

# SPORTS CATERING

10 DISHES TO ELEVATE YOUR TEAMS NUTRITION  
PLAN FOR 2024

COOKED OFF-SITE AND BROUGHT TO YOUR TEAM !



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# RAMEN BOWL



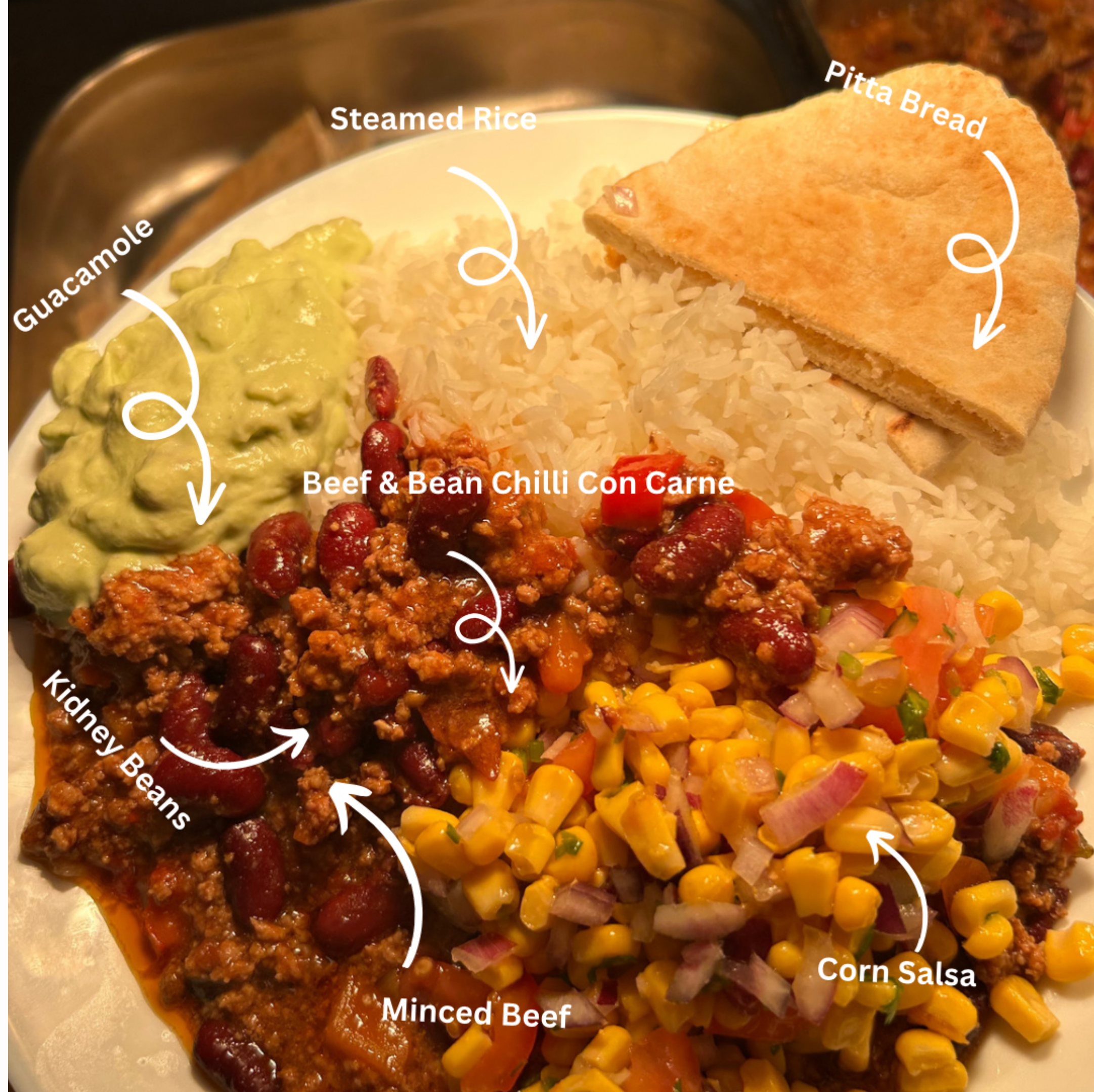
160G NOODLES  
180G PORK NECK  
EGG  
SEAWEED  
SPINACH LEAVES  
LEEK & MUSHROOM  
SPY SWEETCORN  
PEANUT RAYU  
BONE BROTH

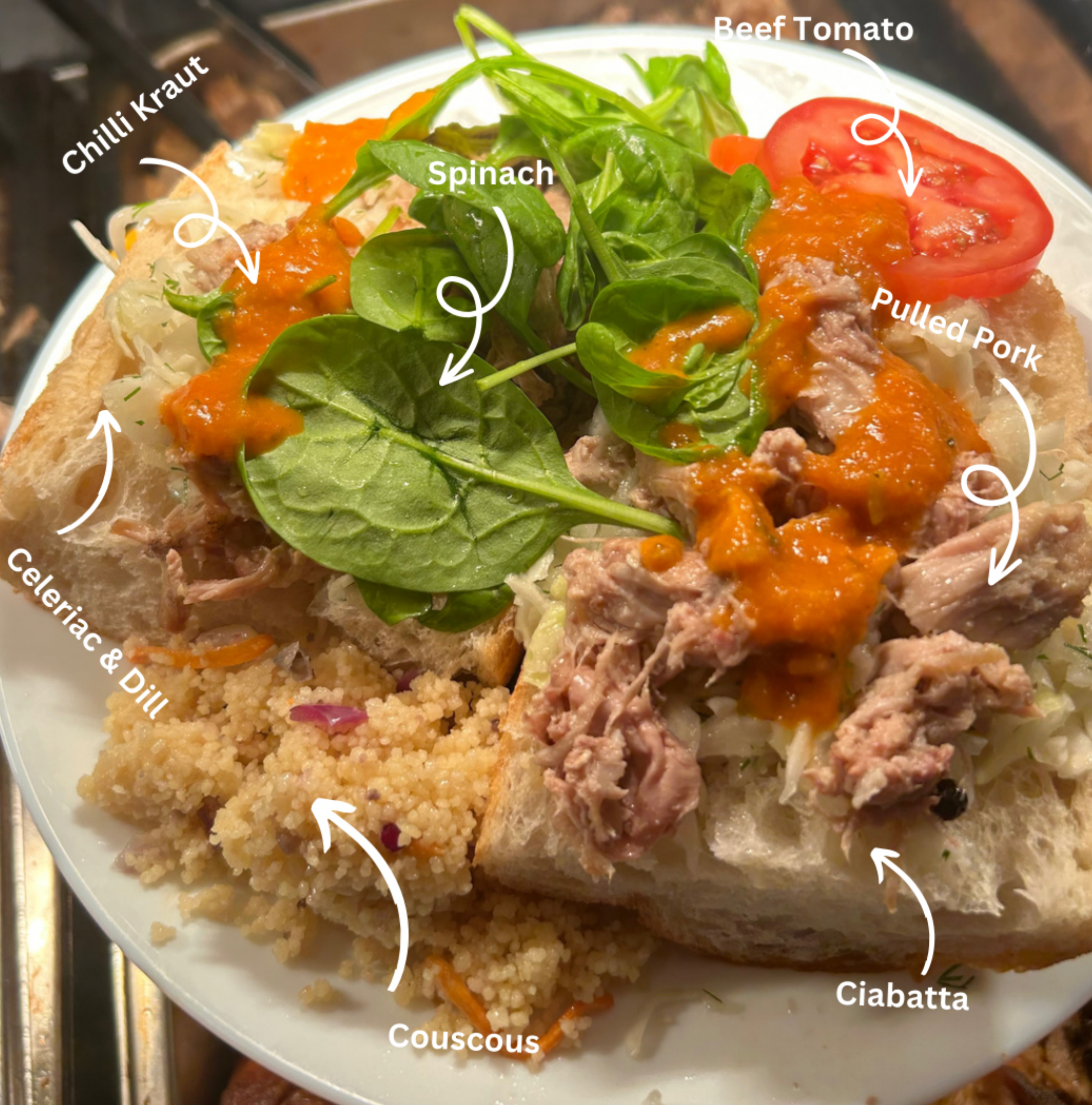
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# CHILLI

200G RICE  
180G BEEF  
KIDNEY BEANS  
PITTA BREAD 100G  
CORN SALSA  
GUACAMOLE

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# PULLED PORK CIABATTA

160G CIABATTA  
180G PULLED PORK  
CHILLI KRAUT  
CELERICAC & DILL  
SPINACH LEAVES  
TOMATO  
100G COUSCOUS

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# PAELLA

300G PAELLA RICE  
180G CHICKEN  
40G CHORIZO  
MIXED VEGETABLES

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# TURKEY STEAK



300G RICE  
200G CAJUN TURKEY  
PINEAPPLE SALSA  
CARROT  
ONION  
LETTUCE  
COURGETTES  
CUCUMBER

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# BIG BURGER

200G BEEF BURGER  
100G BURGER BUN  
100G QUINOA SALAD  
150G SWEET POTATO  
TOMATO  
LETTUCE  
CHEESE

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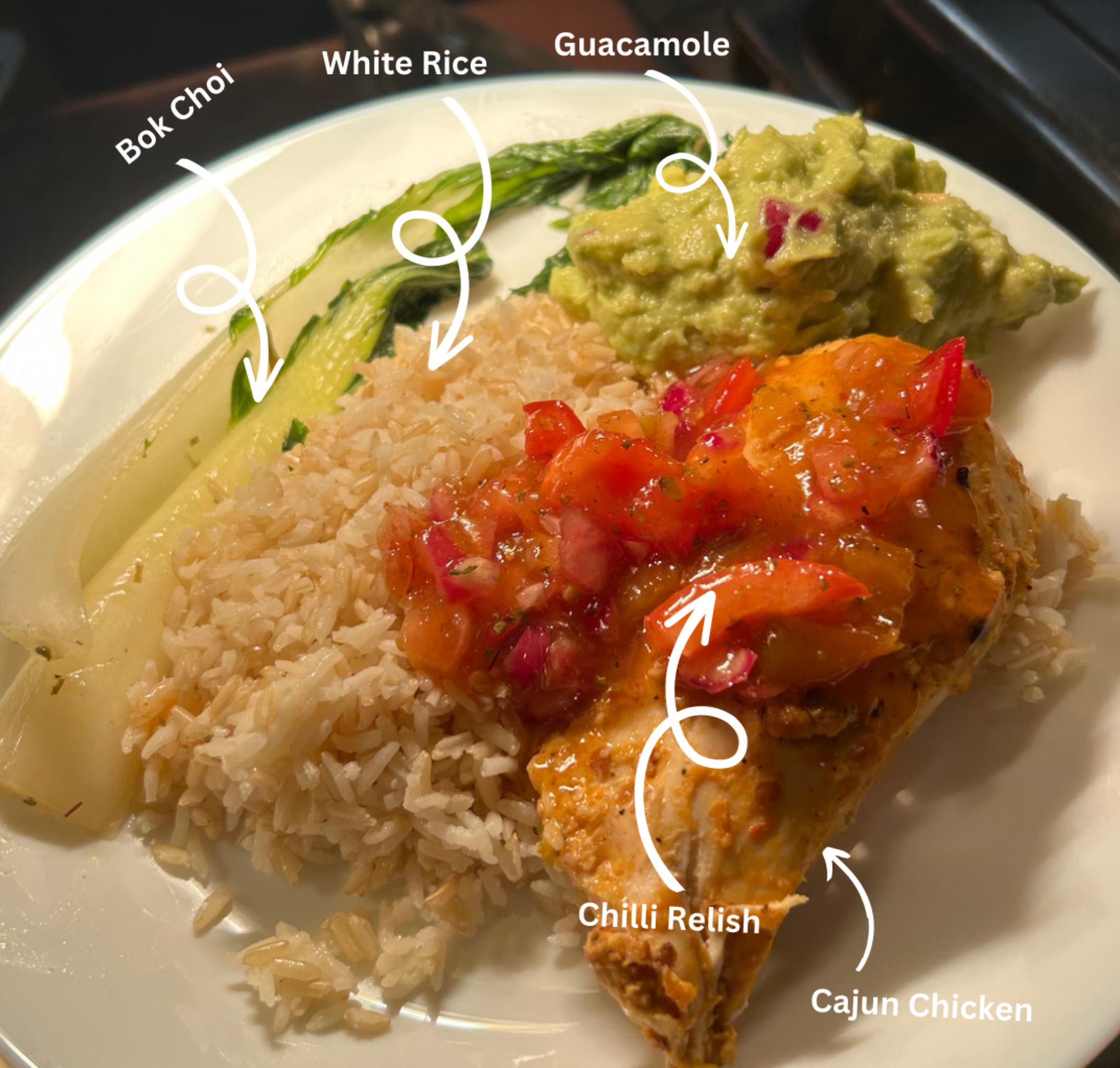
Burger Bun

Cheese, Lettuce, Tomato

80z Beef Burger

Sweet Potato Wedegs

Quinoa Salad



# MOJO CHICKEN

300G RICE  
180G MOJO CHICKEN  
BOK CHOI  
CHILLI RELISH  
GUACAMOLE

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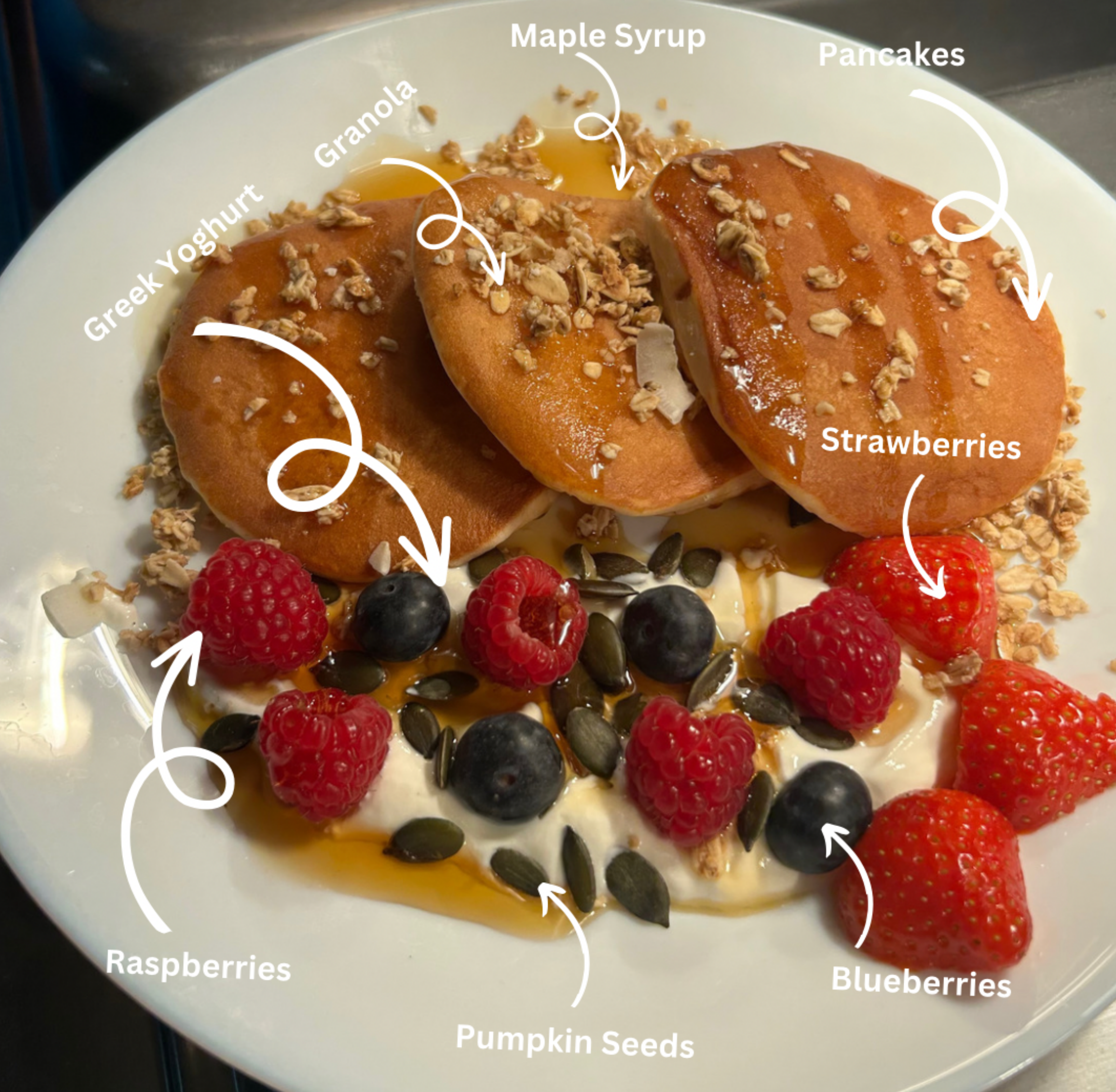


# BEEF STIR FRY

300G RICE  
180G SIRLOIN STRIPS  
GARLIC  
MIXED PEPPERS  
RED ONION  
WHITE ONION  
CARROT

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Maple Syrup

Pancakes

Granola

Greek Yoghurt

Strawberries

Raspberries

Pumpkin Seeds

Blueberries

# PANCAKES

- 3 X 80G PANCAKES
- STRAWBERRIES
- RASPBERRIES
- BLUEBERRIES
- GREEK YOGHURT
- GRANOLA
- MAPLE SYRUP / HONEY

# BREAKFAST BURRITO

120G SAUSAGE  
SCRAMBLED EGG  
10" WRAP  
100G POTATO  
10G CHORIZO  
CHILLI RELISH  
FETA CHEESE  
SPINACH

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