



## COLD SELECTION

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### SUSHI PLATTER

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*Fillings may include:*

- + Katsu chicken
- + Fresh salmon & avocado (gf)
- + Fresh tuna (gf)
- + Teriyaki chicken (gf)
- + Tuna mayonnaise & cucumber (gf)
- + Carrot & cucumber (gf) (v)

Served with soy sauce, wasabi and ginger

**Small platter** - 36 pieces

**Medium platter** - 48 pieces

**Large platter** - 60 pieces

**Extra large platter** - 72 pieces

**Cocktail size platter** - 100 pieces



Individual Salads

## POKE BOWLS

Miso Salmon Rice - brown rice, edamame, corn, radish, herbs, sesame seeds (gf)

Nourish Bowl - zucchini noodles, broccoli, tofu, pickled cabbage, capsicum, radish, mint (ve) (gf)

Vegan Rainbow - zucchini noodles, broccoli, edamame, carrot, pickled cabbage, avocado, corn (ve) (gf)

**Poke bowls** - each

## FRESH SALADS

For the healthy minded.

Choose from:

- + Broccoli Pesto Pasta Salad (v)
- + Chicken Pesto Pasta Salad
- + Chicken Schnitzel, Avocado & Spinach Salad
- + Cuban Brown Rice (ve)(gf)
- + Greek Salad (v)(gf)
- + Potato & Bacon Salad
- + Quinoa & Roast Vegetable Salad (ve)(gf)
- + Vietnamese Chicken Salad (gf)

**Fresh Salad Bowl - Large** (serves 10)

**Individual Boxes** - Served in 8oz noodle boxes

Minimum 10 serves



Grazing Platters

## ANTIPASTO PLATTER

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*Includes:*

- + Ham
- + Salami
- + Chorizo
- + Grilled Mediterranean vegetables
- + Olives
- + Feta cheese
- + Turkish bread

**Small platter**

**Large platter**

**Gluten free bread available**

## HOUSE MADE DIPS PLATTER (V)

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Made from scratch & served with crunchy vegetables & tortilla chips

*Includes a selection of dips:*

- + Hummus (ve)
- + Beetroot hommus (ve)
- + Semi-sundried tomato (v)
- + Roast capsicum (v)
- + Avocado (v)

**Small platter** - choose 2 dips

**Large platter** - choose 4 dips

**Gluten free crackers available**

## GRAZING PLATTER (V) (GF)

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A variety of local & international cheeses, accompanied by a selection of crackers.

*Includes:*

- + House made dip
- + Marinated olives
- + Mixed dried fruit & nuts
- + Gluten free crackers

*Plus, a selection of cheeses:*

- + Brie
- + Camembert
- + Blue costello
- + Cheddar

**Small platter** - 2 cheeses

**Large platter** - 4 cheeses

## SEASONAL FRESH FRUIT (VE, GF)

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*Includes a selection of freshly sliced seasonal fruits*

**Small Platter** (serves 10)

**Large Platter** (serves 20)

**Fruit Salad Individual** Snack Size