



# Innovations catering

*... Indulge*

## INTRODUCTION

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Our Healthy choice menus are designed to accomodate the health conscious at a variety of occasions.

- **Breakfast Menus**

Individually priced

- **Conference menu packages**

**Half day** \$23.75+ per person

Includes morning or afternoon tea with lunch

**Full day** \$27.00+ per person

Includes morning tea, lunch and afternoon tea

- **Platter Menus**

Serves 10 guests

Savoury, Sweet, and Hot/Cold finger food Options

- **Boxes & Burgers**

Individually Priced

## CONTACT

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# HEALTHY CHOICES MENU

[innovationscatering.com.au](http://innovationscatering.com.au)



# BREAKFAST

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## Selections

### SAVOURY- MIX & MATCH

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Baked Tomato stuffed with Savoury Rice (gf) **\$3**

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Baked Field Mushroom with Walnut Pesto Crumble **\$4**

-

Grilled Haloumi Cheese with wilted Spinach sprinkled with Dukha & Currants **\$7**

-

Ham, Red Onion & Ricotta rolled Omelette (gf) **\$4**

-

Sweet Potato, Artichoke & Roast Tomato Frittata (gf) **\$3**

-

Large Savoury Muffin of the Day **\$3**

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Assorted Mini Savoury Muffins **2 Per Serve \$3.25**

### SWEET ITEMS

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Fresh Fruit Yoghurt & Granola **\$5**

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Banana & Apricot Health Bar **\$3.5**

-

Rhubarb & Rosemary Yoghurt Granola Cup **\$4**

-

Swiss style Bircher Muesli with Greek Yoghurt & Seasonal Berries **\$5.5**

-

Mini Fresh Fruit Kebabs served with Yoghurt Dip **\$3**

-

Individual Diced Fruit Salad topped with Yoghurt **\$3.5**



# CONFERENCE PACKAGES

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## Selections

### OPTION 1

**Full day \$27.00 per person**

**Includes morning tea, lunch and afternoon tea**

**Half day \$23.75 per person**

**Includes morning or afternoon tea with lunch.**

#### **Morning Tea**

Chef's Selection from Sweet Alternatives

#### **Lunch**

Gourmet Sandwiches, Wraps & Paninis with assorted fillings to include Beef, Chicken, Tuna & Salad

#### *Savouries*

Sweet Potato, Artichoke & Roast Tomato Frittata (gf)

Mushroom Kebab marinated with Garlic & Herb (gf)

Zucchini & Parsley Fritter with Eggplant Relish

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Seasonal Fresh Fruit Platter (gf)

#### **Afternoon Tea**

Chef's Selection from Sweet Alternatives



# CONFERENCE PACKAGES

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Selections  
Selections

## OPTION 2

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**Full day \$28.75 per person**

**Includes morning tea, lunch and afternoon tea**

**Half day \$25.50 per person**

**Includes morning or afternoon tea with lunch.**

### **Morning Tea**

Chef's Selection from Sweet Alternatives

### **Lunch**

Selection of Grain & Sour Dough Breads & Butter

Presentation Platter of Roast Beef, Leg Ham, Salami, Chicken Breast, Cheese  
& Pickled Vegetables

Roast Pumpkin & Feta Cheese Frittata (gf)

Gourmet Tossed Garden Salad with Carrots, Avocado, Tomatoes with  
Balsamic Vinaigrette (gf)

German Style Potato Salad with Onion, Chervil & Mustard Dressing (gf)

Seasonal Fresh Fruit Platter (gf)

### **Afternoon Tea**

Chef's Selection from Sweet Alternatives



# CONFERENCE PACKAGES

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Selections

## OPTION 3

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**Full day \$28.75 per person**

**Includes morning tea, lunch and afternoon tea**

**Half day \$25.50 per person**

**Includes morning or afternoon tea with lunch.**

### **Morning Tea**

Chef's Selection from Sweet Alternatives

### **Lunch**

Selection of Grain & Sour Dough Breads & Butter

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Thai Green Chicken Curry (gf)

-

Curried Lamb Masala (gf)

-

Steamed Cinnamon & Turmeric Jasmine Rice (gf)

-

Roast Pumpkin, Chick-pea & Tomato Salad (gf)

-

Seasonal Fresh Fruit Platter (gf)

### **Afternoon Tea**

Chef's Selection from Sweet Alternatives



# PLATTER MENU

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Selections

**PLATTERS SERVE 10 GUESTS**

## SAVOURY OPTIONS

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### **Gourmet Sandwiches Wraps & Paninis**

With Assorted Fillings to include Beef, Chicken, Tuna & Salad **\$85**

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### **Sandwich Platter**

Cut into Triangles or Ribbons with Assorted Fillings to include Beef, Chicken, Tuna & Salad **\$70**

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### **Baguette Platter**

with Assorted Meats & Salads **\$70**

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### **Toasted Turkish, Lebanese & Other Breads**

With Red Capsicum Pesto, Eggplant Chutney & Harissa Yoghurt **\$60**

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### **Assorted Sushi Roll Platter (gf)**

Variety of Fillings to include Teriyaki Chicken, Smoked Salmon, Tuna & Rolled Omelette (40 pieces) **\$70**

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### **Cold Meat Platter**

Presentation Platter of Roast Beef, Leg Ham, Salami, Chicken, Cheese & Pickled Vegetables **\$95**

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### **Cold Sweet Chilli & Cajun Chicken Pieces Platter (gf)**

(20 pieces) **\$90**



# PLATTER MENU

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Selections

## SWEET ALTERNATIVES

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### **Chef's Selection \$70**

**To include 4 varieties selected by the Chef from the selections below**

Chocolate, Date & Walnut Bliss Balls/Truffles

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Cherry & Coconut Bliss Balls/Truffles

-

Banana, Apricot & Oat Slice Muesli Scones

-

Banana Oat Bar

**20 pieces**

### **Seasonal Fresh Fruit Platter (gf) \$70**

### **10 Fresh Fruit Kebabs (gf) \$50**

Served with Yoghurt Dip





# PLATTER MENU

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Selections

## HOT FINGER FOOD

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**\$110 Per Platter**

**40 pieces per platter**

**Pre-Select 4 items**

Cajun Spiced Chicken & English Spinach Pizza with Red Capsicum Pesto

-

Thai Fish & Snake Bean Cakes with a Chilli Lime Dressing (gf)

-

Skewered Tasmanian Herbed Salmon wrapped in Zucchini (gf)

-

Zucchini & Parsley Fritter with Eggplant Relish

-

Baked Thai spiced Chicken Balls (gf))

### **Skewers (gf)**

Garlic & Lemon Chicken Breast

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Sun Dried Tomato & Pepper Marinated Beef

-

Mushroom Marinated with Garlic & Herb

-

Mediterranean Vegetable Kebab





# PLATTER MENU

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Selections

## COLD FINGER FOOD

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**\$110 Per Platter**

**40 pieces per platter**

**Pre-Select 4 items**

Sweet Potato & Spinach Frittata with Tomato Relish (gf)

-

Smoked Tasmanian Salmon & Rocket Egg Roll Cone (gf)

-

Greek Salad Kebab (gf)

-

Sushi Egg Roll with Pickled Daikon & Cucumber (gf)

-

Grilled Zucchini, Capsicum, Ricotta & Rocket Wrap with Pesto (gf)

-

Grilled Eggplant, Capsicum & Mozzarella Roulade (gf)

### **Rice Paper Rolls (gf)**

Chilli, Mint & Beef

-

Sea Scallops & King Prawns

-

Thai Spiced Pickled Vegetable

-

Vietnamese Chicken



# BOXES & BURGERS

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## Selections

### MEAT

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Curried Lamb Masala with Turmeric & Cinnamon Rice Pilaf (gf) **\$9**

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Beef Bourguignon, Diced Beef Braised with Mushrooms with Creamed Potato **\$9**

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Beef, Broccoli & Cashews stir fried with Ginger, Oyster Sauce on Steamed Rice (gf) **\$9.9**

### POULTRY

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Tandoori Spiced Chicken Breasts on Turmeric Rice with Mango Chutney & Mint Yoghurt (gf) **\$9.5**

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Chicken Tajine - Braised with Date, Tomato, Moroccan Spices, Preserved Lemon & Tomato Cous Cous (gf) **\$10**

### SEAFOOD

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Seared Tasmanian Salmon Fillet on Minted Pea and Ricotta Risotto (gf) **\$13**

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Smoked Salmon on Salad of Crisp Cos, Croutons, Parmesan, Cucumber & Anchovy Dressing **\$10**

-

Skewered Prawns with Smoked Eggplant Purée & Laksa Soup (gf) **\$12.5**

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Grilled Barramundi, Thai Stir Fried Rice & Tom Yum Broth (gf) **\$12.9**



# BOXES & BURGERS

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Selections

## VEGETARIAN

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Mediterranean Vegetable Ratatouille served with Steamed Rice (gf) **\$7.5**

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Nut Loaf with Tomato Basil Ragout **\$9**

## MINI BURGERS / WRAPS

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Steak Burger, Peppered Sirloin, Caramelised Onion, Rocket & Tomato Slider **\$8**

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Cajun Chicken & Corn Patty, Tomato & Coriander Slider **\$6**

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Grilled Turkey, Cranberry Relish & Rocket Slider **\$6.5**

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Soft-shell Crab Tortilla Wrap with Avocado & Tomato Salsa **\$8**