

NESSO

GREEN CATERING MENU

Our Green Catering Menu has been carefully designed and created using fresh produce locally sourced here in Australia and the highest natural quality ingredients to meet the healthy options guideline promoting a healthy diet vital for optimal growth, physical vitality and social wellbeing.

BREAKFAST ITEMS

Selection of bread wholemeal, light & dark rye, GF bread & served with selection of conserves \$3.00 per two

Wholemeal English muffins

Eye bacon, free range scrambled egg, light cheese \$3.80 per serve

Ham & light cheese \$3.80 per serve

Tomato & light cheese \$3.50 per serve

Toasted wholemeal rolls or sandwiches

Eye bacon, free range scrambled egg & light cheese \$5.50 per serve

Ham, light cheese & tomato \$5.50 per serve

Egg, tomato & light cheese \$5.50 per serve

Tomato, low fat pesto & light cheese \$5.50 per serve

Free range Scrambled egg wraps (spinach tortilla)

Toasted with spinach, smashed avocado, tomato, grilled mushroom & light cheese \$6.50 per serve

Spinach smashed avocado, ham, tomato & light cheese \$6.50 per serve

BREAKFAST PACKAGES

Package 1 \$8.50 per person

- Toasted wholemeal sandwich with a selection of breakfast filling
- House made mini fruit & nut muffin
- Fresh juice

Package 3 \$15.00 per person

- Wholemeal wrap with grilled pumpkin, zucchini, eggplant, ricotta cheese & sun dried tomatoes
- Mini wholemeal bagel with grilled eye bacon, light cheese & avocado
- Seasonal fruit skewer
- Protein wedge
- Fresh juice

Package 2 \$10.50 per person

- Mini wholemeal breakfast roll with a selection of breakfast fillings
- Seasonal fruit skewer
- Fresh juice

Package 4 \$24.00 per person

- Buffet style breakfast
- Sautéed mushrooms, scrambled eggs, baked beans, tomato, smashed avocado & sautéed spinach
- Mini wholemeal bagels, mini wholemeal, multigrain & rye rolls
- Seasonal fruit skewer
- Low fat bircher muesli
- Fresh juice

Yoghurt

Natural fat free yogurt served with your choice of: Mixed berries, cinnamon apple with toasted muesli or honey	\$5.00 per serve
Bircher muesli served with mixed berries	\$5.50
Seasonal fruit platter	regular \$24.50 large \$45.00
Fruit salad cup	\$5.00 per serve
Fruit skewer	\$2.50 per skewer

MORNING & AFTERNOON TEA

Low fat scones served with honey yoghurt & fresh strawberry	\$3.50 per serve
House made fruit & nut wholemeal muffin	\$3.50 per serve
Fruit & seed cookies	\$3.00 each

Low fat savory muffin

Fetta, sweet corn & spinach	\$3.50 each
Zucchini, tomato & fetta	\$3.50 each

Natural raw protein balls

A gourmet selection available

\$3.50 each

Natural raw slices

A gourmet selection available

\$5.50 each

MORNING TEA PACKAGES

Package 1 \$8.50 per person

- House made fruit & nut muffin
- Seasonal fruit salad
- Fresh juice

Package 2 \$12.50 per person

- Natural raw sweet selection
- Seasonal fruit salad
- Fat free yoghurt, berry/muesli/honey
- Fresh juice

Package 3 \$14.50 per person

- Homemade wholemeal vegetarian savoury muffin
- House made veg frittata
- Natural raw protein ball
- Seasonal fruit platter
- Fresh juice

AFTERNOON TEA PACKAGES

Package 1 \$9.50 per person

- Fruit & nut muffin
- Natural Raw selection
- Freshly brewed coffee & tea

Package 2 \$15.00 per person

- Natural Raw selection
- Cheese & crudités platter
- Seasonal fruit platter
- Freshly brewed coffee & tea

Package 3 \$17.50 per person

- Natural Raw selection of sweets
- Fruit & nut biscuit
- Seasonal fruit platter
- Cheese & crudités platter
- Freshly brewed coffee & tea

LUNCH

All served with a selection of fillings:

Gourmet sandwiches	\$6.00 per serve
Club & ribbon sandwiches	\$7.50 per serve
Fresh mountain bread wraps	\$7.50 per serve
Gourmet wholemeal bagels	\$7.50 per serve
Fresh baguettes cut into three	\$9.00 per serve
Fresh salads	\$10.00 per serve

LUNCH PACKAGES

Package 1

\$11.00 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Seasonal fruit platter
- Fresh juice or mineral water

Package 2

\$12.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Mountain bread wraps with healthy traditional fillings
- Seasonal fruit platter
- Fresh juice or mineral water

Package 3

\$16.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Mini baguette filled with healthy traditional fillings or mini bagels filled with traditional fillings
- House made garden salad with grilled chicken or baked falafel with reduced fat lemon yoghurt dressing
- Seasonal fruit platter
- Fresh juice or mineral water

Package 4

\$22.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Mountain bread wraps with healthy traditional healthy fillings
- House made dips served with carrots, celery, water crackers & pita bread
- Hot finger food: baked spinach, ricotta & basil balls, baked thai fish cakes & lean beef spanish meatballs served with coriander & tomato salsa
- Seasonal fruit salad
- Selection of raw sweets
- Fresh juice or mineral water

HOT DISHES

regular \$50.00 large \$90.00

- Vegetable soy ginger stir fry
- Soy ginger chicken stir fry
- Thai sweet chilli prawns
- Stock based green thai chicken curry with Asian vegetables
- Beef casserole
- Grilled barramundi with wok tossed bok choy
- Grilled chicken breast filled with ratatouille vegetables
- Stock based mushroom & herb risotto
- Spinach & ricotta filled ravioli with rocket, semi dried tomato, grilled pumpkin in olive oil
- Spaghetti with exotic mushrooms, garlic, olive oil fresh herbs
- Penne with poached chicken, reduced fat ricotta cheese, olives, red capsicum & zucchini, sautéed in white wine with pesto

SALADS

regular \$45.00 large \$85.00

- Roasted Mediterranean veg, lentils, spinach cherry tomato
- Roasted pumpkin, roasted mushrooms, sunflower seeds, spinach
- Cumin roasted carrots, baby beetroot, baby red swiss chard, kale, mixed sesame seeds honey olive oil dressing
- Freekeh, du puy lentils, slithered almonds, continental parsley, dill, cranberries, lemon juice, EVOO
- Roast tomato, grilled zucchini, grilled eggplant, dill, parsley, du puy lentils, roquette lemon juice, Greek yoghurt
- Quinoa, roast tomato, poached chicken, sunflower seeds, roquette, chervil, orange yoghurt dressing
- Falafel, tomato, cucumber, salad mix, natural yoghurt
- Pasta & grilled vegetable salad
- Chicken & avocado salad
- Brown rice, lentil, roasted pumpkin, sunflower seeds, spinach
- Tandoori chicken salad with lemon yoghurt
- Brown rice, tuna, sunflower seeds, roquette, cherry tomato, dill, EVOO

PLATTERS

Fruit

regular \$24.50 large \$47.00

A selection of fresh seasonal fruit

Dip

regular \$30.00 large \$55.00

Homemade eggplant, humus & tzatziki with accompanied with cucumber, carrots, celery, pita bread & toasted turkish bread

Sushi (brown rice)

regular \$37.50 large \$70.00

An assortment of nori rolls served with pickled ginger, wasabi & salt reduced soya sauce

Antipasto

regular \$45.00 large \$85.00

An array of continental cold cuts accompanied by grilled vegetables, artichokes, reduced fat feta cheese & olives

FINGER FOOD

\$4.50 per item

- Baked herb polenta, du puy lentils with greek yoghurt, coriander & pomme granite salad
- Stuffed mushroom, ricotta, lemon rind, tomato, herbs
- Mini freekeh & du puy lentil salad, greek yoghurt, dill, roasted capsicum, sweet paprika
- Witlof leaf, smashed avocado, tomato petal, lime & coriander
- Charred spear of asparagus with lemon juice an fine herb dressing
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Soft shell spinach taco with tomato sweet corn avocado salsa
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll
- Mini lean beef burger, house made tomato relish lettuce wholemeal bread roll
- House made dips served with carrots, celery, water crackers & pita bread
- House ground beef meatball in a tomato sugo
- House minced chicken & garlic balls

FINGER FOOD PACKAGES

Package 1

\$11.00 per person

- Baked herbed fish goujons
- Baked wholemeal spinach & ricotta cheese balls
- Lean beef Spanish meat balls served with coriander & tomato salsa

Package 2

\$15.00 per person

- Chicken breast skewers served with house made lime sweetchilli dipping sauce
- Grilled calamari in olive oil served with house made salsa verde
- Soft spinach taco with tomato, avocado & corn salsa, fresh coriander
- Baked stuffed mushroom, ricotta, lemon rind, tomato, herbs

Package 3

\$17.50 per person

- Soft taco with tomato sweet corn avocado salsa
- Charred spear of asparagus with lemon juice an fine herb dressing
- Mini lean beef burger, tomato relish lettuce wholemeal bread roll
- House minced chicken & garlic balls
- Selection of dips served with cucumber, carrots, celery, pita bread & toasted turkish bread

Package 4

\$24.00 per person

- Smoked salmon on mini toast, low fat cream cheese & dill
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Witlof leaf with spicy guacamole
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll, lime sweetchilli dipping sauce
- House ground spanish meatball with a tomato sugo

ALL DAY PACKAGES

Package 1

\$55.00 per person

Morning Tea

Low fat muffin
Fruit Skewer
Tap water
Freshly brewed tea & coffee

Lunch

Wholemeal, multigrain & light rye sandwiches with traditional fillings
Fruit platter
Fresh juice
Tap water

Afternoon Tea

Low fat muffin
Selection of cookie/biscuit
Fresh juice
Freshly brewed tea & coffee

Package 2

\$70.00 per person

Morning Tea

Low fat biscuit
Savoury muffin
Fruit skewer
Fresh juice
Freshly brewed tea & coffee

Lunch

Wholemeal, multigrain & light rye sandwiches with traditional fillings
Mountain bread wraps with gourmet fillings
Garden salad of your choice
Fresh juice or mineral water

Afternoon tea

Low fat mini muffin
Mini scone with honey yoghurt & fresh strawberry
Fruit salad
Fresh juice
Freshly brewed tea & coffee

Package 3

\$85.00 per person

Morning Tea

Homemade wholemeal vegetarian savoury muffin
Low sugar Raw Galore protein ball
Fruit platter
Fresh juice
Freshly brewed tea & coffee

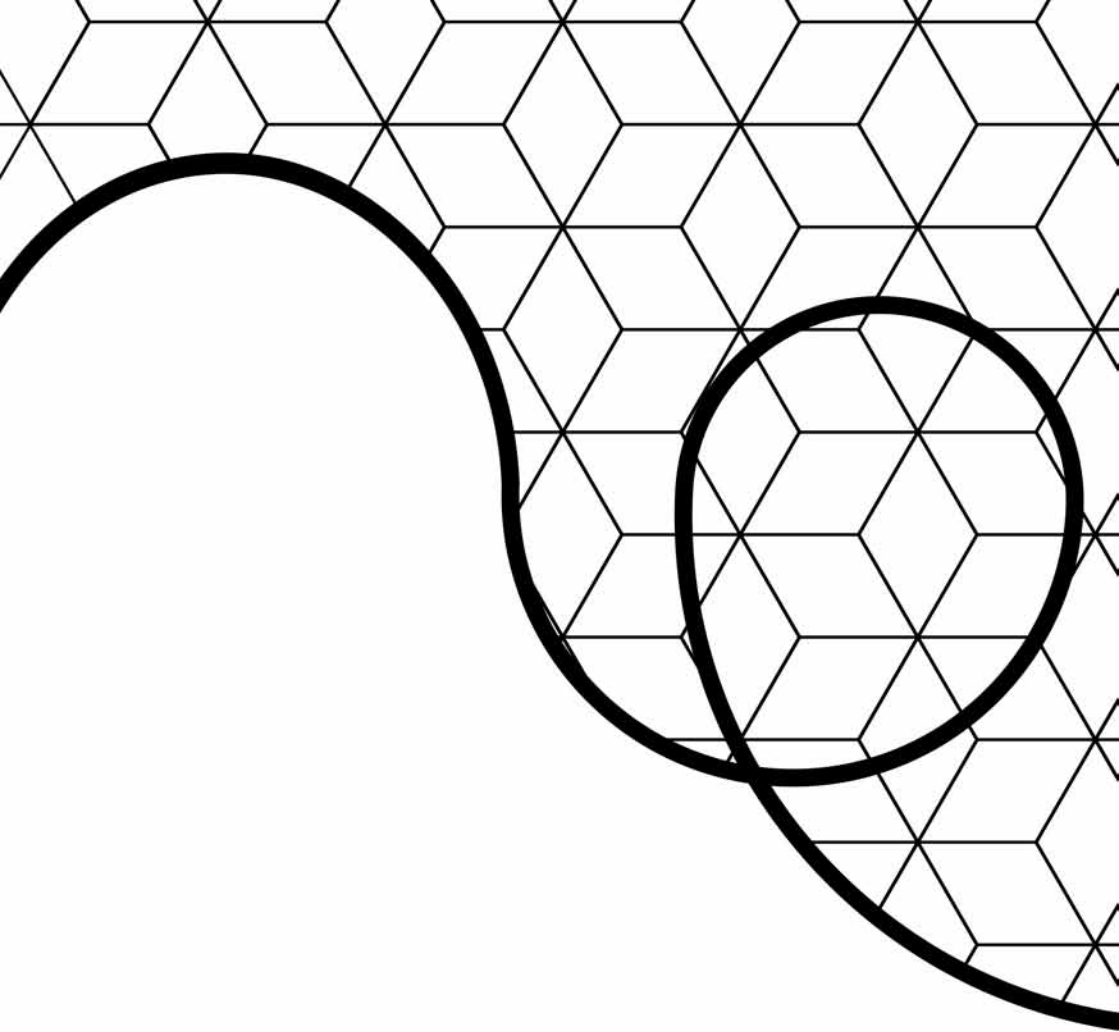
Lunch

Variety of wraps filled with gourmet fillings
Mini baguette filled with traditional fillings
Mini bagels filled with gourmet fillings
Sushi platter
Choice of gourmet salad
Fruit platter
Fresh juice
Mineral water

Afternoon Tea

Selection of Raw Galore cakes/slices
Cheese & crudités platter
Fresh juice
Freshly brewed tea & coffee

All packages are inclusive of a staff member for 45min each sitting, crockery, glass wear hire & G.S.T



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