

## **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 **fillings including vegetarian options, steamed chicken breast & lean roast beef**
- Gourmet wraps – sundried tomato flat bread w assorted gourmet low fat fillings **including vegetarian options, freshly steamed chicken breast & lean roast beef**
- Roast mediterranean vegetable antipasto platter w low fat dipping sauces G/F
- Fresh seasonal sliced fruit platter

**\$ 27.80 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

**\$ 33.80 per person for full day catering - Food only**

(\$31.80 per person – Light Afternoon Tea option – Pikelets 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 \$6.80 ea
- Coffee and Tea package priced from \$3.80 per person

(07) 3391 1900

E: [orders@redboxcatering.com.au](mailto:orders@redboxcatering.com.au)

**“healthy can be delicious”**

Minimum 20 People

Healthy Heart Training Pkge 2020 – Jan 2020

All prices exclusive of GST