

HEALTHY HEART TRAINING PACKAGE

(Minimum 20 people)

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: includes disposable plates & napkins

- Wholemeal muffins – apple, carrot & currants / strawberry, banana & mango
- Wholewheat Chocolate & Zucchini Cake w date & cacao spread
- Wholemeal scones w low fat ricotta, cinnamon & honey whip
- Potato pikelets w avocado, coriander & lime salsa GF

Lunch: includes disposable plates, forks & napkins

- Point sandwich selection on light rye, wholemeal & multigrain breads generous fillings including vegetarian options, steamed chicken & lean roast beef
- Gourmet wraps – sundried tomato flat bread w assorted gourmet low fat fillings including vegetarian options, freshly steamed chicken & lean roast beef
- Roast vegetable antipasto platter w low fat dipping sauce G/F
- Fresh seasonal sliced fruit platter

\$ 26.80 per person for half day catering - Food only

Afternoon Tea

- Organic Stone Ground Flour Pikelets w maple, cashew & strawberry whip
- Alfresco Dip Platter w Crisp Bread, GF Crackers & Crunchy Vegetable Sticks

\$ 32.80 per person for full day catering - Food only

EXTRAS NOT INCLUDED

Credit Card & Amex Card Fee: @ 1.5%

Special Dietary Requirements / Delivery Fee: \$

Beverages

- 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 ea
- Individual premium fruit juices \$6.00 ea
- Coffee and Tea package priced from \$3.80 per person

(07) 3391 1900

E: orders@redboxcatering.com.au

“healthy can be delicious”

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Healthy Heart Training Pkge 2019 – July 2019

All prices exclusive of GST