



FUNCTIONS & EVENTS

ROWERS ON COOKS RIVER



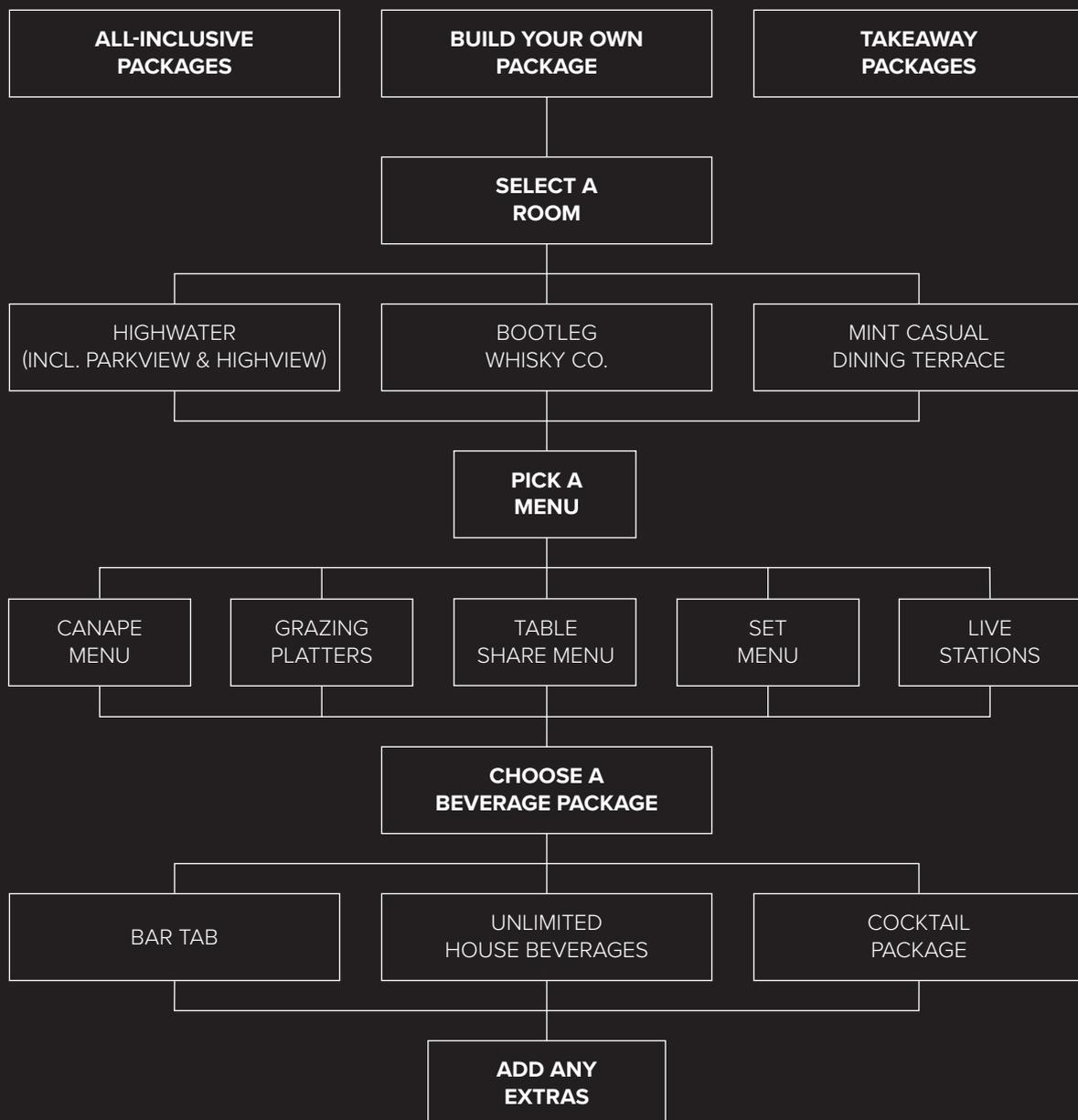
WELCOME TO ROWERS

You'll be pleasantly surprised at the affordable elegance offered by Rowers on Cooks River. Not only do we provide fantastic function options, but Rowers also boasts fabulous waterfront views of Cooks River and Cahill Park.

Our friendly and talented team has over 25 years of functions and events experience, delivering everything from conferences to christenings and everything in between. This wealth of experience, coupled with spacious and well-equipped rooms, makes Rowers an excellent choice for your next event.

Given our convenient location close to Sydney Airport and local accommodation, Rowers is the perfect venue for events with guests traveling from out of town. Our spacious car park also has parking for 100 cars, and Wollie Creek train station is only a short 15-minute stroll from the club.

STEP BY STEP GUIDE





ALL-INCLUSIVE PACKAGES CHRISTMAS PARTY

(02) 9599 1932 | 1 Levey Street, Wollri Creek NSW 2205 | functions@rowersoncooksriver.com.au



CHRISTMAS PARTY PACKAGES

WELCOME TO ROWERS

Delight your guests with our brand-new Christmas Party Packages!

Our impressive 4 hour packages include exclusive room hire, specialty menus designed to spread the Christmas cheer, and unlimited beverages. Paired with our breath-taking waterfront setting is certain to create lasting memories.

We take the hassle out of planning, with an experienced team member to guide you through the process.

Need a few more hours? No problems. Our dedicated Functions Team is here to customise packages to suit your individual needs.

PACKAGE 1

- 4 hours room hire
- 4 hours unlimited house beverage package
- 3 course, alternate drop menu
- Christmas table décor

PACKAGE 2

- 4 hours room hire
- 4 hours unlimited house beverage package
- Canape menu
- Christmas table décor



ALL-INCLUSIVE PACKAGES

WAKE PACKAGES

(02) 9599 1932 | 1 Levey Street, Wollie Creek NSW 2205 | functions@rowersoncooksriver.com.au



WAKE PACKAGES

WELCOME TO ROWERS

The team at The Rowers is here for you during this difficult time and extend our condolences.

Saying goodbye to a loved one is already one of life's hardest trials, without the added headache of event organisation. Our experienced team are here to look after all the details, including modest catering options in our waterfront rooms to ensure your experience is convenient and comfortable.

Simply select one of the packages and our team will look after the rest.

PACKAGE 1

- 4 hours exclusive room hire
- Waterfront terrace
- Bar tab
- A selection of premium tea, coffee and infusions
- A chef's selection of sandwiches & wraps, hot finger food and sweets

PACKAGE 2

- 4 hours exclusive room hire
- Waterfront terrace
- Unlimited beverage package
- Premium tea, coffee and infusions
- A chef's selection of sandwiches & wraps, hot finger food and sweets
- A substantial 'walk & fork' canape



ALL-INCLUSIVE PACKAGES CONFERENCES

(02) 9599 1932 | 1 Levey Street, Wollri Creek NSW 2205 | functions@rowersoncooksriver.com.au

WELCOME TO ROWERS

Experience a seamless conference at our premium waterfront location, just 2.5km from Sydney Airport.

Our Head Chef and Events team have worked closely to curate fresh, seasonal and delicious catering options to suit any number of delegates.

TESTIMONIAL

“Val and I wanted to say a very big thank you for everything that you both did last week to make our workshop such a success. The feedback that we have had from the delegates about the venue has been excellent. The food was by far the best that I have had at a conference and many people said the same thing. The staff were great and always happy to do everything that we asked. Thank you again and have a great week.”

Debbie Alvarez
(Feeding Kids)



CONFERENCE PACKAGES

HALF DAY SUPERIOR PACKAGE

- 8 Hours Room Hire
- Room Set Up with Furniture
- Water Jugs & Glasses
- Data Projector & Screen
- Laptop
- Complimentary Wifi
- 2x Wireless Microphones
- iPod Connectivity
- Whiteboard
- Lectern
- Flipchart
- Morning Tea
- Superior Lunch
- All-Day Tea & Coffee
- Free On-Site Parking

HALF DAY DELUXE PACKAGE

- 8 Hours Room Hire
- Room Set Up with Furniture
- Water Jugs & Glasses
- Data Projector & Screen
- Laptop
- Complimentary Wifi
- 2x Wireless Microphones
- iPod Connectivity
- Whiteboard
- Lectern
- Flipchart
- Morning Tea
- Deluxe Lunch
- All-Day Tea & Coffee
- Free On-Site Parking

FULL DAY SUPERIOR PACKAGE

- 8 Hours Room Hire
- Room Set Up with Furniture
- Water Jugs & Glasses
- Data Projector & Screen
- Laptop
- Complimentary Wifi
- 2x Wireless Microphones
- iPod Connectivity
- Whiteboard
- Lectern
- Flipchart
- Morning Tea
- Superior Lunch
- Afternoon Tea
- All-Day Tea & Coffee
- Free On-Site Parking

FULL DAY DELUXE PACKAGE

- 8 Hours Room Hire
- Room Set Up with Furniture
- Water Jugs & Glasses
- Data Projector & Screen
- Laptop
- Complimentary Wifi
- 2x Wireless Microphones
- iPod Connectivity
- Whiteboard
- Lectern
- Flipchart
- Morning Tea
- Deluxe Lunch
- Afternoon Tea
- All-Day Tea & Coffee
- Free On-Site Parking

*PLEASE NOTE

MINIMUM 30 GUESTS APPLIES. ADDITIONAL CHARGES FOR CONFERENCES UNDER 30 GUESTS.

*PLEASE NOTE

SPECIFIC ROOM HIRE CHARGES MAY VARY.



MENUS

SUPERIOR PACKAGE LUNCH MENU

- Assorted wraps and sandwiches
- Two salads
- One hot platter item
- A sweet treat to finish

DELUXE PACKAGE LUNCH MENU

- Two hot dishes
- Three salads
- One hot platter item
- A sweet treat to finish

MORNING TEA

A selection of sweet, savoury and healthy items served with an assortment of teas and coffee.

AFTERNOON TEA

A selection of sweet, savoury and healthy items served with an assortment of teas and coffee.



ADDITIONAL ITEMS & BEVERAGES

ADDITIONAL ITEMS (NO MINIMUM)

Fruit Bowl
Biscuit / Cookie Platter
Mint Bowls
Assorted Petite Pastries Platter
Muesli / Granola Bars
Assorted Protein Balls

BEVERAGES (NO MINIMUM)

Orange Juice
Soft Drink
Non-alcoholic Sangria
Sparkling Water (Bottled)
Coconut Water (Bottled)
Post Conference Bar Tab

LUNCH BOXES (MIN 5 GUESTS)

Packed Lunch Box

(Gluten free option available)
1 baguette*, 1 muffin, 1 piece of fruit,
and 1 juice.

***Baguette fillings (choose 2)**

Tuna and salad, ham and cheese, fresh salad,
chicken and mayo.

INDIVIDUAL BREAKS (MIN 5 GUESTS)

All Day Tea and Coffee Buffet
Morning Tea Only
Superior Lunch Only
Deluxe Lunch Only
Afternoon Tea Only



FACILITIES

In addition to the packages, our Events Team is on standby to tailor a package specifically to your needs. Please do not hesitate to contact us by emailing functions@rowersoncooksriver.com.au or calling on (02) 9599 1932.

WHAT WE OFFER

- Free on-site car parking
- Disabled access
- Microphone

WHAT WE OFFER CONTINUED

- Background music
- Phone charging
- iPod connectivity

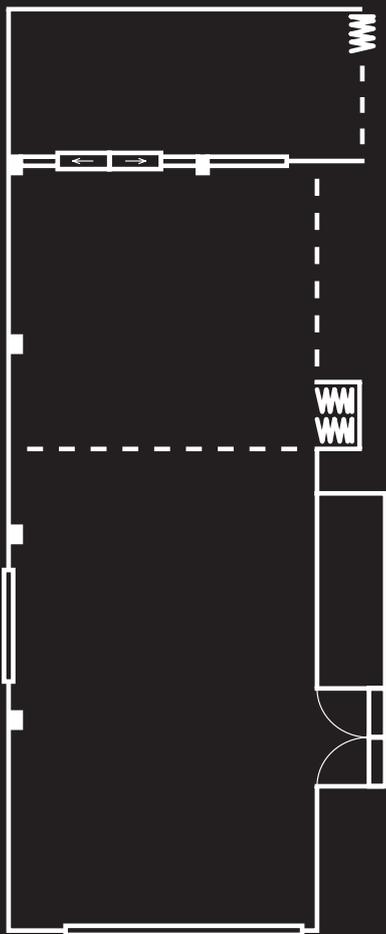


ROOM SPECIFICATIONS FUNCTION SPACES

HIGHWATER

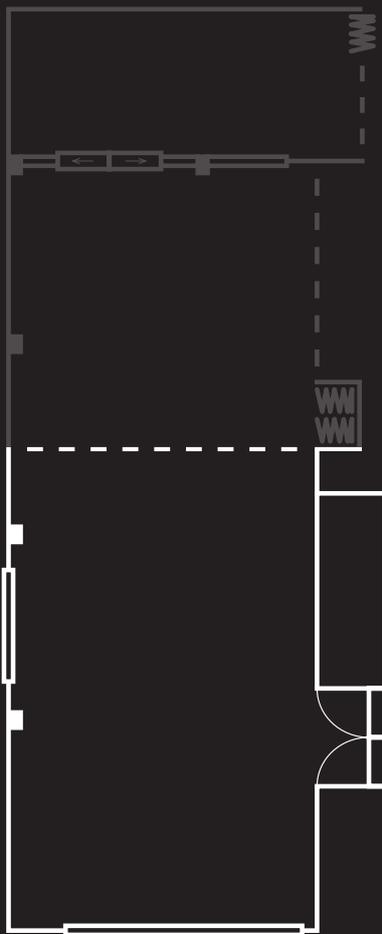
HIGHWATER

Located on Level 1, Highwater is our largest space. The room is accessible via lift or stairs, and enjoys both parkland and waterfront views. Highwater leads out to our undercover terrace, which can also be reserved to make the perfect alfresco function experience for your guests.



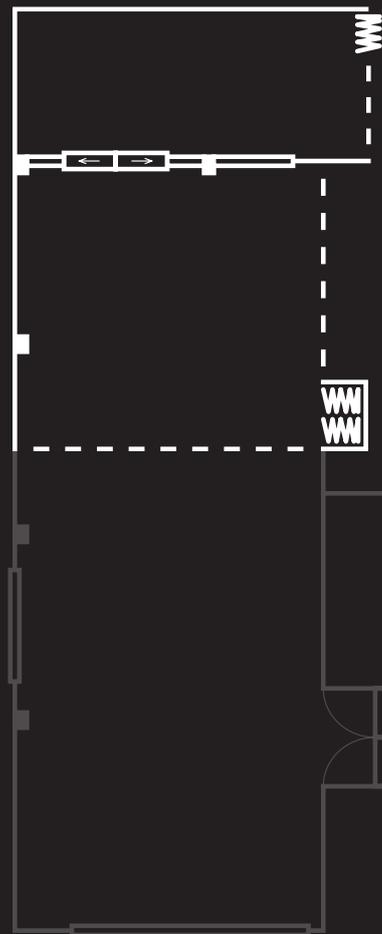
HIGHWATER SPECS

Size (inside): 220 m²
Size (outside): 65 m²
Ceiling height: 3.6 m
Theatre style: 200 people
Cocktail: 250 people
Banquet: 150 people



PARKVIEW SPECS

Size: 140 m²
Ceiling height 3.6 m
Theatre style 100 people
Cocktail 100 people
Banquet 80 people



HIGHVIEW SPECS

Size (inside): 80 m²
Size (outside): 65 m²
Ceiling height 3.6 m
Theatre style 45 people
Cocktail 70 people
Banquet 60 people

BOOTLEG WHISKY CO.

BOOTLEG WHISKY CO.

This private ground floor room is perfect for smaller gatherings and a favourite with our conference groups.

BOOTLEG WHISKY CO. SPECS

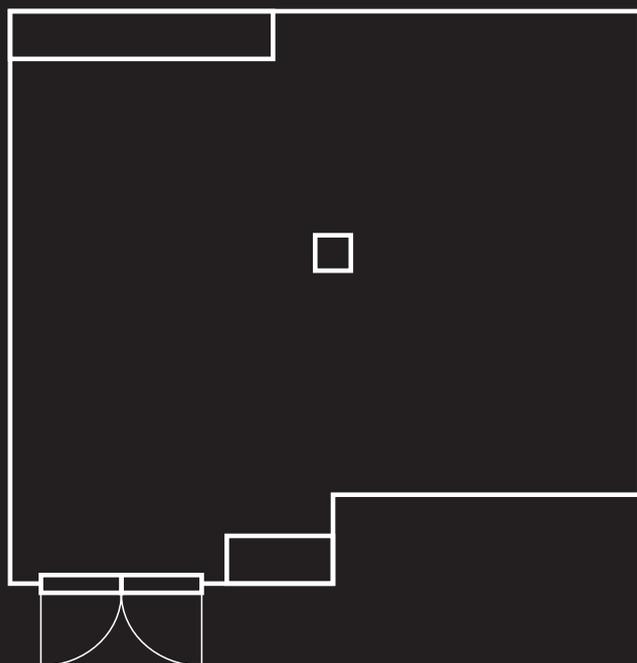
Size: 107 m²

Ceiling height: 2.5 m

Theatre style: 50 people

Cocktail: 60 people

Banquet: 40 people



MINT CASUAL DINING TERRACE

MINT CASUAL DINING TERRACE

Our waterfront terrace is very popular with our patrons and guests providing a great atmosphere and fantastic views of the Cooks River.

MINT CASUAL DINING TERRACE SPECS

Please note that a minimum spend applies to this space.

Size: 62 m²

Ceiling height: 3.5 m

Cocktail: 60 people

Banquet: 40 people





MENUS CANAPÉ MENU

CANAPÉ MENU

OPTION 1

CHOICE OF 5 CANAPÉS

OPTION 2

CHOICE OF 6 CANAPÉS

OPTION 3

CHOICE OF 7 CANAPÉS

CANAPÉ SELECTION

- Peking duck spring roll
- Truffled mushroom and parmesan arancini (v)
- Macaroni, truffle, cheese croquette (v)
- Barramundi fish cocktails with tartare sauce
- Bourguignon beef brisket filo pastry
- Smoked chicken, walnut and celery lady fingers sandwiches
- Italian beef meatballs with sweet chilli sauce
- Chef's assortment of sushi rolls
- Chicken jalapeño and cilantro empanadas
- Cheese and spinach pastizzi (v)
- Satay chicken skewers with a peanut sauce
- Prawn gow gee with sweet chilli and soy
- Lamb, pine nut and olive pastry pillows

EXTRA SUBSTANTIAL

- Beef cheeseburger, jack cheese, pickles and ketchup
- Pulled pork sliders with cabbage slaw
- Tandoori chicken sliders, cucumber and coriander yoghurt
- Crispy fried fish tacos, jalapeño salsa and chipotle mayo

WALK & FORK

- Beer battered fish and chips
- Caesar salad with grilled chicken
- Risotto with peas, tomato and mint (v/gf)
- Lamb bites with Greek salad
- Hokkien noodles with vegetables and shredded beef
- Roasted beet, pumpkin, fetta, quinoa, rocket salad (v/gf)





MENUS GRAZING PLATTERS

GRAZING PLATTERS

PLATTERS (EACH PLATTER SERVES 10)

Charcuterie

Assorted cheeses, mixed cured meats, marinated olives, sundried tomatoes, dips and mixed breads.

Mezze

Char-grilled marinated Mediterranean vegetables, chorizo, olives, fetta, hummus and tzatziki dip, roasted capsicum and pitta.

Crudités (v)

Assortment of raw baby vegetables, marinated mushrooms, charred capsicum and hummus dip.

Cold Seafood

Fresh chilled prawns, Sydney rock oysters, smoked salmon with lemon wedges and cocktail sauce.

Hot Seafood

Crumbed calamari, fish cocktails, tempura prawns with lemon wedges and tartare sauce.

Sushi Nori Rolls

An assortment of rolled nori rolls.

PLATTERS CONTINUED

Farm House Cheese

Australian cheese with fresh and dried fruits, mixed nuts and crackers.

Italiano

Gourmet mini pizzas.

Vegan Delight (vgn)

Tuscan spiced cauliflower, filled mushroom caps with vegan cheese, zucchini shots and tempura tofu.

Seasonal Fruit (vgn/gf/df)

A selection of seasonal sliced fruits.

Chef's Selection Platter

An assortment of hot finger foods.

OPTIONAL EXTRAS

Gourmet Petite Desserts

Vegan Petite Desserts (vgn)

Assortment of Sandwiches

Assortment of Tortilla Wraps

Assortment of Danishes

Scones with Jam and Cream





MENUS **LIVE STATIONS**

LIVE STATIONS

MENU OPTIONS (MIN 50 GUESTS)

From the Farm

Slow roasted meats sliced to order and served on soft rolls with mustards, chutney and condiments.

Spanish Feel

Spanish paella with seafood and meats served with aioli and sides.

Chocolate Indulgence

Chocolate fountain with fresh fruits and marshmallows skewers.

A Taste of Japan

Assortment of deluxe hand rolled sushi with condiments.

Sweet Tooth

Gelato bar with a selection of flavours served with waffles and cones.

From the Sea

Fresh cooked prawns and a selection of oysters served with condiments.

MENU OPTIONS CONTINUED

From the Wok

Stir fried noodles from all over Asia.

Ploughman's Table

Selection of farmhouse and international cheeses, cured meats, mixed breads and crackers.

From the Garden

Selection of fresh salad from local ingredients straight from the garden.

Lolly Bar

Assortment of lollies.

Donut Wall

Assortment of fresh handmade donuts.





MENUS SET MENU

SET MENU - ALTERNATE DROP

OPTION 1

2 COURSE

ENTREE AND MAIN

OPTION 2

2 COURSE

MAIN AND DESSERT

OPTION 3

3 COURSE

ENTREE, MAIN AND DESSERT

ALL OPTIONS INCLUDE

FRESHLY BAKED BREAD ROLLS
AND BUTTER ON ARRIVAL

ALL SET MENU OPTIONS ARE
ALTERNATE DROP

VEGETARIAN, DAIRY FREE, AND GLUTEN
FREE OPTIONS ARE AVAILABLE AND
MARKED ACCORDINGLY

TEA & COFFEE BUFFET AVAILABLE
AT AN ADDITIONAL COST

MAINS (CHOOSE 2)

- Slow roasted lamb shank with sweet potato and jus. (gf/df)
- Char grilled scotch fillet with Paris mash, broccolini and red wine jus. (gf)
- Crispy skin Atlantic salmon with baby spinach and seeded mustard cream.
- Grilled pork cutlet with roasted vegetables, green beans and Sicilian sauce.
- Mushroom risotto with peas, parsley and lemon. (v/gf/df)
- Baked chicken supreme with salted baby potatoes, roasted tomato and pesto cream.

ENTREES (CHOOSE 2)

- Traditional Caesar salad, smokey crispy bacon, croutons and shaved parmesan.
- Truffled mushroom and parmesan arancini with bush tomato chutney and snow pea tendrils. (v)
- Slow roasted lamb shoulder with corn fritter, rocket and tzatziki.
- Chilli salted squid with rocket and paprika aioli.
- Vietnamese salad with chicken, noodles, sprouts, peanuts and nuoc cham. (df)
- Gnocchi Formaggio - three cheese, chives with a cream sauce. (v)
- Crispy pork with apple slaw and apple puree. (gf/df)

DESSERTS (CHOOSE 2)

- Tiramisu with mascarpone, macerated strawberries and chocolate sauce.
- Lemon citron tart with passionfruit and double cream.
- Vanilla bean panna cotta with a tropical fruit compote.
- Warm sticky date pudding with butterscotch and vanilla bean ice cream.
- Decorated pavlova with raspberry compote. (gf)
- Warm chocolate fondant, anglaise, strawberries.



MENUS TABLE SHARE

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TABLE SHARE MENU

OPTION 1

2 COURSE

ENTRÉE AND MAIN

OPTION 2

2 COURSE

MAIN AND DESSERT

OPTION 3

3 COURSE

ENTRÉE, MAIN AND DESSERT

ALL OPTIONS INCLUDE

FRESHLY BAKED BREAD ROLLS
AND BUTTER ON ARRIVAL

ROASTED POTATOES, SEASONAL
VEGETABLES AND SIDE SALAD WITH
ALL MAINS

TEA & COFFEE BUFFET AVAILABLE
AT AN ADDITIONAL COST

ENTRÉES (CHOOSE 2)

- Chicken liver pate, lavash and marmalade.
- Chili salted squid served with paprika aioli and lemon.
- Pumpkin and goats cheese ravioli with romesco and rocket.
- Slow roasted lamb shoulder with salsa verde.
- Caprese salad with basil, vine ripened tomatoes and buffalo mozzarella. (v)
- Fettucine boscaiola with mushrooms, bacon, white wine in a cream sauce.

MAINS (CHOOSE 2)

- Slow roasted lamb with lemon, oregano salt, aioli and pitta.
- Grain fed sirloin with caramelised onion and peppercorn jus.
- Free range chicken with brandy, mushroom and cream.
- Roasted vegetable linguine with basil pesto. (v)
- Crispy skin pork belly with apple sauce.
- Atlantic salmon fillet with mustard dill cream.

DESSERTS (CHOOSE 2)

- Chocolate indulgence, berry compote. (v)
- Selection of Australian cheeses, lavash and quince paste.
- Vanilla cheesecake with mango and strawberries.
- Carrot and chai slice. (v)
- Fresh seasonal fruit. (vgn)





BEVERAGES
BAR TAB & PACKAGES

(02) 9599 1932 | 1 Levey Street, Wollie Creek NSW 2205 | functions@rowersoncooksriver.com.au

BAR TAB

ANY BEVERAGES LISTED BELOW CAN BE MADE AVAILABLE ON A BAR TAB.

BAR TABS CAN BE LIMITED TO CERTAIN PRODUCTS ON REQUEST.

PLEASE NOTE, STOCK IS SUBJECT TO CHANGE.

SPIRITS (30ML)

Johnnie Black 30ml
Jack Daniels 30ml
Makers Mark 30ml
Johnnie Red 30ml
Jim Beam 30ml
Jameson 30ml
Chivas Regal 30ml
Wild Turkey 30ml
Southern Comfort 30ml
Canadian Club 30ml
Bundy Rum 30ml
Captain Morgan Spiced 30ml
Jose Tequila 30ml
Bacardi 30ml
Espolon Tequila 30ml
Tanqueray 30ml
Bombay Sapphire 30ml
Grey Goose 30ml
Absolut 30ml
Patron Tequila 30ml
Ketel One 30ml
The Botanist 30ml
23rd St Gin 30ml
Hendricks 30ml
30-30 Tequila 30ml
Gin Lane Pink 30ml
Ballantines 30ml
Hogs 3 Bourbon 30ml
Russels Reserve 30ml

WHITE WINE (150ML)

Tulloch Verdelho
Hahndorf Hill Gruner Veltliner
Run Riot Sauvignon Blanc
Hartog's Plate Sauvignon Blanc Semillon
Sugar & Spice Moscato (SA)
Chaffey Bros. Not Your Grandma's Riesling
Marty's Block Chardonnay
Rowers Pinot Grigio
Leonard Rd Semillon Sauvignon Blanc

BEER & CIDER (SCHOONER)

Tooheys New
Hahn Super Dry
Iron Jack Mid Strength
White Rabbit Dark Ale
Young Henry's Newtowner
Orchard Crush Apple Cider

RED WINE (150ML)

Earthworks Cabernet Sauvignon
Catena Zapata Malbec
Leonard Rd Cabernet Sauvignon Merlot
Tumblong Hill Table of Plenty Sangiovese
Bodegas Del Mundo
Valdemoreda Tempranillo
Marty's Block Shiraz Cabernet (SA)
Wirra Wirra Adelaide Shiraz
Rowers Pinot Noir

SPARKLING (150ML)

La Maschera Prosecco
Redbank Emily Brut Cuvée
Chandon Brut Rosé (VIC)
Leonard Rd Sparkling

UNLIMITED BEVERAGES | UPGRADES

UNLIMITED BEVERAGES

Beer on tap

Tooheys New
Hahn Super Dry
Iron Jack Mid Strength
James Squire Orchard Crush Apple Cider
Young Henrys Newtowner
White Rabbit Dark Ale

Wine

Leonard Rd Semillon Sauvignon Blanc
Leonard Rd Cabernet Merlot
Leonard Rd Sparkling

Soft drinks

Coke
Coke No Sugar
Lift
Sprite
Ginger Beer
Diet Ginger Beer
Ginger Ale

WINE UPGRADE

If you are interested in a wine upgrade,
please ask for our current wine offerings.

BEER/CIDER UPGRADE

(Choose 2 bottled beers/ciders)

Stone and Wood Pacific Ale
Corona
Peroni Nastro Azzurro
Carlton Super Dry
Cascade Light
XXXX Gold
Victoria Bitter
Napoleone Pear Cider

SPIRITS UPGRADE

(Choose 4 spirits)

Johnnie Walker
Jim Beam
Jack Daniels
Bundaberg Rum
Absolut
Bombay Gin
Bacardi
Jose Cuervo Tequila
Southern Comfort
Wild Turkey
Captain Morgan Spiced Rum
Tanqueray
Jameson Whiskey
Ketel One Vodka



COCKTAIL PACKAGE

COCKTAILS PACKAGE (CHOOSE 3)

Red Sangria

Red wine, vodka, gin, orange juice, lemonade, lime and lemon juice with cinnamon.

Margarita

Lime juice, triple sec, simple syrup and tequila.

Moscow Mule

Ginger beer, vodka, mint and lime juice.

COCKTAILS PACKAGE CONTINUED

Sea Breeze

Vodka, cranberry juice, grapefruit juice and lime.

Pimms

Pimms, lemonade, mixed fruit, mint and cucumber.





EXTRAS & FACILITIES **OPTIONAL EXTRAS**

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EXTRAS & FACILITIES

ENTERTAINMENT

- Data Projector
- Data Screen
- Laptop
- Plasma Screens
- DJ
- Dancefloor
- Photobooth
- Giant Jenga
- Arcade Games

PRINTING & COPYING

- Black & White
- Colour

STYLING

- Centrepiece Upgrades
- Table Menus
- Chair Cover with Sash
- Linen Napkins
- Ceiling Drapes

FACILITIES

- Car Parking
- Disabled Access
- Microphone
- Background Music
- BYO Cake
- Phone Charging
- iPod Connectivity
- Zoom Conferencing





TAKEAWAY PACKAGES AT HOME PARTY PACKAGES

(02) 9599 1932 | 1 Levey Street, Wollie Creek NSW 2205 | functions@rowersoncooksriver.com.au

PLATTERS & SALADS

PLATTERS (MIN 10 ITEMS PER ORDER)

Cheese Platter

Australian cheese with fresh and dried fruits, mixed nuts & crackers

Charcuterie Platter

Assorted cheeses, mixed cured meats, marinated olives, sundried tomatoes, dips & mixed breads

Chilled Seafood Platter

Fresh chilled prawns, Sydney rock oysters, smoked salmon with lemon wedges and cocktail sauce

Hot Seafood Platter

Crumbed calamari, fish cocktails, tempura prawns with lemon wedges and tartare sauce

Mini Pulled Pork Sliders

Served on a milk bun

Mini Butter Chicken Sliders

Served on a milk bun

Petite Chicken & Leek Pies

Freshly baked with condiments

Petite Beef Sausage Rolls

Freshly baked with condiments

Trio of Dips

Served with seasonal vegetables

Fresh Whole Fruits

A selection of seasonal whole fruits

PLATTERS CONTINUED

Seasonal Fruit Platter

An assortment of fresh sliced fruits

Scones Platter

Freshly baked scones, served with jam & cream

Cookie Platter

Freshly baked homemade cookies

Mixed Dessert Platter

Assorted petite desserts

SALADS

Charred Cauliflower, Kale

Raisin, quinoa, lemon, and yoghurt

Poached Free Range Chicken

Bacon, parmesan, lime, and mayo

Thai Beef

Noodles, coriander, shallots, and chilli

Greek

Tomato, cucumber, olives, capsicum, and fetta

Salmon Poke

Avocado, brown rice, carrot, and radish

Prosciutto & Mozzarella

Roquette, tomato, and spiced pumpkin





TAKEAWAY PACKAGES

CORPORATE TAKEAWAY

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PLATTERS, LUNCH BOXES & SALADS

PLATTERS (MIN 10 ITEMS PER ORDER)

Cheese Platter

Australian cheese with fresh and dried fruits, mixed nuts & crackers

Brekkie Wraps

Bacon & egg tortilla wraps

Granola Cups

Seasonal fruit & granola

Croissant Platter

Mini ham & cheese croissants

Scones Platter

Freshly baked scones, served with jam & cream

Danish Platter

Assortment of freshly baked Danish pastries

Cookie Platter

Freshly baked house-made cookies

Petite Chicken & Leek Pies

Freshly baked with condiments

Petite Beef Sausage Rolls

Freshly baked with condiments

Trio of Dips

Served with seasonal vegetables

Fresh Whole Fruits

A selection of seasonal whole fruits

Seasonal Fruit Platter

An assortment of fresh sliced fruits

LUNCH BOXES (MIN 10 PER ORDER)

Individual Brekkie Box

Bacon & egg tortilla wrap, seasonal fruit & granola cup, cookie

Individual Lunch Box

Fresh tortilla wrap, seasonal fruit cup, seasonal salad cup

(Gluten free and vegan options available)

SALADS

Charred Cauliflower, Kale

Raisin, quinoa, lemon, and yoghurt

Poached Free Range Chicken

Bacon, parmesan, lime, and mayo

Thai Beef

Noodles, coriander, shallots, and chilli

Greek

Tomato, cucumber, olives, capsicum, and fetta

Salmon Poke

Avocado, brown rice, carrot, and radish

Prosciutto & Mozzarella

Roquette, tomato, and spiced pumpkin

