



WORKING LUNCH MENU

Garnishes Specialty 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, Kenilworth 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, and Moroccan chicken. Smoked salmon is available upon request.

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

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

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

P 07 3852 6644

E info@garnishescatering.com.au

18 Edmondstone Rd Bowen Hills QLD 4006

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



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Finger Sandwiches (Avl V, v) @ \$7.00 per round
Using a variety of our gourmet fillings.

Ribbon Sandwiches (Avl V, v) @ \$8.50 per round
(3 fingers per round)

Using our gourmet sandwich fillings to create a selection of layered sandwiches.

Gourmet Wraps (avl V, v)
(1 wrap per person) @ \$8.95 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)
(2 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) @ \$7.50 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) @ \$7.00 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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Ribbon, Open & Point Sandwiches (avl GF, V, v) (1.5 serves per person) @ \$11.85 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.

Panini, Focaccia and Wraps (avl GF, V, v) (1.5 serves per person) @ \$11.85 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) @ \$11.85 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.



Gourmet Sushi Rolls (avl GF, V, v) (5 pcs per roll, minimum of 6 rolls) @ \$3.90 per roll

A selection of house-made sushi rolls served with sweet soy.

Savoury Muffins (Avl V) Mini @ \$2.80 each or Medium @ \$4.95

Delightful Ham & Corn and Spinach & Fetta savoury muffins.

Hot Savouries @ \$14.00 per person Chef's selection of 4 hot finger foods. (Minimum 10 pax)

Sandwich, Hot Finger Food & 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 or Mixture 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 Juice or small bottle of Water

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Soup Pouches

850ml @ \$18.50 per pouch (Serves 2)

2L @ \$37.00 per pouch

Served in Re-Heatable Pouches.

Each soup is made in house using Fresh Local ingredients

Served with a Freshly Baked Bread Roll and Butter (extra charges may apply).

Potato, Leek & Bacon

Garnished with Shallots and Freshly Baked Croutons

Creamy Pumpkin & Ginger

Garnished with Freshly Baked Croutons

Traditional Pea & Ham

Garnished with Freshly Baked Croutons

Italian Minestrone

Garnished with shaved parmesan cheese and Freshly Baked Croutons

Chicken, Sweetcorn and Noodle

Garnished with Fresh Herbs and Lime

Garnishes Gourmet Salads (avl GF, V, v)

@ \$9.25 per person | Add meat @ \$10.25 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 feta 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 feta, 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 Couscous Salad (V)

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

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Cheese & Fruit Platters (avl GF, V) @ \$7.75 per person (min order 5 pax)

Our chef's 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 lavash.

Fruit Platters (GF, V, v) @ \$6.95 per person (min order 5 pax)

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

Tropical Fruit Kebabs (GF, V, v) @ \$3.00 each

Served on bamboo skewers using a selection of fresh seasonal fruit

Tropical Fruit Salad with Greek Yoghurt (avl GF, V) @ \$7.50 per person

Served in salad 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) @ \$4.00 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) @ \$4.00 per person

Dainty, light and fluffy, a favourite with young and old, accompanied by strawberry jam and whipped vanilla cream. (2 serves per person)

French Macarons (V) @ \$5.50 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) Jumbo @ \$4.50 each or Medium \$3.50 each

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

Portuguese Tarts (V) @ \$3.35 each

Creamy custard baked in a crisp pastry shell.

Yoghurt Pots (GF, V) @ \$3.95 each

A simple sweet yogurt topped with toasted gluten free muesli and fresh berries.

Almond Croissants @ \$4.95 each

A rich buttery croissant filled with a delicious almond paste and topped with flaked almonds.



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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) @ \$4.50 per person

Filling and deliciously 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 & 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.

Decadent Cake Pieces (V) @ \$4.95

Fresh vanilla, coffee & walnut and black forest cake.

Gourmet Sweet Slices (V, avl GF) @ \$4.95

Our range of Chocolate brownie, mint, cherry ripe, rocky road, red velvet and caramel slices.

BEVERAGES

100% Orange, Apple, or Pineapple Juice @ \$8.55 (2 Litre)

Individual Orange Juice @ \$3.00 (250ml)

Voss Sparkling Mineral Water @ \$8.50 (800ml)

Spring Water @ \$2.80 (600ml)

Individual Spring Water @ \$2.25 (250ml)

Soft Drink Bottle @ \$5.50 (1.25ml)

Soft Drink Can @ \$3.00 each

TEA & COFFEE

In Crockery @ \$5.95 per person, *per session*

In Disposables @ \$4.95 per person, *per session*

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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 Wraps @ \$9.95 per wrap

Using a selection of our gourmet fillings.

Gluten Free Bagels @ \$8.50 per bagel

Using a selection of our gourmet fillings on freshly baked bagels.

Gluten Free Finger Foods @ \$3.50 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.

Enquiry for full list!



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Gluten Free Blueberry Friands @ \$6.00 each

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

Gluten Free Orange & 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.

A large variety of Vegan items available to order, please enquire!

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.

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 12:00 pm one business day prior.

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