

# eat fresh anytime

Don't you just hate it when you order lunch for a meeting but when it turns up you think "oh my god, there's been a mistake – they've delivered us canapés!" No, of course there's no error. Those three little mouthfuls are your three lunch selections....

Well we promise this won't happen when you use eat. We understand the embarrassment when there is not enough and we also know it's important to have too much just so you can be the star when you roll out the left-overs to the rest of the team. In the back of our minds it is always that we are catering for hungry people and not a flock of sparrows.

Eat is about your event, who is attending and what you can afford!

**And we have endless options from breakfast to supper, whether it's in the office, on the bus or at the beach.**

This menu offering is a simple guideline only. We cater for any dietary requirements and any budget from throwing it up on the staff kitchen bench to rolling out the red carpet and bringing in our team of specialists.

Simply pick up the phone or email us with your wish list.  
For large numbers ask for a quote!

## Morning or Afternoon Tea

3 items \$7 per head

4 items \$8.50 per head

### Morning Tea Ideas:-

- Clubs sandwiches – your choice of fillings
- Roll up sandwiches – your choice of filling
- Savoury beef pies
- Small potato top pies
- Sausage rolls
- Small vegetarian pies
- Savoury filled bread cases
- Muffins sweet or savoury
- Scones sweet or savoury or with jam and cream
- A collection of slices like chocolate brownie
- Fruit kebabs
- Add on a cheese/fruit platter from \$4.00 to \$6.00 per person.

*.....and much, much more including those pesky dietary options.*

If you have something particular in mind that is not on our list please give us a call

Keeping it simple really does go down well!

## Need a Cold Lunch

### The 'not so tiny lunch food'

1 savoury + 1 sweet \$8 per head

2 savoury + 1 sweet \$11.50 per head

3 savoury + 1 sweet \$15 per head

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## Cold Choice Ideas

- Gourmet sandwiches –selection of fillings (4 pcs)
- Gourmet open sandwiches
- Filled baps (2 halves)
- Filled wraps, bagels and croissants
- Filled paninis or turkish– for you to toast –we'll lend the pannini toaster
- Bacon and egg pie
- Frittata of the day
- Sushi platter
- Spicy chicken drums
- Beef koftas with raita dipping sauce (2pc)

.....and much more. Give us a call.

## Sweet Ideas

- Chocolate brownie
- Chocolate caramel slice
- Ginger crunch
- Carrot cake
- Double chocolate cake
- Chocolate banana cake
- Pink Madelines

## Want a lunch that's Hot

Sad but true, everyone rates conferences and training days by the quality of the catering. You'll certainly impress because **Bowl food** is the new finger food. It's easily eaten with fork, a spoon or chop sticks and is perfect for training days and conferences where you need your guests perky, protein fuelled and awake. You may have 2 choices but each choice must be for a minimum of 5 people.

### Need all day catering? then add:-

- Morning tea item @ \$3 per person
- Afternoon tea add a Fruit and Cheese platter @ \$4 per person

### Hot Bowl food comes complete with:

1. Green and red salad
2. Rice or garlic bread (item specific)
3. Something chocolate from the kitchen
4. and if you need a fruit or fruit and cheese platter then there is an extra charge

### Bowl food ideas for \$13.50 + gst.

- Macaroni Cheese
- Pumpkin, spinach and chickpea curry
- Tomato kumara, spinach & chickpea tangine
- Vegetarian Lasagne
- Traditional Beef Lasagne
- Smoked fish pie (the best in Wellington)
- Shepherds Pie
- Our favourite hearty soup or chowder

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## **Bowl food ideas for \$15.50 + gst**

- Chicken Kokkinisto a Jamie Oliver favourite
  - Chicken Cacciatore
  - Fish Provincale
  - Meat Balls and spaghetti
- ....and there's so much more -please ask

## **Out and about! How about a brown bag lunch \$13.00 + gst**

This menu is great for those away for the day group trips. Let us do you a packed lunch. Each packed lunch will comprise of:-

- Wraps / Bap / Triple Deck Sandwich  
Filled with a fabulous salad greens plus –
- vegetarian hummus;
  - ham & dijon mustard fruits;
  - beef & caramelised onions;
  - chicken with cranberry

### **Something sweet**

Ginger Crunch, Chocolate Brownie, Caramel Slice

### **Something fresh**

Fresh seasonal Fruit

### **And a drink**

Options - Pump water, Coke, Sprite, Coke Zero, Diet Coke, Orange Juice

### **Not enough?**

Add a sweet or savoury muffin for another \$2

## **Tasty Platters – great for after work drinks**

### **Platter ideas:**

#### **Antipasta Platters \$68.00**

*Here's what you'll get*

- Smoked Meat Selection (3 types)
- Three lovely dips
- Stuffed Pepinos
- Cheese Selection
- Olives
- Crostini's
- Toasted tortillas or pizza bread

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## **Spicy Meat Platter \$68**

*Here's what you'll get*

- Beef Koftas with minted yogurt dipping sauce(10)
- BBQ Chicken drums (10)
- Olive Stuffed Pork Ball with spicy tomato salsa(10)

## **Pastry Platter – \$55**

*Here's what you'll get*

- Traditional mince pies (10)
- Potato top (10)
- Feta and roast tomato (10)

## **Asian Platter – \$68**

*Here's what you'll get*

- Good selection of Traditional and Californian sushi with dark soy and wasabi dipping sauce.  
Salmon, Tuna, Chicken (30)
- Vietnamese Prawn Rice Paper Rolls (10)

## **Classic Burger Platter – \$68**

*Here's what you'll get*

- Mini Beef burgers with cheese & caramelised onions (14)
- Mini Chicken Burgers with blue cheese and cranberry (14)

## **In Summary**

We can do it all from breakfast, to a picnic, to the cocktail party or a formal dinner.

We'll consult with you, include your dietary requirements, allergy issues and budgetary constraints into the menu.

We deliver complete with napkins - cold on heat-proof platters, garnished, with clear notes for reheating where appropriate.

We'll supply a menu card with each order.

And we collect platters from the drop-off location unless advised otherwise.

All prices quoted exclude GST and our delivery/platter collection fee of \$15.00.

### **Margaret Macaulay**

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