

Wellbeing - Cold Canapés

Spelt flour pastry tart filled with smoked trout, fresh fennel, baby watercress and verjuice jelly

Quinoa cork – stacked quinoa filled with roasted pumpkin pieces, braised leek, dried cranberries and toasted pistachio nuts (V)

Omelette roulade rolled with nori sheets, Tasmanian smoked salmon, fresh cucumber and wasabi yoghurt

Spelt flour pastry tart filled with carrot, fresh orange and mint, fetta and roasted cumin seeds (V)

Quinoa cork – stacked quinoa filled with grilled green asparagus, fresh chervil, preserved lemon and roasted hazelnuts (V)

Spelt flour pastry tart filled with smoky eggplant and yoghurt puree and dressed with a preserved lemon and baby chervil salad (V)

BBQ sweet corn fritter with fresh pomegranate and raisin salsa (V)

Wellbeing - Hot Canapés

Baked fragrant rice of fresh prawns, yoghurt, saffron threads, black pepper and topped with soft labne

Chunky Atlantic salmon and dill fish cake with zesty lemon and crisp caper relish

Red lentil kofte topped with sweet raisin and coriander relish

Baked fragrant rice of free range poached chicken, sumac, roasted pistachio nuts and topped with soft labne

Mini spelt flour pizza topped with char grilled zucchini rolled with goats cheese and roasted cherry tomato (V)

Wellbeing - Sweet Canapés

Wild fig and roasted walnut pudding with a cardamom and sweet orange syrup

Muesli slice made with honey toasted oats and tossed with shaved coconut, cranberries and roasted pistachio nuts

Carrot, fennel seed and coconut cake

Steamed pear, date and ginger cous cous cake

Apple, cranberry and pistachio nut pudding

Canapé pricing available upon application

Wellbeing - Salads

Cauliflower, beetroot and celeriac salad with lemon fresh horseradish and hazelnuts

Fennel, celery, grape and avocado salad with lemon dressing

Green mango and omelet coleslaw

Fennel, orange, olive and endive salad with citrus balsamic dressing

Roasted pumpkin, shredded radicchio, spinach, raisins and spiced toasted almonds

Chick pea, cucumber, mint, preserved lemon and baby watercress

Baby green bean and butter bean salad with a pine nut and chard vinaigrette

Wild rice, pear and broccolini salad with walnut pesto

Fresh green pea, spring onion and rice salad

Lentils, celeriac, cucumber and fresh goats cheese with parsley vinaigrette

Quinoa salad with asparagus, leek cranberries and pistachio nuts

Salads serve 3 adults and are designed to complement the Egg hamper range

\$15 inc GST per salad

Wellbeing Lunchbox

Two red lentil koftes with avocado, chilli and coriander relish (V)

Frittata of smoked trout, green asparagus, fennel and chive

Quinoa salad of roast pumpkin, cranberries, leek and pistachio nuts (V)

Spelt flour pastry tart filled with smoked eggplant, pine nut and yoghurt puree with goat's cheese, black olive and baby salad (V)

Muesli slice filled with honey toasted oats mixed with shaved coconut, cranberries and pistachio nuts

Seasonal fruit selection

\$23.90 inc GST per lunchbox

Minimum of 4 boxes per order



Wellbeing Hamper

Slow roasted Atlantic salmon with crispy skin

Char grilled, free range chicken marinated in lemon, garlic, coriander, olive oil and bay leaf

Cucumber and Greek yoghurt dipping sauce (to serve)

Blanched broccolini tossed with roasted almonds and raisins (V)

Omelette soufflé of green zucchini, melted gruyere and fresh mint (V)

Two tubs of chef's seasonal salads (V)

Bag of assorted rolls to complement

Serves 5 -6 adults

\$120 inc GST per hamper