CAFELITO

Catering Menu

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Our 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 bread wholemeal, light & dark rye, GF bread & served with selection of conserves	$3.50 per two

Wholemeal English muffins

Eye bacon, free range scrambled egg, light cheese	$4.80 per serve
Ham & light cheese	$4.80 per serve
Tomato & light cheese	$4.50 per serve

Toasted wholemeal rolls or sandwiches

Eye bacon, free range scrambled egg & light cheese	$7.80 per serve
Ham, light cheese & tomato	$7.50 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)(Mini)

Toasted with spinach, smashed avocado, tomato, grilled mushroom & light cheese	$6.50 per serve
Spinach smashed avocado, ham, tomato & light cheese	$6.50 per serve

BREAKFAST PACKAGES

Package 1 $10.50 per person

- Toasted wholemeal sandwich with a selection of breakfast filling
- House made mini fruit & nut muffin
- Fresh juice

Package 2 $12.50 per person

- Mini wholemeal breakfast roll with a selection of breakfast fillings
- Seasonal fruit platter
- Fresh juice

Package 3 $15.00 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
- Protein wedge
- Fresh juice

Package 4 $24.00 per person

- Buffet style breakfast
- Sautéed mushrooms, scrambled eggs, baked beans, tomato, smashed avocado & sautéed spinach
- Mini wholemeal bagels, mini wholemeal, multigrain & rye rolls
- Seasonal fruit skewer
- Low fat bircher muesli
- Fresh juice

Yoghurt

Natural fat free yogurt served with your choice of:
Mixed berries, cinnamon apple with toasted muesli or honey — $5.50 per serve

Bircher muesli served with mixed berries — $5.90

Seasonal fruit platter — (10 serves) *regular* $50 *large* $80 (15)

Fruit salad cup — $5.00 per serve

MORNING & AFTERNOON TEA

Low fat scones served with honey yoghurt & fresh strawberry — $3.80 per serve

House made fruit & nut wholemeal muffin — $3.80 per serve

Fruit & seed cookies — $3.80 each

Low fat savory muffin

Fetta, sweet corn & spinach — $3.80 each

Zucchini, tomato & fetta — $3.80 each

Natural raw protein balls

A gourmet selection available — $3.80 each

Natural raw slices

A gourmet selection available — $5.80 each

MORNING TEA PACKAGES

Package 1 — $10.50 per person

- House made fruit & nut muffin
- Seasonal fruit salad
- Fresh juice

Package 2 — $12.50 per person

- Natural raw sweet selection
- Seasonal fruit salad
- Fat free yoghurt, berry/muesli/honey
- Fresh juice

Package 3 — $14.50 per person

- Homemade wholemeal vegetarian savoury muffin
- House made veg frittata
- Natural raw protein ball
- Seasonal fruit platter
- Fresh juice

AFTERNOON TEA PACKAGES

Package 1 — $10.50 per person

- Fruit & nut muffin
- Natural Raw selection
- Freshly brewed coffee & tea

Package 2 — $16.50 per person

- Natural Raw selection
- Cheese & crudités platter
- Seasonal fruit platter
- Freshly brewed coffee & tea

Package 3 — $17.50 per person

- Natural Raw selection of sweets
- Fruit & nut biscuit
- Seasonal fruit platter
- Cheese & crudités platter
- Freshly brewed coffee & tea

LUNCH

All served with a selection of fillings:

Gourmet sandwiches	$8.80 per serve
Club & ribbon sandwiches	$9.90 per serve
Fresh mountain bread wraps	$9.90 per serve
Mini Gourmet wholemeal bagels	$5.80 per serve
Fresh baguettes cut into three	$12.80 per serve
Fresh salads Bowl	$13.95 per serve

LUNCH PACKAGES

Package 1 — $12.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Seasonal fruit platter
- Fresh juice or mineral water

Package 2 — $14.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Mountain bread wraps with healthy traditional fillings
- Seasonal fruit platter
- Fresh juice or mineral water

Package 3 — $17.50 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 grilled chicken or baked falafel with reduced fat lemon yoghurt dressing
- Seasonal fruit platter
- Fresh juice or mineral water

Package 4 — $24.50 per person

- Wholemeal, multigrain & light rye sandwiches with a selection of healthy traditional fillings
- Mountain bread wraps with healthy traditional healthy fillings
- House made dips served with carrots, celery, water crackers & pita bread
- Hot finger food: baked spinach, ricotta & basil balls, baked thai fish cakes & lean beef spanish meatballs served with coriander & tomato salsa
- Seasonal fruit salad
- Selection of raw sweets
- Fresh juice or mineral water

HOT DISHES

regular $65.00 *large* $120.00

- Vegetable soy ginger stir fry
- Soy ginger chicken stir fry
- Thai sweet chilli prawns
- Stock based green thai chicken curry with Asian vegetables
- Beef casserole
- Grilled barramundi with wok tossed bok choy
- Grilled chicken breast filled with ratatouille vegetables
- Stock based mushroom & herb risotto
- Spinach & ricotta filled ravioli with rocket, semi dried tomato, grilled pumpkin in olive oil
- Spaghetti with exotic mushrooms, garlic, olive oil fresh herbs
- Penne with poached chicken, reduced fat ricotta cheese, olives, red capsicum & zucchini, sautéed in white wine with pesto

SALADS

regular $65.00 *large* $120.00

- Roasted Mediterranean veg, lentils, spinach cherry tomato
- Roasted pumpkin, roasted mushrooms, sunflower seeds, spinach
- Cumin roasted carrots, baby beetroot, baby red swiss chard, kale, mixed sesame seeds honey olive oil dressing
- Freekeh, du puy lentils, slithered almonds, continental parsley, dill, cranberries, lemon juice, EVOO
- 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
- Chicken & avocado salad
- Brown rice, lentil, roasted pumpkin, sunflower seeds, spinach
- Tandoori chicken salad with lemon yoghurt
- Brown rice, tuna, sunflower seeds, roquette, cherry tomato, dill, EVOO

PLATTERS

Fruit

regular $50 *large* $80

A selection of fresh seasonal fruit

Dip

regular $50 *large* $80

Homemade eggplant, humus & tzatziki with accompanied with cucumber, carrots, celery, pita bread & toasted turkish bread

Sushi (brown rice)

regular $50(25pieces) *large* $80(40pieces)

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

Antipasto

regular $90 *large* $135

An array of continental cold cuts accompanied by grilled vegetables, artichokes, reduced fat feta cheese & olives

FINGER FOOD

$4.90 per item

- Baked herb polenta, du puy lentils with greek yoghurt, coriander & pomme granite salad
- 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 an fine herb dressing
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Soft shell spinach taco with tomato sweet corn avocado salsa
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll
- Mini lean beef burger, house made tomato relish lettuce wholemeal bread roll
- 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 1

$13.50 per person

- Baked herbed fish goujons
- Baked wholemeal spinach & ricotta cheese balls
- Lean beef Spanish meat balls served with coriander & tomato salsa

Package 2

$17.50 per person

- Chicken breast skewers served with house made lime sweetchilli dipping sauce
- Grilled calamari in olive oil served with house made salsa verde
- Soft spinach taco with tomato, avocado & corn salsa, fresh coriander
- Baked stuffed mushroom, ricotta, lemon rind, tomato, herbs

Package 3

$19.50 per person

- Soft taco with tomato sweet corn avocado salsa
- Charred spear of asparagus with lemon juice an fine herb dressing
- Mini lean beef burger, tomato relish lettuce wholemeal bread roll
- House minced chicken & garlic balls
- Selection of dips served with cucumber, carrots, celery, pita bread & toasted turkish bread

Package 4

$25.50 per person

- Smoked salmon on mini toast, low fat cream cheese & dill
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Witlof leaf with spicy guacamole
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll, lime sweetchilli dipping sauce
- House ground spanish meatball with a tomato sugo

ALL DAY PACKAGES

Package 1

$65.00 per person

Morning Tea

Low fat muffin

Fruit Skewer

Tap water

Freshly brewed tea & coffee

Lunch

Wholemeal, multigrain & light rye sandwiches with traditional fillings

Fruit platter

Fresh juice

Tap water

Afternoon Tea

Low fat muffin

Selection of cookie/biscuit

Fresh juice

Freshly brewed tea & coffee

Package 2

$75.00 per person

Morning Tea

Low fat biscuit

Savoury muffin

Fruit skewer

Fresh juice

Freshly brewed tea & coffee

Lunch

Wholemeal, multigrain & light rye sandwiches with traditional fillings

Mountain bread wraps with gourmet fillings

Garden salad of your choice

Fresh juice or mineral water

Afternoon tea

Low fat mini muffin

Mini scone with honey yoghurt & fresh strawberry

Fruit salad

Fresh juice

Freshly brewed tea & coffee

Package 3

$85.00 per person

Morning Tea

Homemade wholemeal vegetarian savoury muffin

Low sugar Raw Galore protein ball

Fruit platter

Fresh juice

Freshly brewed tea & coffee

Lunch

Variety of wraps filled with gourmet fillings

Mini baguette filled with traditional fillings

Mini bagels filled with gourmet fillings

Sushi platter

Choice of gourmet salad

Fruit platter

Fresh juice

Mineral water

Afternoon Tea

Selection of Raw Galore cakes/slices

Cheese & crudités platter

Fresh juice

Freshly brewed tea & coffee

All packages are inclusive of a staff member for 45min each sitting & G.S.T

BUDGET FINGER FOOD -gluten free&vegan options

Beef party pie	$3.00
Mini Beef onion pasry	$3.00
Mini spinach ricotta Pastry	$3.00
Felafel balls with hummus (GF)	$3.00
Homemade assorted quiche (lorraine / vegetarian)	$3.50
Vegetarian spring roll	$3.30
Vegetarian arancini ball(vegan & GF option)	$3.30
Mini pizza(meat / vegetarian)	$3.50
Assorted sushi roll (vegan & GF option)	$2.20

Beverage

2Lt Orange / Apple juice	$10.50
750ml sparkling water	$8.50
1.25Lt soft drink / flavoured sparkling water	$6.50
Sparkling wine bottle	$35.00
White / Red wine bottle	$30.00
Local / Imported beer 330ml	$7.50
Fresh bottle juice 330ml	$3.50
Glass bottle sparkling mini ral water 330ml	$4.00
Assorted can soft drinks	$3.30
Bottle still water	$3.00

COCKTAIL FUNCTIONS

For larger functions, including hot buffet meals, cocktail parties, seated lunch or dinnersand highly formal corporate functions.

Please contact us to discuss the most suitable selection for your occasion.

REAL CROCKERY GLASS CUTLERY

Cup&Saucer Teaspoon	$1.10
Plates	$1.10
Glassware	$1.10
Cutlery	$1.10
Biodegradeable disposables per piece	$0.30
Tablecloths	$6.00

Staff

Staff hire $35 per hour minimum 3 hours $105

Staff with RSA $40 per hour minimum 3 hours $120

ADD $20 per hour weekends

TERMS AND CONDITIONS*

All prices include applicable GST charges and refer to drop-off only

Delivery :

Free delivery to Monash University Clayton campus

Extra $45 over 10km

Cocktails

Tequila Sunrise

Tequila,
orange juice,
& grenadine syrup

$13.99

Mojito

Club soda, simple syrup,
white rum,
& lime juice

$13.99

Espresso Martini

Vodka,
coffee liqueur,
& espresso

$13.99

Mocktails

Green Lemon Bubbles

Green grape,
lemon,
& sprite

$9.99

Watermelon Lime

Watermelon
puree, lime, mint,
& soda

$9.99

Spirits

Jack Daniels Whiskey	$8.00
El Jimador Blanco Tequila	$8.00
Tanqueray London Gin	$8.50
Chantelle Napoleon Brandy	$8.90
Bacardi Carta Blanca White Rum	$8.50

CAFELITO WINE BAR

WHITE

- Oyster Bay Chardonnay
  Bottle $37.99
  Glass $8
- Oyster Bay Sauvignon Blanc
  Bottle $34.99
  Glass $8

RED

- Pepperjack Barossa Shiraz
  Bottle $34.99
  Glass $8
- Pepperjack Cabernet Sauvignon
  Bottle $34.99
  Glass $8

SPARKLING

- Oyster Bay Sparkling Cuvée Brut
  Bottle $38.99
  Glass $9
- Oyster Bay Sparkling Cuvée Rosé NV
  Bottle $38.99
  Glass $9

BEER

- Weekly Special Beer $5
- Corona Extra $7

5 Years of catering for the university that Loves to enjoy it!
#CAFELITO CATERING