



## WORKING LUNCH MENU

### GARNISHES' SPECIALITY GOURMET SANDWICHES @ \$7.00 per round

#### **Variety of gourmet fillings including:**

Our fresh salad fillings are made daily and sourced from local suppliers. They include mixed lettuce, baby spinach, carrots, cucumber, fresh tomato and sun-dried tomatoes, sliced olives, roasted eggplant and zucchini, mushrooms, seasonal avocado, free range eggs, Kennilworth cheddar, Maleny Brie and Fetta cheese, homemade pesto, chutney and relishes.

#### **Cold Meats fillings:**

Champagne ham, smoked turkey breast, pastrami, chicken breast, grain-fed roast beef, roast pork, and Moroccan chicken. Smoked salmon is available upon request

**We use a selection of wholemeal, white, multi-grain, pumpkin and rye breads.**

**All orders include a vegetarian selection, and can be made dairy free, gluten free and vegan on request.**

For your information, a 'round' is two slices of bread with fillings cut into 4 points. We usually recommend 1.5 rounds per person for a lunch.



[www.garnishescatering.com.au](http://www.garnishescatering.com.au)

**P 07 3852 6644**

**E [chris@garnishescatering.com.au](mailto:chris@garnishescatering.com.au)**

**18 Edmondstone Rd Bowen Hills QLD 4006**

avl = available in; GF = Gluten Free; V = Vegetarian; v = vegan



## WORKING LUNCH MENU

### **Ribbon, Open & Point Sandwiches (avl GF, V, v) (1.5 serves per person) @ \$11.50 per person**

Using our gourmet sandwich fillings to create a selection of ribbon (layered) sandwiches, gourmet open sandwiches (on sliced French stick) and standard point (2 slices) sandwiches.

### **Gourmet Wraps (avl V, v) (1 wrap per person) @ \$8.75 each**

Using a selection of tomato, spinach and corn wraps bursting with our fresh gourmet fillings

### **Bagels (avl GF, V, v) (1 bagel per person) @ \$7.50 each**

Using a selection of freshly baked bagel flavours including soy and linseed, rye, jalapeño, garlic, sesame seed, poppy seed and Parmesan cheese with our gourmet fillings

### **Baguettes (avl V) (1 serve per person) @ \$7.50 per person**

Flavours include Tandoori Chicken; Turkey, Cranberry and Brie Cheese; Champagne Ham, Hollandaise, Tomato, Cheese and Avocado; Vegetarian with Pesto, Fetta and Roasted Mediterranean Vegetables

### **Baby Burgers (avl V, v) (2 serves per person) @ \$7.00 per person**

Pulled Pork with Apple Slaw, Falafel and Roasted Vegetables; Chicken Caesar; Roast Beef with Caramelised Onion, Tomato and Cheddar

### **Rustic Mini Rolls (avl GF, V, v) (2 serves per person) @ \$6.50 per person**

Flavours include Turkey, Sweet Potato, Cranberry & Brie; Champagne Ham, Avocado, Sun-dried tomato & Hollandaise; Vegetarian with beet-root relish, baby spinach, roasted pumpkin & feta and Pastrami, Cheese & Gherkin on a selection of rustic mini bread rolls



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**Panini, Focaccia and Wraps (avl GF, V, v)  
(1.5 serves per person) @ \$11.50 per person**

A selection of paninis, focaccias and wraps all made with our fresh gourmet fillings

**Sandwiches and Wraps (avl GF, V, v)  
(1.5 serves per person) @ \$11.50 per person**

A selection of point sandwiches and wraps all made with our fresh gourmet fillings

**Oriental Platter (avl GF, V, v)  
(Minimum of 10 people) @ \$10.25 per person**

Our freshly made Vietnamese summer rolls with a peanut plum sauce, refreshing lychees filled with cream cheese ginger and our house made sushi with a quality soy sauce

**SANDWICHES WITH HOT FINGER FOODS AND FRUIT  
(avl GF, V, v) @ \$27.95 per person  
(Minimum of 10 people)**

Using our gourmet sandwich fillings to create a selection of point sandwiches, fresh seasonal fruit platters, and our Chef's selection of hot finger foods (5 Different Items)



**GOURMET LUNCH BOXES @ \$16.95 each**

**A Choice of the Following;**

Your selection of a Gourmet Sandwich OR a Gourmet Wrap, with a Freshly Baked Muffin OR Cheese and Crackers, a seasonal piece of Fruit and a small bottle of Orange Juice or small bottle of Water

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### GARNISHES GOURMET SALADS (avl GF, V, v) @ \$8.95 per person

Served in salad boxes for a healthy lunch alternative  
(Minimum of 2 boxes per salad)

#### **Garnishes Mother Noodle (avl GF, V, v)**

Vermicelli noodles with coriander, mint, basil, julienne carrot, red onion, shredded wombok, roasted peanuts served with a lemon wedge

#### **Vegetarian Pasta Salad (V)**

Al dente pasta served with fetta cheese, sliced olives, sun-dried tomatoes, roasted capsicum, fresh herbs, English spinach and a basil pesto dressing

#### **Roasted Beetroot, Chickpea and Bean Salad (V)**

With baby beets, English spinach, marinated whole chickpeas, crumbled fetta, walnuts, caramelized onion and a balsamic dressing

#### **Caesar Salad**

A traditional Caesar of crisp bacon, crunchy house made croutons, Parmesan cheese and sliced egg served with our secret dressing

#### **Honey Mustard Chicken Salad**

Tender chicken sliced chicken breast served with sun-dried tomatoes, cucumber, avocado, cherry tomatoes, roasted capsicum and baby mixed lettuce

#### **Moroccan Spiced Sweet Potato and Cous Cous Salad (V)**

Sweet potato, Moroccan Cous Cous, marinated chickpeas, red onions, roasted almonds and baby spinach leaves tossed with yoghurt & cucumber dressing

#### **Greek Salad (GF, V)**

Traditional Greek salad with mixed lettuce, vine ripened cherry tomatoes, cucumber, Kalamata olives, Greek fetta and Spanish onion with a balsamic glaze

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### **Cheese And Fruit Platters (avl GF, V)**

**@ \$7.75 per person (min order 5 pax)**

Our chefs selection of local and imported cheeses, which include Maleny Double Brie and Camembert, Kings Island Smoked Cheddar, Danish Blue Brie and Kenilworth Ginger, Garlic & Pepper and Sweet Chilli & Coriander. With seasonal fresh fruit, accompanied by crackers, grissini and lavosh.

### **Fruit Platters (GF, V, v) @ \$6.50 per person (min order 5 pax)**

Using only the best quality seasonal fruit. A perfect finisher for your occasion.

### **Tropical Fruit Salad With Greek Yoghurt (avl GF, V)**

**@ \$6.50 per person**

Served in noodle boxes, cut in to bite sized pieces to create a fresh and vibrant salad, finished with quality Greek yogurt and seasonal berries.

### **Award Winning Byron Bay Cookies (avl GF, V)**

**@ \$3.95 per person**

Direct from the multi award winning Byron Bay Cookie Company we have a selection of Lemon Macadamia Shortbread, Triple Choc Fudge, and Sticky Date with Ginger. Low fat and available gluten free.

### **Freshly made Pikelets (V) @ \$1.50 each**

Dainty, light and fluffy, a favourite with young and old, accompanied by strawberry jam and whipped vanilla cream.

### **French Macarons (V, v) @ \$4.50 per person**

Using a traditional recipe with our modern twist on flavours of Salted Caramel, Passion Fruit, Chocolate, Pistachio, Orange & Raspberry (2 serves per person)

### **Freshly Baked Muffins (V) @ \$4.50 each (Jumbo) or \$3.50 each (Medium)**

Fresh-baked in house with a large variety of flavours including raspberry & white choc, blueberry & orange, double chocolate, apple & cinnamon

### **Portuguese Tarts (V) @ \$3.25 each**

Creamy custard baked in a crisp pastry shell



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### **Sweet Iced Donuts (V) @ \$4.00 each**

A selection of chocolate and strawberry iced donuts.



### **Fresh Baked Plain, Pumpkin And Fruit Scones (V) @ \$4.25 per person**

Old-fashioned scones that are accompanied by strawberry jam and whipped vanilla cream.

### **Banana Breads – 100% Natural And Low In Fat (V) @ \$4.25 per person**

Filling and delicious sweet loaves including banana and walnut, banana and blueberry, mango and coconut, raspberry and pear and our Chef's favourite of fruit and nut

### **Finger Sweets, Including Pastries And Slices (avl GF, V) @ \$6.95 per person**

A selection of fresh baked Danish pastries, a variety of sweet slices including macadamia, caramel, cherry ripe, choc brownie and finished with our French Macarons

### **100% Orange, Apple Or Pineapple Juice**

**@ \$21.40 per 5L container OR \$8.55 per 2L container**

### **Voss Sparkling Mineral Water @ \$8.50 per 800ml**

Artesian water from Norway



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### GLUTEN FREE RANGE

Garnishes Catering meets the highest attention to your dietary requirements. Our chefs and staff are trained on correct handling procedures for your peace of mind.

GST inclusive.

#### **Gluten Free Classic Slice Sandwiches @ \$7.85 per round**

Using our gourmet sandwich fillings on a selection of wholemeal, white and pumpkin breads

#### **Gluten Free Bagels @ \$8.50 per bagel**

Using a selection of our gourmet fillings on freshly baked bagels

#### **Gluten Free Finger Foods @ \$2.50 per item:**

##### **Frittata**

Roasted Vine ripened trussed tomatoes, Danish fetta, fresh herbs and free range eggs in light and fluffy bites

##### **Gourmet Cheese and Herb Potatoes**

Baby Chat potatoes filled with Persian fetta, aged cheddar, mild Parmesan and freshly cut herbs

##### **Oriental Lychees**

Refreshing lychees filled with cream cheese and ginger

##### **Vietnamese Chicken Summer Rolls**

Rolled in house, shredded steamed chicken, glass noodles and crisp vegetables served with gluten free sauce



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### GLUTEN FREE RANGE

#### **Gluten Free Blueberry Friands @ \$5.95 each**

Our friands are moist cakes made with almond-meal and sweet blueberries

#### **Gluten Free Orange And Almond Cakes @ \$5.50 each**

Individual serves of this light and delicious flourless cake

#### **Gluten Free Lamingtons @ \$4.00 each**

Traditional delicious large lamingtons

#### **Gluten Free Byron Bay Cookies @ \$4.95 per person**

Individually wrapped gluten free cookies direct from the multi award winning Byron Bay Cookie Company

#### **Please Note:**

To have your catering delivered, a minimum order of \$150.00 is required on a weekday and a minimum order of \$500.00 is required on a weekend day. Menu items are subject to availability on the weekend.

Additional delivery charges will apply, depending on your location.

Lunch Orders are to be made by 2.00pm one business day prior.

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