

# GOOD MORNING

## MENU PACKAGES

### **OPTION A. \$130**

Serves 6-8

#### **COCOA CHIA CUPS**

Raw cocoa chia with granola, berries & yoghurt (V, GF)

#### **SEASONAL FRUIT PLATTER**

A generous selection of seasonal market fresh fruit (VG, GF)

#### **BREAKFAST POWER BARS**

Mixed nut & seeds, date & topped with goji berries (VG, GF)

### **OPTION B. \$200**

Serves 10-14

#### **YOGHURT PARFAIT**

Walnut, pecan granola, raw honey, layered with strawberries & yoghurt (GF)

#### **BANANA NUT MUFFINS**

Banana, almond, buckwheat & walnuts (GF)

#### **SEASONAL FRUIT PLATTER**

A generous selection of seasonal market fresh fruit (VG, GF)

# SUPER SANDWICHES

## MENU PACKAGES

### OPTION A. \$125

Serves 6-8

#### CHARGRILLED VEGETABLE

Grilled eggplant, zucchini & roast peppers (VG)

#### BEETROOT & FETA

Roast beetroot, avocado, Persian feta, toasted walnuts & spinach (V)

#### GARDEN FRESH

Fresh tomato, lettuce, carrot, shaved radish, cucumber, sprouts & cheddar cheese (VG)

### OPTION B. \$195

Serves 10-14

#### SWEET POTATO & HUMMUS

Sweet potato, cucumber, purple slaw, carrot & smoked hummus (V)

#### CHARGRILLED VEGETABLE

Grilled eggplant, zucchini & roast peppers (VG)

#### BEETROOT & FETA

Roast beetroot, avocado, Persian feta, toasted walnuts & spinach (V)

**PLEASE NOTE: YOU HAVE THE OPTION OF CHOOSING SLICED SOURDOUGH BREAD OR BAGUETTES**

# S O U L F U L   S A L A D S

## MENU PACKAGES

### **OPTION A. \$140**

Serves 6-8

#### **LENTIL & ANCIENT GRAIN**

Puy lentil, quinoa, broccoli, carrot, spanish onion, toasted seeds, parsley & mint (VG, GF)

#### **SWEET POTATO**

Roast sweet potato, chickpeas, kale, toasted coconut & lime (VG, GF)

#### **THAI NOODLE SLAW**

Rice noodles, carrot, zucchini, tofu, purple cabbage, coriander & lemon ginger dressing (VG, GF)

### **OPTION B. \$210**

Serves 10-14

#### **MEXICAN BROWN RICE**

Brown rice, charred corn, black beans, tomato, cucumber, coriander & lime (VG, GF)

#### **LENTIL & ANCIENT GRAIN**

Puy lentil, quinoa, broccoli, celery, capers, toasted seeds & mint (VG, GF)

#### **SWEET POTATO**

Roast sweet potato, chickpeas, kale, toasted coconut (VG, GF)

## PLATTER BOX'S

### OPTION A. \$250

Serves 10-14

#### MEDIUM SELECTION

Filled mini Rolls an Sandwiches  
Selection of hand crafted cheeses  
Dips & grilled fresh vegetables  
herb marinated olives, sun dried  
tomato & sesame lavosh (V)

### OPTION B. \$295

Serves 14-18

#### LARGE SELECTION

Filled mini Rolls an Sandwiches  
Selection of hand crafted cheeses  
grilled market vegetables, seasonal dips,  
herb marinated olives, lavosh, fruit and  
nuts (V)

## GRAZING TABLES

Each grazing table is lovingly arranged and decorated by one of our super friendly Goodness Catering crew members. A minimum of 1-2 hours prior to the event is required to set up and assemble the grazing table on site.

### OPTION A. \$500

Serves 15- 20

#### ONE SQUARE METRE

Market fresh seasonal fruit  
Selection of hand crafted cheeses  
Grilled & marinated market vegetables  
Seasonal dips, herb marinated olives  
1 Salad Bowl  
Selection of freshly baked bread & lavosh  
Selection of raw nuts & dried fruits (V)

### OPTION B. \$950

Serves 30- 40

#### TWO SQUARE METRES

Market fresh seasonal fruit  
Selection of hand crafted cheeses  
Grilled & marinated market vegetables  
Falafels, dips & herb marinated olives  
2 Seasonal salad platters  
Selection of freshly baked bread & lavosh  
Selection of raw nuts & dried fruits  
Selection of desserts (VG, GF)

# EXTRA GOODNESS

## INDIVIDUAL ITEMS

### DESSERTS

minimum order 6 pce

#### CUPCAKES

5.5

Selection of flavours (VG, GF)

Blackberry rose water with pistachio swirl icing and rose buds

Choctop dark chocolate brownie base topped with dark chocolate icing, drizzles of chocolate sauce

Golden turmeric latte cupcake topped with black sesame icing and sesame snap

Vanilla cupcake with salted vanilla and activated charcoal icing

#### SMALL CAKES

6.0

Selection of flavours (VG, GF)

Carrot and walnut cake iced with white chocolate swirls and topped with brown sugar and pepitas

Candied clementine and crystallised ginger mini bun cake topped with lemon syrup

Fig and walnut brown sugar loaf topped with salted caramel and freeze dried figs

#### WHAT IT ALL MEANS

V – vegetarian

VG – vegan- 100% no animal product used

GF – gluten free

R – raw (this item has not been heated above 45°C)

# EXTRA GOODNESS

## DRINKS

### **FRESH COLD PRESSED JUICES** 6.0

Green kale, lemon cucumber,  
green capsicum

Beetroot, carrot, celery, apple  
lemon

Carrot, turmeric, apple, orange  
and lemon

### **ORGANIC COCONUT WATER** 4.5

Coconut Collective natural  
coconut water 330ml

### **BOTTLED WATER** 3.5

350ml

# LET'S GET STARTED

## HOW DO I ORDER?

Contact us on  
0418 525 600 or email  
eat@goodnesscatering.com

We cater to all size groups and have many more options available.

24 hours notice is appreciated.  
Orders for Monday need to be placed on Friday prior to 2pm.

Please notify us of any dietary requirements when placing your order.

Orders are not confirmed until you have received a confirmation email from us.

## DELIVERY

Free delivery within 10km of the city to your home, office or venue. Fees may apply to outer suburbs. Please notify us so we can give you the best rate.

## PAYMENT

50% percent deposit is due when order is placed. Final 50% remainder payment is due on the day of delivery. This needs to be finalised before order is dispatched.

Please note all above menu pricing will incur 10% GST.

We accept: COD, Bank Deposit

If you would like to set up a credit account with Goodness Catering, please request a credit application form by emailing  
eat@goodnesscatering.com

## CANCELLATIONS & AMENDMENTS

Small amendments to your order may be possible. Please contact us as soon as you are aware of changes. We will do our best to accommodate these.

A cancellation fee will apply if made under 24 hours.

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## CONTACT DETAILS

eat@goodnesscatering.com

## WEBSITE

www.goodnesscatering.com

## SOCIAL GOODNESS



@goodnesscatering



@goodnesscatering



@goodnesscatered