



ESSENCE CAFE

OFF-SITE CATERING MENU 2021

**SALADS**

**4.0 PP**

*Need help with salads for your next BBQ or gathering?  
Choose from our selection of tasty options!*

**PASTA SALAD**

*Made with spiral pasta, sundried tomatoes, bocconcini, olives, zucchini, mayonnaise and basil pesto*

**POTATO SALAD**

*Our potato salad is made with creamy mayonnaise, spring onions, carrot, celery*

**ASIAN COLESLAW**

*Cabbage, carrot, mint, spring onions and toasted peanuts with japanese dressing*

**THAI QUINOA SALAD**

*Quinoa, carrot, chickpeas, red cabbage, coriander, capsicum lime, spring onions and satay dressing*

**ROAST VEG SALAD**

*Brown rice, pumpkin, cauliflower, baby spinach, fetta, toasted almonds with balsamic dressing*

**PACKED LUNCHES**

*Choose from our 2 Packages and we can have your workplace lunches ready for you to pick up on the day.*

**GOLD**

**14.0**

*Baguette, wrap or panini + soft drink (cola, sprite, fanta, lift) or water*

**ESSENCE**

**20.0**

*Baguette, wrap or panini + soft drink, besa juice or water, 1 piece of seasonal fruit, 1 choc brownie*

**PLATTERS**

*Choose from our selection of platters. Including Baguettes, Wraps, Cakes, Raw treats. We can have them ready for you to pick up on the day.*

**SAVOURY AND SWEET**

Chicken caesar sliders	5.0
Sausage & veg roll	4.0
Zucchini & bacon frittata   vegetable frittata	3.5
Tomato and fetta bruschetta	4.0
Mushroom and fetta tartlet	4.0
Vegetable sushi (vg, gf)	4.0
Blueberry muffins (gf)	
Savoury muffins (gf)	
White choc & raspberry muffins	
Banana & walnut muffins	5.5
Portuguese tarts	3.5
Triple choc cookie	
Almond & fig cookie	
Cornflake cookie (gf)	4.0
Chocolate brownie (gf)	4.0

Add a selection of bliss balls and raw slices from raw bliss 6.5 per serve (vg, gf)

**SEASONAL FRUIT PLATTER**

10ppl	50.0
20ppl	90.0

A selection of in season fruits

**MORNING TEA PLATTER**

10ppl	50.0
20ppl	90.0

A selection of muffins, cookies, banana bread, chocolate brownie and seasonal fruit.

**BAGUETTES AND WRAPS**

**11.5**

*(Baguettes cut into 3rds, Wraps into Halves)*

Caesar - cos lettuce, bacon crumb, parmesan & caesar mayo (add chicken +1.0)

Veg - pesto, roasted capsicum & pumpkin, baby spinach & fetta

Ham - pesto baby spinach, sundried tomato, avocado, brie, leg ham

Salmon - lemon aioli, cos lettuce, onion, capers, smoked salmon

Turkey - cranberry sauce, baby spinach, brie, roasted turkey

Chicken & avo - pepper mayo, baby spinach, roasted chicken

*\*Any orders required for after hours, needing delivery or chef onsite require an extra fee. All items are subject to seasonal availability and changes. Talk to our friendly team about any allergies and dietary requirements. We are happy to help!*