



## WORKING LUNCH MENU

### Garnishes Specialty Gourmet Sandwiches @ \$7.95 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 whole meal, 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 lunch.



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

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**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) @ \$7.95 per round

Using a variety of our gourmet fillings with crusts removed and cut into three fingers.

### Ribbon Sandwiches (Avl V, v) @ \$9.95 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) @ \$10.85 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) @ \$9.95 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) @ \$9.95 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) @ \$9.95 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 V, v) (2 serves per person) @ \$9.95 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.

### Croissants (avl V) @ \$8.95 each (can be warmed)

Flavors include Ham & Cheese, Ham, Cheese & Tomato or Chicken, Cheese, and Avocado with tomato relish.





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**Ribbon, Open & Point Sandwiches (avl GF, V, v)  
(1.5 serves per person) @ \$13.50 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.

**Panini, Focaccia and Wraps (avl GF, V, v)  
(1.5 serves per person) @ \$13.25 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) @ \$13.50 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) @ \$13.25 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)  
@ \$4.95 per roll**

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

**Savoury Muffins (Avl V)  
Mini @ \$2.95 each or Medium @ \$5.25**

Delightful Ham & Corn and Spinach & Fetta savoury muffins.

**Hot Savouries @ \$15.25 per person**  
Chef's selection of 4 hot finger foods. *(Minimum 10 pax)*

**Gourmet Sausage Rolls @ \$3.30 each**  
Mini gourmet sausage rolls delivered hot and ready to serve. *(Minimum 10pax)*

**Sandwich, Hot Finger Food & Fruit  
(avl GF, V, v) @ \$27.50 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 @ \$21.00 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 @ \$17.50 per pouch (Serves 2)

2L @ \$35.00 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)**

@ \$13.50 per person | Including or adding meat @ \$15.50 per person

*Served in salad boxes for a healthy lunch alternative. Includes disposable cutlery set (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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### **Greek Salad (avl 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 & Fruit Platters (avl GF, V)**

**@ \$8.95 per person (min order 10 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) @ \$7.50 per person (min order 10 pax)**

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

### **Tropical Fruit Kebabs (GF, V, v) @ \$4.50 each (min order 10 pax)**

Served on bamboo skewers using a selection of fresh seasonal fruit

### **Tropical Fruit Salad with Greek Yoghurt (avl GF, V) @ \$11.50 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) @ \$5.25 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) @ \$4.25 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) @ \$5.65 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 @ \$5.65 each or Medium \$4.65 each**

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

### **Portuguese Tarts (V) @ \$5.25 each**

Creamy custard baked in a crisp pastry shell.

### **Yoghurt Pots (GF, V) @ \$4.25 each**

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

### **Almond Croissants @ \$7.50 each**

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



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### **Choc Brownie Protein Balls (V, v, GF) @ \$5.25 each**

Purabon chocolate brownie flavoured protein balls. Plant based, gluten free, all natural ingredients.

### **Sweet Iced Donuts (V) @ \$4.95 each**

A selection of chocolate and strawberry iced donuts.



### **Danish Pastries (V) @ \$5.25 each**

A selection of fresh baked Danish pastries with fruit and custard fillings.

### **Fresh Baked Plain, Pumpkin and Fruit Scones (V) @ \$5.25 per person**

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

### **Banana Breads – 100% Natural and Low in Fat (V)**

**@ \$5.50 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)**

**@ \$11.50 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) @ \$6.50 each**

Fresh vanilla, coffee & walnut and black forest cake.

### **Gourmet Sweet Slices (2 pieces) (V, avl GF) @ \$6.50 per person**

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

## BEVERAGES

**100% Orange, Apple, or Pineapple Juice @ \$10.50 (2 Litre)**

**Individual Orange Juice @ \$3.75 (250ml)**

**San Pellegrino Sparkling Mineral Water @ \$8.85 (800ml)**

**Spring Water @ \$3.75 (600ml)**

**Soft Drink Bottle @ \$6.00 (1.25l)**

**Soft Drink Can @ \$3.75 each**

**Full Cream Milk @ \$6.00 ( 2 Litre)**

**Soy Milk @ \$5.00**





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### GLUTEN FREE RANGE

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

#### **Gluten Free Classic Slice Sandwiches @ \$10.25 per round**

Using our gourmet sandwich fillings on a selection of whole meal, white, and pumpkin breads.

#### **Gluten Free Wraps @ \$10.95 per wrap**

Using a selection of our gourmet fillings.

#### **Gluten Free Rolls @ \$11.95 per roll**

Using a selection of our gourmet fillings on freshly baked bread rolls

#### **Gluten Free Finger Foods @ \$4.00 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.

#### **Gluten Free Noodle Rolls**

##### **Vietnamese Chicken Summer Rolls @ \$5.35 each**

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

##### **Vietnamese Vegetable Summer Rolls @ \$4.25 each**

Rolled in house, glass noodles and a variety of crisp vegetables served with gluten free sauce.



***Enquire for full list!***

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### GLUTEN FREE RANGE

**Gluten Free Blueberry Friands @ \$7.00 each**  
Our friands are moist cakes made with almond-meal and sweet blueberries.

**Gluten Free Orange & Almond Cakes @ \$5.85 each**  
Individual serves of this light and delicious flourless cake.

**Gluten Free Lamingtons @ \$6.35 each**  
Traditional delicious large lamingtons.

**Gluten Free Byron Bay Cookies @ \$5.85 per person**  
Individually wrapped gluten free cookies direct from the multi award winning Byron Bay Cookie Company.

**Mini Gluten Free Bar Cake @ \$14.25 each**  
(14 cm by 6 cm)  
Available flavours are sultana butter cake; chocolate; and blueberry lemon.

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

#### **Please Note:**

To have your catering delivered, a minimum order of \$200.00 is required on a weekday and a minimum order of \$600.00 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 am two business day prior.

**All prices are exclusive of GST.**

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