



INDIVIDUALLY PACKAGED
MENU

BREAKFAST

Fruit salad VG GF H NF	\$5.90
Greek yoghurt with toasted muesli and berries V GF H	\$8.20
Acai bowl topped with fresh fruit V GF H	\$8.85
Hot breakfast pack DF NF Bacon & egg slider with tomato chutney, hash brown + vegetable muffin	\$12.80
Vegetarian breakfast pack V H NF Cheese & tomato croissant, fetta & spinach triangle + Roast pumpkin fritter	\$10.60

MORNING / AFTERNOON TEA

Mini muffin, fresh baked cookie, strawberries V H	\$6.60
Caramel donut, cake slices (chocolate carrot) + strawberries V H	\$7.85
Caramel & peanut slice, banana muffins + strawberries VG GF H	\$8.45

LUNCH

½ Sandwich, ½ brioche (20% V)	\$8.35
½ Sandwich, 2 pieces of sushi, vegetarian rice paper roll (20% V)	\$11.25
½ Focaccia roll, rice paper roll, cake slice, fruit salad (20% V)	\$17.50
Filled hamburger roll, piece of fresh fruit + sweet biscuit pack	\$12.40
Filled hamburger roll, piece of fresh fruit, chip packet OR Uncle Toby's muesli bar	\$12.70

HOT FORK DISHES Individual serves (16oz) \$16.45ea

Chicken + Cashew Stir Fry with Rice GF DF H
Thai Green Chicken Curry with Rice GF DF H NF
Malaysian Beef Rendang with Rice GF DF H NF
Spinach & Ricotta Tortellini with Napoli Sauce & Basil V H NF
Sweet Potato, Chickpea & Coconut Red Curry with Rice VG GF H NF

SALADS Individual serves (16oz) \$10.85 ea

Tandoori Chicken Salad with a Tzatziki Dressing GF DF H NF
Falafel Garden Salad with a Sesame Dressing VG GF H NF
Roasted pumpkin, capsicum, spinach and feta salad V GF H NF

BUDDAH BOWLS Individual serves (1000ml) \$19.95 ea

Charred chicken, sweet potato, quinoa with balsamic glaze GF DF H NF
Sweet potato, chickpea, brown rice with green goddess dressing VG GF H NF
Smoked salmon, soba noodles, edamame with Japanese Dressing DF H NF

*All prices inclusive of GST
Minimum 10 of any variety
Delivery fees & weekend surcharges apply*

✉ info@saintscatering.com.au

☎ (07) 3878 0616

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V Vegetarian **VG** Vegan **GF** Gluten Friendly **DF** Dairy Free **H** Halal Friendly **NF** Nut Free

