

CATERING MENU



ALL ORDERS MUST BE RECEIVED BY
1:00PM FOR NEXT DAY COLLECTION

SWEETS & SAVOURY PASTRIES

Assorted muffins	\$5
Plain Croissant	\$5
Almond Croissant	\$6
Chocolate Croissant	\$6
Banana Bread	\$5
Chocolate Brownie	\$5
Fruit Danish	\$5.5
Portuguese Tart	\$5.5
Ham & Cheese Infused Croissant	\$7.50
Spinach & Cheese Infused Croissant	\$7.50
Vegemite & Cheese Infused Croissant	\$7.50

BREAKFAST ITEMS

\$9

Egg & Bacon Bagel

Fried egg, tasty cheese, crispy bacon & special sauce

B.L.T Bagel

Bacon, tomato relish, red onion, fresh tomato & spinach

Ham & Cheese Bagel

Ham and aged cheddar cheese

Avocado & Goats Cheese Bagel

Avocado, goats cheese, rocket and Mozzarella

Granola, Fruit & Yoghurt

Granola grains, mixed berries on low-fat vanilla yoghurt

Bircher Muesli & Yoghurt

Whole grained oats, diced grannysmith apple, dried fruits & mixed berries on low-fat vanilla yoghurt

Rice Pudding & Berries (GF)

Rice pudding, shortbread, & mixed berries

BAGELS

\$13

Salmon & Ricotta Bagel

Fresh Atlantic Salmon, red onion, ricotta cheese, cucumber & spinach

Chicken & Avocado Bagel

Chicken breast, avocado, rocket, kewpie mayo & cheddar cheese

Club Bagel

Chicken breast, crispy bacon avocado, rocket, kewpie mayo & cheddar cheese

Italian Bagel

Calabrese salami, champagne ham, basil pesto, Italian Mozzarella & spinach

Chicken Schnitzel Bagel

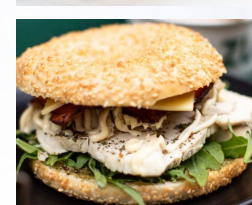
Crumbed chicken breast, dijon mustard, salad, mayonnaise & cheddar cheese

Sundried Tomatoes & Mozzarella Bagel (Vegan)

Sundried Tomatoes, babaganoush, spinach, vegan butter & Mozzarella

Mushroom & Goats Cheese Bagel (Vegetarian)

Portobello mushroom, basil pesto, spinach & goats cheese



ALL ITEMS WILL BE PORTIONED INTO EASY TO EAT SIZES AND
DISPLAYED IN PLATTER BOXES UNLESS OTHERWISE REQUESTED

LUNCH

SOURDOUGH SANDWICHES

\$13

Chicken Avocado Sandwich

Shredded chicken breast & mayonnaise w/ avocado on rocket

American Tuna Sandwich

Tuna and dill mayonnaise w/ American mustard, pickles & American cheese on mixed leaves

Turkey Sandwich

Roast turkey w/ avocado, brie cheese, cranberry sauce & mayonnaise on rocket

Prosciutto Sandwich

Roast turkey w/ avocado, brie cheese, cranberry sauce & mayonnaise on rocket

Ham Sandwich

Ham w/ tomato, avocado, tasty cheese & Dijon mayonnaise on mixed leaves

Texas Pulled Pork Sandwich

Pulled pork & BBQ sauce w/ pickles, paprika, Dijon mayonnaise & tasty cheese on mixed leaves

Mediterranean Veg Sandwich (Vegetarian)

Roasted red peppers, eggplant, artichoke, basil pesto & bocconcini on rocket

Mushroom Sandwich (Vegetarian)

Grilled mushroom, caramelised onion, aioli & brie cheese on spinach

SOURDOUGH BAGUETTES

\$13

Turkey & Cranberry Baguette

Roast turkey w/ avocado, brie cheese, cranberry sauce, mayonnaise on rocket

Italian Sopressa Baguette

Sopressa salami w/ semi-dried tomato, artichoke, parmesan & aioli on rocket

Basil Pesto Chicken Baguette

Shredded chicken breast & basil pesto mayonnaise w/ parmesan on rocket

Sundried Tomato Chicken Baguette

Shredded chicken breast & sundried tomato pesto mayonnaise on rocket

Caprese Baguette (Vegetarian)

Tomato, fresh basil, bocconcini & basil pesto on baby spinach

WRAPS

\$13

Falafel Wrap (Vegetarian)

Falafel w/ tabouleh, pink turnips, hummus on spinach

Ham Wrap

Ham w/ tomato, avocado, tasty cheese & Dijon mayonnaise on mixed leaves

Satay Chicken Wrap

Shredded chicken breast & satay sauce w/ roasted crushed cashews on spinach

Sweet Thai Chicken Wrap

Shredded chicken breast & sweet chilli mayonnaise w/ spring onions, coriander on spinach

ALL ITEMS WILL BE PORTIONED INTO EASY TO EAT SIZES AND DISPLAYED IN PLATTER BOXES UNLESS OTHERWISE REQUESTED

TRIO BOXES

THESE PACKS ARE BOXED AS INDIVIDUAL SERVING SIZES

Individual Breakfast Box

Choose one breakfast item, one sweet or savoury item & your choice of a cold drink.

\$ 19

Individual Lunch Box

Choose one lunch item, one sweet or savoury item & your choice of a cold drink.

\$23

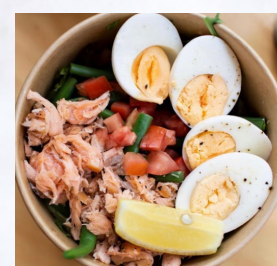
SALADS

\$13

SALADS ARE INDIVIDUAL SERVING SIZES (EXCLUDING PLATTER)

Chicken & Quinoa Salad (GF)

Chicken breast with broccoli, quinoa, toasted almonds and cranberries



Middle Eastern Salad (Vegetarian)

Falafel on a bed of cous cous, hommus and salad mix served with fresh lemon



Chicken Verde Salad (GF)

Mixed quinoa, ancho chilli chicken, mexican salsa, fresh tomatoes, wild rocket and fresh lemon



Salmon & Egg Salad (GF)

Smoked salmon, fresh broccoli, pickled cucumber & boiled egg with lemon



Chicken Pesto Pasta Salad

Chicken fillet, pasta, pine nuts, red onion and parmesan, all marinated in basil pesto

Chicken Caesar Salad (GF)

Cos Lettuce, chicken breast, bacon, parmesan, corn & egg

Salad Platter

Choose one salad from our range (serves 5)

\$65

DRINKS

\$4.5

Orange Juice

Coca-Cola

Diet Coke

Coke Zero

Kombucha

Spring Water

Mineral Water

HOW TO ORDER:

ALL ORDERS MUST BE RECEIVED BY 1:00PM FOR NEXT DAY COLLECTION

All items (excluding salads) will be portioned into easy to eat sizes and displayed in platter boxes unless otherwise requested. This does not include our trio packs which will come boxed as individual servings.

Please email your order with the following details to:

andrewwings@bigpond.com

1. Company name
2. Contact name
3. Contact number
4. Order & Quantity
5. Requested pick up time
6. Cafe name you wish to collect your order:
Upstanding Citizens or Espresso 19

We will then send you an email to confirm your order.

Electronic order form coming soon



**CONTACT:
ANDREW WINGS 0412 294 648**