



eat



catering company

Breakfast

We are in the kitchen early to ensure your breakfast items are freshly prepared and delivered on time. EAT breakfast deliveries begin at 7.00am.

Lunch Combinations

These great packages make lunch decisions easy.

Lunch Buffets and Salads

An ideal solution for a more substantial lunch in a working environment, we can deliver hot, ready to serve.

Morning Teas and Afternoon Teas


All your favorites delivered piping hot to your office or boardroom.

Gluten Free Menu

The following menu items are available gluten free upon request. 48 hours notice may be required.

Entertainment Platters

Perfect for an alternate lunch solution or casual snack after work. Our selection will suite all occasions.



eat



catering company

Breakfast

Menu 1	
Fresh fruit platter, danish pastries, sweet muffins	\$12.00
Menu 2	
Fresh fruit platter, savoury croissants, danish pastries	\$13.50
Menu 3	
Fresh fruit platter, savoury croissants, eggs benedict, sweet muffins	\$16.50
Menu 4	
Fresh fruit skewers, french toasted sandwiches, savoury filled muffins	\$14.50
Eggs Benedict (1p/s)	
Poached egg on bacon on open English muffin with hollandaise sauce	\$6.50 (min 6 items)
Savoury Croissants (2 p/s)	
Filled with savoury fillings including ham, cheddar cheese, tomato. Served warm	\$7.50 per serve
French toasted Sandwich (1 p/s)	
A delicious double smoked ham and Gruyere cheese dipped in egg and lightly fried. Also tomato and tasty cheese option available	\$6.50 per item

eat



catering company

Lunch Combinations

Lunch Menu Option 1

1. Bread Item
2. Savoury
3. Savoury
4. Sweet

Lunch Menu Option 2

1. Bread Item
2. Savoury
3. Sweet
4. Fruit

SANDWICHES & MIXED ROLLS

Club Sandwiches – selected fillings

Baps

Roast Scotch Beef
Ham from the Bone
Chicken Caesar

Lunch Bagels

Smoked salmon
Pesto Chicken

Wraps

Smoked Chicken
Hummus, Feta & Tomato and olives
Lamb

Turkish Pockets

Roasted Vegetables & Swiss Cheese
Salami, Tomato & Cheese

Wholegrain Sandwich

Corned Beef, Swiss Cheese, Dijon Mustard
Ham, Mayonnaise, fresh Greens
Coronation Chicken, Rocket, Aioli
Hummus, Feta, Capsicum, spinach

Croissants

Ham, Brie, Wholegrain Mustard
Bacon, Tomato, Avocado

eat



catering company

SAVOURIES

- Gourmet Sausage Rolls
- Bacon and Egg Slice
- Roasted Vegetable Frittata – Chefs choice
- Filo parcels – Chefs choice
- Beef Empanadas – crispy pastry parcels
- Corn, Vegetable Fitters with tomato relish
- French Tart of caramelized onion, spinach, tomato
- Pesto Roasted Vegetable skewers
- Moroccan Beef skewer, Yoghurt Harissa
- Chicken Satay Skewers

SWEETS

- Sweet Muffins
- Savoury Muffins
- Sweet Scones
- Savoury Scones
- Assorted Fruit Danishes
- Dark Chocolate Cake
- Carrot Cake
- Lemon Poppy Seed Friands
- Homemade Sweet Slice
- Assorted homemade Cookies

CHEESE & FRUIT

- Fresh Fruit kebabs
- Fresh Fruit platter
- Fresh Whole Fruit
- Selection of 3 Cheeses, fresh fruit, crackers
- Selection of 3 Cheese, quince paste, crackers

Menus at \$13.50 per person

Additional Lunch Items to choose from

- Individual pita pizzas
- Chicken drumsticks
- Salmon & cherry tomato skewers*
- HOT ROLLS
- Chicken with gravy
- Hot Pork
- Ham, Pineapple and Cheese
- Steak Sandwich

*Additional items priced on request

eat



catering company

Morning Tea and Afternoon Tea Options

- Morning/Afternoon Tea Options
- Club Sandwiches – selected fillings
- Ham, rocket, cheese, tomato, aioli focaccia melts
- Ham, Brie Cheese Stick

Mini Bagels

- Smoked salmon
- Pesto Chicken
- Ham, Swiss Cheese
- Eggplant relish & feta bagel

Mini Croissants

- Ham, Brie, Dijon Mustard
- Bacon, Tomato, Avocado

Savouries

- Individual Savoury , assorted gourmet fillings (Vegetarian Options)
- Gourmet Sausage Rolls

Sweets

- Sweet Muffins, butter
- Savoury Muffins, butter
- Sweet Scones, jam, cream
- Savoury Scones, jam, cream
- Assorted Fruit Danishes
- Dark Chocolate Cake
- Carrot Cake
- Lemon Poppy Seed Friends
- Berry Friends
- Homemade Sweet Slice
- Assorted homemade Cookies

FRUIT

- Fresh Fruit kebabs
- Fresh Fruit platter

2 options & \$7 per person

3 options & 8 per person



eat



catering company

Entertainment Platters

Deli Platter

Mild Salami, ham, roast beef, smoked chicken, olives, Turkish bread, chutney, cornichons.

Vegetarian Platter

Olive and sun dried tomato skewers, tomato and basil brushcetta, grilled peppers, frittata, marinated feta, seasonal vegetables and dips.

Thousand Island Platter

Prawns, mussels, calamari and salmon bites

Tomato and Pepper Salsa Platter

Spicy sausage and beef kebabs

