

CATERING

Morning and Afternoon Tea

Minimum 6 units per selection

COLD SELECTION

	\$	QTY	TOTAL
Assorted friands (gf)	2.5		
House made mini chocolate muffins (gf)	3		
Freshly baked assorted Danish	2.6		
Assorted Mini muffins	3		
Freshly baked mini croissant	2.5		
House made banana bread (gf) 150gm	3		
Mini seasonal fruit skewers	3.5		
Mini almond nut crunch granola with low fat yoghurt (150ml)	4.5		
Mini almond nut crunch granola with coconut yoghurt (150ml)	5		
Assorted mini cup cakes (minimum 12)	3		
Funky fudge Chocolate brownie slice 70gm	3.5		

HOT SELECTION

Minimum of 6 per selection

	\$	QTY	TOTAL
Mini fritatta (gf)			
Smoked Salmon & Brie	5		
Free range Ham & Cheese	5		
Vegetarian (v)	4.5		
Mini savoury croissants			
Smoked Salmon & Avocado	5		
Free range Ham & Cheese	5		
Spinach & mushroom (v)	5		
Tasty cheese & tomato (v)	4.5		
Mini brioche sliders			
Free range bacon & fried egg, bbq relish	6		
Grilled haloumi, homemade tomato relish (v)	5		
Falafel, spinach, tomato (v,vg)	5.5		
Gluten free and vegan buns available on request	1		
Mini king island beef sausage rolls	3.5		
Mini spinach, ricotta & feta cheese rolls (v)	3		
Mini chickpea parsley corriander roll (v,vg)	3		
Arancini			
Chicken & mushroom	4		
Spinach & ricotta	4		
Beef & mozzarella	4		

CATERING

Gourmet Deli Sandwiches

Minimum of 6 guests

PLEASE CHOOSE VARIETY OF BREAD

SW - Sourdough white SR - Sourdough Rye

T - Turkish oval W - Wraps GF- Gluten free

	\$	Toasted Y/N	BREAD	QTY	TOTAL
Tasmanian Smoked Salmon Free range egg salad, ricotta, dill, spinach	11.5				
San Daniele Prosciutto Mozzarella, red capsicum, basil pesto, rocket	12.5				
Free range Smoked Turkey Breast Coleslaw, lime aioli, cheddar, spinach	12.9				
Sardinian Salami Fennel & pepper infused salami, pesto, tomato, tasty cheese, spinach	11.5				
Veggie Vegan Grilled eggplant, roast capsicum, marinated zucchini, avocado salsa, rocket	11				
German Schnitzel Free range chicken schnitzel, avocado salsa, tasty cheese, spinach	12				
B.L.A.T Free range bacon, lettuce Cos, avocado salsa, tomato roma	11.5				
H.C.T Free range ham, tasty cheese, tomato roma	10				
Grilled Chicken Lettuce, tomato roma, caramelized onions, tomato relish	12				
Steak sandwich Caramelized onion, tomato, lettuce, bbq relish	13				

Burgers and Sliders

Minimum of 4 guests

PLEASE CHOOSE VARIETY OF BREAD

BC - Brioche charcoal B - Brioche plain GF - Gluten free

Bun Sliders made on mini brioche

	\$ Burger	BREAD	QTY	\$ SLIDER	QTY
Organic Beef Burger Melted cheddar, caramelized onion, beetroot, spinach	14			6.5	
Chicken burger Avocado tomato, chili mayo, lettuce	13			6	
Hemp burger hemp, chickpea & zucchini patty, hummus, garlic toum beetroot spinach	13			5	
Haloumi Burger Marinated zucchini, tomato bruschetta, hummus, mixed leaf	13			5	

Macquarie Shopping center
167 Herring road, Shop 3353, North Ryde 2113
02 9888 3883

www.inlakeshlivingfoods.com.au

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HOMEMADE VEGETARIAN TRAY OPTIONS

Half gastronomie 8-10 guests (325 x 265mm Half GN)

Full gastronomie 18-20 guests (530 x 325mm Full GN)

	\$ HALF	QTY	\$ FULL	QTY	TOTAL
Mushroom and parmesan risotto	55		95		
Vegetarian frittata	65		115		
Eggplant parmigiana	80		145		
Spinach and ricotta lasagna	80		145		
Vegan Lasagna	85		155		
Oven roasted potatoes with paprika and herbs	55		95		
Special fried rice with vegetables	55		95		

HOMEMADE MEAT TRAY OPTIONS

Half gastronomie 8-10 guests (325 x 265mm Half GN)

Full gastronomie 18-20 guests (530 x 325mm Full GN)

Approximate serving of 200g of meat per person.

	\$ HALF	QTY	\$ FULL	QTY	TOTAL
Slow cooked lamb shoulder with lemon oregano	110		200		
Slow cooked pulled pork shoulder	80		150		
Organic Beef Lasagna	95		165		
Zucchini and chorizo slice	85		150		
Chicken Moussaka	85		150		
Slow cooked aromatic Lamb curry	110		200		
Italian meatballs in traditional tomato salsa 3 per person	100		180		
BBQ free range Chicken skewer lemon oregano 2 x 150g each skewer	95		165		

Buffet style

Please select two proteins from below, and 2 salads served with sourdough (180g of meat per person. 10 guests minimum)

\$	QTY	TOTAL
17.5		

MEATS

Slow cooked lamb shoulder with lemon oregano	✓
Slow cooked pulled pork shoulder	
BBQ free range Chicken skewer lemon oregano 2 x 150g each skewer	

SALADS

Asparagus & avocado	
Greek	
Cleansing salad	
Classic Caesar	
Mexican slaw	
Italian	

see catering salads for full ingredient description

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Gourmet Salads

Small serves 5 guests or less / Medium serves 6-8 / Large serves 10-13

\$ SML	\$ MED	\$ LRG	TOTAL
49	80	110	

Please indicate amount required in box below

Alkalizing green vegetable salad (served warm)				
Quinoa, broccoli, kale, green beans, avocado salsa, asparagus, tamari, lime dressing				
Asparagus & avocado				
tomato, sesame seeds, chia seeds, spinach, kale, lemon, alfalfa, vinaigrette				
Greek				
Tomatoes, cucumber, onion, olives, red & green capsicum, feta				
Cleansing salad				
Red cabbage, coriander, apple sultanas, mustard vinaigrette salad				
Classic Caesar				
baby cos lettuce, crispy free range bacon, herb croutons, parmesan cheese, boiled egg, Caesar dressing				
Mexican slaw				
red and green slaw, corn, carrots, black beans, aioli				
Pumpkin & rocket				
Maple roasted pumpkin, rocket, feta pepitas, sunflower seeds, tomato, brown rice				
Italian				
Rocket, walnuts, parmesan, pine nuts, semi dried tomato, balsamic				
Zucchini noodle				
Cherry tomato, spanish onion, spinach, red capsicum, mushroom, lime dressing				

Meal Plan Lunch boxes (all gluten free)

	REG	LRG	TOTAL
	\$16	\$20	
Pork Box - lemon herb roast pork, greeksalad, brown rice			
Chicken box - grilled chicken breast skewers, Italian salad, brown rice			
Salmon Box - grilled tasmanian salmon, cleansing salad, brown rice			
Vegan Falafel box - homemade falafels, zuchinni noodle salad, brown rice			
Haloumi Box - Grilled cyprriot haloumi , pumpkin & rocket salad, brown rice			

CATERING

Assorted cup cakes

Minimum 4 units per selection

	\$	QTY	TOTAL
Red Velvet	5.5		
Banana caramel	5.5		
Sticky date & walnut	5.5		
Lemon with organic coconut	5.5		
Orange citrus	5.5		
Orange & poppy seed	5.5		
Apricot & date	5.5		
Raspberry & coconut	5.5		
Chocolate fudge	5.5		
Chocolate sprinkles	5.5		
Mini assorted cupcakes (box of 24)	60		

Assorted slices

Minimum 6 units per selection

	\$	QTY	TOTAL
Chocolate fudge brownie (cut in 4) 150g	6		
Almond brownies (cut in 4) 150g	7		
Fig apple slice (cut in 4) 150g	7		
Hemp seed brownie 70g	5		
White chocolate caramel slice	7		
Raspberry chocolate, coconut slice	7		
Caramel slice	7		
Carrot cake	7		

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DRINKS

	\$	QTY	TOTAL
Water			
Water original springs 600ml	2.5		
Water Alcalife 1.5ltr	6		
Sparkling water 200ml Beloka	3		
Sparkling water 500ml Beloka	6		

Organic soft drinks 300 ml

Karma cola	3.5		
Karma cola sugar free	3.5		
Lemy lime bitters	3.5		
Lemy lemonade	3.5		
Gingeralla	3.5		

Regular soft drinks cans 375ml

Coca cola	2.5		
Coca cola sugar free	2.5		
Sprite	2.5		
Fanta	2.5		

Regular soft drinks large 1.5ltr

Coca cola	5		
Coca cola sugar free	5		
Sprite	5		
Fanta	5		

Juices organic 300ml

Orange	5		
Apple	5		
Orange & mango	5		
Guava, passion	5		

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Delivery details

Minimum order \$40. Order must be in by 2:30pm day prior to delivery.

Breakfast delivery prior to 11am Lunch delivery prior to 2pm

Delivery date :
Delivery time :
Contact name :
Phone:
Email:
Company name:
Signature:

Payment details

Order total inclusive of gst

Payment method : (1% surcharge applies to all credit card payments)

please circle
VISA M/CARD AMEX CASH

Card number :
Card holder name :
Expiry date :
CCV :

Please email completed catering form to :

chris@inlakeshlivingfoods.com.au

if you do not receive confirmation of your order within 2 hours please call us

