



NESSO

GREEN CATERING MENU

NESSO Green Catering Menu has been carefully designed and created using fresh produce locally sourced here in Australia and the highest natural quality ingredients to meet the healthy options guideline promoting a healthy diet vital for optional growth, physical vitality and social wellbeing.

BREAKFAST ITEMS

Selection of Breads

Wholemeal, light & dark rye, GF bread & served with selection of preserves \$4.00 per two

Mini Low-fat Yogurt Cup

Mixed berries/Apple muesli or honey Bircher muesli \$4.00 per serve

Mini Fruit Cup

\$4.00 per serve

Wholemeal English muffins

Eye bacon, free range scrambled egg, light cheese \$4.50 per serve

Ham & light cheese \$4.50 per serve

Tomato & light cheese \$4.50 per serve

Toasted wholemeal rolls or sandwiches

Eye bacon, free range scrambled egg & light cheese \$6.50 per serve

Ham, light cheese & tomato \$6.50 per serve

Egg, tomato & light cheese \$6.50 per serve

Tomato, low fat pesto & light cheese \$6.50 per serve

Free range Scrambled egg wraps (spinach tortilla)

Toasted with spinach, smashed avocado, tomato, grilled mushroom & light cheese \$8.50 per serve

Spinach smashed avocado, ham, tomato & light cheese \$8.50 per serve
(Gluten Free Option \$1EXTRA)

BREAKFAST PACKAGES

Package 1 \$10.00 per person

- Toasted wholemeal sandwich with a selection of breakfast filling(choose from Toasted Wholemeal rolls or Sandwiches menu)
- House made mini fruit & nut muffin
- Fresh juice(Apple or Orange)

Package 3 \$20.00 per person

- Wholemeal wrap with grilled pumpkin, zucchini, eggplant, ricotta cheese & sun dried tomatoes
- Mini wholemeal bagel with grilled eye bacon, light cheese & avocado
- Seasonal fruit skewer
- Fresh juice(Apple or Orange)

Package 2 \$12.00 per person

Mini wholemeal breakfast roll with a selection of breakfast fillings(choose from Toasted Wholemeal rolls or Sandwiches menu)

- Seasonal fruit skewer
- Fresh juice(Apple or Orange)

Package 4 \$24.00 per person

- **Buffet style breakfast**
- Sauteed mushrooms, scrambled eggs, baked beans, tomato, smashed avocado & sauteed spinach
- Mini wholemeal bagels, mini wholemeal, multigrain & rye rolls
- Seasonal fruit skewer
- Low fat bircher muesli
- Fresh juice(Apple or Orange)

Natural fat free yogurt served with your choice of:
Mixed berries/Apple muesli or honey Bircher muesli

Low fat Almond Chia

Pudding Seasonal fruit

Fruit salad cup

Fruit skewer

\$6.00 per serve

\$6.50 Per Serve

\$4.00 Per serve (Minimum 6 serves)

\$4.00 Per serve

\$3.50 per serve

MORNING & AFTERNOON TEA

Low fat scones served with honey yoghurt & fresh
strawberry House made fruit & nut wholemeal muffin

\$4.00 per serve

\$4.00 per serve

Low fat savory muffin

Fetta, sweet corn & spinach,

\$4.00 each

Zucchini, tomato & fetta

\$4.00 each

MORNING TEA PACKAGES

Package 1 \$10.00 per person

- House made wholemeal muffin
- Seasonal fruit salad cup
- Fresh juice

Package 2 \$13.50 per person

- House made wholemeal muffin
- Seasonal fruit salad cup
- Mini Fat free yogurt, berry/muesli
- Fresh juice

Package 3 \$17.50 per person

- Homemade wholemeal vegetarian savoury muffin
- House made veg frittata
- Mini Chia Pudding, berry/Mango
- Seasonal fruit cup
- Fresh juice
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AFTERNOON TEA PACKAGES

Package 1 \$10.00 per person

- House made wholemeal muffin
- Mini Fat free yogurt, berry/mango
- Freshly brewed coffee & tea

Package 2 \$13.50 per person

- House made wholemeal muffin
- Seasonal fruit salad cup
- Mini Fat free yoghurt, berry/muesli/honey
- Fresh juice

Package 3 \$17.50 per person

- Soft shell spinach taco
- Mini Chia pudding, berry/mango
- Seasonal fruit cup
- Cheese & crudites platter,
- coffee

LUNCH

All served with a selection of fillings:

Gourmet sandwiches	\$7.00 per serve
Club & ribbon sandwiches	\$8.50 per serve
Fresh mountain bread wraps	\$8.50 per serve
Gourmet wholemeal bagels	\$8.50 per serve
Fresh baguettes cut into three	\$10.00 per serve
Fresh salads	\$10.00 per serve

(Fillings :Oven steamed lemon pepper roast chicken breast,Chunky tuna,oven Baked falafel Oven roast vegetable)

LUNCH PACKAGES

Package 1 \$12.50 per person

-Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings Seasonal fruit platter(Fillings :Oven steamed lemon pepper roast chicken breast,Chunky tuna,oven Baked falafel,Oven roast vegetable)(all sandwich spread with Tomato relish)

-Fresh Fruit cup

Fresh juice or mineral water

Package 2 \$13.50 per person

-Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings Mountain bread wraps with healthy traditional fillings(Fillings :Oven steamed lemon pepper roast chicken breast,Chunky tuna,Sliced ham,oven Baked falafel,Oven roast vegetable)

-Seasonal fruit cup

-Fresh juice or mineral water

Package 3 \$16.50 per person

-Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings Mini baguette filled with healthy traditional fillings or mini bagels filled with traditional fillings House made garden salad with Oven grilled chicken or baked falafel with reduced fat lemon yoghurt dressing

(Fillings :Oven steamed lemon pepper roast chicken breast,Chunky tuna,Sliced ham,oven Baked falafel,Oven roast vegetable)

-Seasonal fruit cup

-Fresh juice or mineral water

Package 4 \$23.50 per person

-Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings

Mountain bread wraps with healthy traditional healthy fillings (Fillings :Oven steamed lemon pepper roast chicken breast,Chunky tuna,Sliced ham,oven Baked falafel,Oven roast vegetable)

-House made dips(eggplant low- fat yogurt, humus & tzatziki-low fat yogurt) served with carrots, celery, water crackers & pita bread

-Hot finger food: baked spinach, ricotta & basil balls, tomato and basil bruschetta on rye toast & lean beef Spanish meatballs served with coriander & tomato salsa

-Seasonal fruit cup

-Selection of raw sweets

-Fresh juice or mineral water

SALADS \$10.00/Serve

- Roasted Mediterranean veg, lentils, spinach cherry tomato with Balsamic vinegar Dressing
- Roasted pumpkin, roasted mushrooms, sunflower seeds, spinach
- Cumin roasted carrots, baby beetroot, baby red swiss chard, kale, mixed sesame seeds honey olive oil dressing
- Roast tomato, grilled zucchini, grilled eggplant, dill, parsley, du puy lentils, roquette lemon juice, Greek yoghurt
- Quinoa, roast tomato, poached chicken, sunflower seeds, roquette, chervil, orange yoghurt dressing
- Falafel, tomato, cucumber, salad mix, natural yoghurt
- Pasta & grilled vegetable salad With tomato sauce and Italian Dressing
- Chicken & avocado salad with Italian Dressing
- Brown rice, lentil, roasted pumpkin, sunflower seeds, spinach
- Tandoori chicken salad with low fat yoghurt Dressing
- Brown rice, tuna, sunflower seeds, roquette, cherry tomato, dill, Italian Dressing

PLATTERS

Fruit Platter *regular \$40.00(Up to 10 Serves) large \$80.00(Up to 20 Serves)*

A selection of fresh seasonal fruit

Dip *regular \$45.00 (Up to 10 Serves) large \$90.00(Up to 20 Serves)*

Homemade Dips(eggplant low- fat yogurt, humus & tzatziki-low fat yogurt) accompanied with cucumber, carrots, celery, pita bread & toasted Turkish bread

Sushi (brown rice) *regular \$39.00 (Up to 30 pieces) large \$78.00 (Up to 60 Pieces) \$1.30/Each*

An assortment of nori rolls served with pickled ginger, wasabi & salt reduced soya sauce

FINGER FOOD

\$4.50 per item

- Stuffed mushroom, ricotta, lemon rind, tomato, herbs
- Mini freekeh & du puy lentil salad, greek yoghurt, dill, roasted capsicum, sweet paprika
- Witlof leaf, smashed avocado, tomato petal, lime & coriander
- Charred spear of asparagus with lemon juice and fine herb dressing
- Soft shell spinach taco with tomato sweet corn avocado salsa
- Tomato & basil bruschetta on rye toast
- House made dips served with carrots, celery, water crackers & pita bread
- House ground beef meatball in a tomato sugo
- House minced chicken & garlic balls

FINGER FOOD PACKAGES

Package

\$13.00 per person

- Tomato & basil bruschetta
- Baked wholemeal spinach & ricotta cheese balls
- Lean beef Spanish meat balls served with coriander & tomato salsa

ALL DAY PACKAGES

Package 1		\$55.00 per person
Morning Tea	Lunch	Afternoon Tea
Low fat fruit and nut muffin	Wholemeal, multigrain and light rye sandwiches with traditional fillings	Low fat fruit and nut muffin
Fruit skewer	Fruit cup	Mini fat free yoghurt with berry/ muesli
Freshly brewed tea & coffee	Fresh juice	Fresh Juice
	Tap water	Freshly brewed tea & coffee

Package 2		\$70.00 per person
Morning Tea	Lunch	Afternoon Tea
Low fat fruit and nut muffin	Wholemeal, multigrain and light rye sandwiches with traditional fillings	Low fat fruit and nut muffin
Low fat savoury muffin	Mountain bread wraps with gourmet fillings	Mini scone with honey, yoghurt and fresh strawberry
Fruit skewer	Garden salad of your choice	Fruit salad
Fresh juice	Mineral water/ juice	Fresh juice
Freshly brewed tea & coffee		Freshly brewed tea & coffee

Package 3		\$85.00 per person
Morning Tea	Lunch	Afternoon Tea
Homemade wholemeal vegetarian savoury muffin	Variety of wraps filled with gourmet fillings	Fruit cups
Mini fat free yoghurt with berries/ mango	Mini baguettes filled with traditional fillings	Almond chia pudding
Fruit cups	Mini bagels filled with gourmet fillings	Cheese and crudites platter
Fresh juice	Choice of gourmet salad	Fresh juice
Freshly brewed tea & coffee	Fruit cups	Freshly brewed tea & coffee
	Fresh juice	
	Mineral water	

All DAY LUNCH packages are inclusive of a staff member for 45min each sitting, crockery, glass wear hire & G.S.T

For larger functions, including hot buffet meals, cocktail parties, seated lunch or dinners and highly formal corporate functions. We hope that this catering menu suits your needs, however if you are after something different that is not on our catering list, please just ask, we will do our best to satisfy your needs. We are always happy to help.

Kind regards

JACK and the team @NESSO

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