Tea or Afternoon Tea Selection (minimum 10 each selection)

Wholewheat chocolate & zucchini cake w date & cacao spread - 2 pieces Vegan	\$ 6.80 pp
Wholemeal scones w low fat ricotta, cinnamon & honey whip – 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– 2 pieces G/F	\$ 6.80 pp
Dried fig, pecan, coconut, honey & carob balls - 2 pieces D/F, G/F	\$ 6.80 pp
Date, walnut, organic cacao & maple balls - 2 pieces Vegan, D/F, G/F	\$ 6.80 pp
Wholemeal muffins – apple, carrot & currants / strawberry, banana & mango – 4 pieces	\$ 8.80 pp
Fresh Seasonal Sliced Fruit Platter	from \$38.00ea

Lunch + Savoury Selection (minimum 10 each selection)

Frittatas – steamed chicken & sweet corn / olive oil roast vegetable & pesto	\$ 6.00 pp
Potato pikelets w avocado, coriander & lime salsa - 2 pieces G/F	\$ 6.00 pp
Roast pumpkin corn cakes w olive, chive & ricotta whip - 2 pieces G/F	\$ 6.00 pp
Point sandwich selection - light rye, wholemeal & multigrain breads	\$ 8.80 pp
Fillings include vegetarian options, steamed chicken breast & lean roast beef	
Gourmet wraps - sundried tomato flat bread w assorted gourmet low fat fillings	\$12.80 pp
Including vegetarian options, freshly steamed chicken breast & lean roast beef	
Roast vegetable antipasto platter w low fat dipping sauce G/F - Serves 10 people	\$68.00 ea

Healthy 1kg Salad Bowls - options below

Broccoli, Cucumber, beans, celery, basil, cashews w yoghurt dressing G/F	\$68.00 ea
Roast pumpkin, pine nuts, penne pasta, green shallot & semi-dried tomato Vegan	\$68.00 ea
Organic brown rice salad w celery, apples, walnuts, raisins & low fat dressing G/F	\$68.00 ea
Roast sweet potato, feta, green beans, olives, almonds, tomato & lemon G/F	\$68.00 ea
Steamed quinoa, feta, tomato, cucumber, avocado, olives, mint, sumac G/F	\$68.00 ea
Single portion Healthy Salad Boxes (min 6) 300gr serving	\$14.80 ea

includes disposable fork & napkin

Additions to your catering

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

“healthy can be delicious”

Prices effective Jan 2020

All prices exclusive of GST