

the Brown Paper Bag.

NUTRITION. HEALTH. FOOD. BALANCE.

SEASONAL CATERING MENU

Our menu is created with beautiful, seasonal and local whole foods to nourish and energize.

All items are refined sugar free. GF : gluten free / DF : dairy free / WF : wheat free

Please provide us with 48 hours notice for all orders.

BREAKFAST

Lemon coconut bircher with baked cinnamon apples	\$7.00
Quinoa Porridge with walnuts, apricots and goji berries (GF,DF)	\$8.00
Vanilla yoghurt pots with Maple Coconut Granola (GF)	\$7.00
Coconut Banana Bread (GF,DF)	\$6.00
Pear and Fig Loaf (GF,DF)	\$6.00
Buckwheat seed bread with : (GF, DF)	\$7.00
o Cinnamon, banana and honey tahini (GF, DF)	
o Cacao almond butter (GF, DF)	
o Chia jam and ricotta (GF)	
Fresh baked muffins: (min order 6 per flavor)	\$6.00
o Blueberry lemon and spelt (WF)	
o Spiced carrot (GF)	
o Banana date and spelt	
Fresh seasonal fruit platter (per person)	\$4.50

LUNCH BITES

Rice Paper Rolls with cashew lime dressing (per piece) (GF, DF)	\$4.00
o Roasted pumpkin and kale	
o Green peas, lime and sprouts	
o Shredded chicken, silverbeet and capsicum	
o Rare beef, watercress and raw zucchini	
Frittata:	\$8.00
o Rosemary, caramelized onion and feta frittata (GF)	
o Superfood frittata: sweet potato, zucchini, lentil and spinach with kale pesto (GF, DF)	
o Capsicum, zucchini and basil (DF)	
Open sandwiches sourdough	\$6.50
o Tomato basil and avocado (DF)	
o Grilled pumpkin feta and mint	
o Tomato, hummus and coriander (DF)	
o Smoked salmon, ricotta and dill	

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SALADS : Presented in white noodle boxes or catering packs.

Turmeric quinoa with roast pumpkin and seeds (GF, DF)	\$12.00
Raw zucchini noodle with cherry tomatoes and basil (GF,DF)	\$12.00
Carrot, pink grapefruit and kale salad (GF,DF)	\$12.00
Roast beetroot and carrot salad with peppered lentils, walnut and feta (GF,DF)	\$12.00
Chili roasted cauliflower with lemon, parsley and baby spinach (GF,DF)	\$12.00
Beetroot, toasted rye sourdough, orange and goat cheese salad	\$12.00
Asian rainbow vegetable and buckwheat salad (GF,DF)	\$12.00
Raw kale, sweet potato, beetroot and cherry tomato salad (GF,DF)	\$12.00
Israeli buckwheat salad (GF,DF)	\$12.00
Andean grain salad with poached chicken pesto and greens (GF,DF)	\$14.00
Roast vegetables, lamb and rocket (GF,DF)	\$14.00
Buckwheat noodle and smoked salmon salad with crunchy greens and coriander (GF,DF)	\$14.00

Add to your order:

Poached or roast chicken

Roast or seared beef

Sliced rye or white sourdough, or gluten free bread with butter (per person) \$4.00

SWEETS

Raw (min order 10 per item / all RAW items contain nuts)

Raw Cacao Nut Balls (GF, DF, SF)	\$4.00
Raw Caramel Cashew Delights (GF, DF, SF)	\$4.00
Raw Citrus Camu Balls (GF, DF, SF)	\$4.00
Raw Sesame Honey Balls (GF, DF, SF)	\$4.00
Raw Carrot Cakes (GF, DF, SF)	\$4.50
Raw Energy Bars (GF, DF, SF)	\$4.50
Raw Nut Brownies (GF, DF, SF)	\$4.50

Baked (min order 10 per item)

Sweet Potato Brownies (GF, DF, SF)	\$4.50
Coconut banana bread with cinnamon and walnuts (GF, DF, SF)	\$6.00
Quinoa Chocolate Cupcake (GF, DF, SF)	\$5.00
Honey Spelt Cupcakes (WF, SF)	\$5.00
Berry Spelt Muffins (WF, SF)	\$5.00
Pear and Fig Cake (GF, DF, SF)	\$6.00