



Health Freak Café Freaky Catering

Health Freak Café provide an array of healthy options, including breakfast and brunch options, lunch platters, salads, sandwiches, wraps, muffins and desserts.

Delight your guests with our gluten and sugar free catering selection that allows you to put on a delicious meal for your guests.

We have all the experience and knowledge needed to know what makes for a great healthy-eating experience no matter how many people you're catering for.

Please place your orders 48 hours in advance. Minimum order is \$100 and excludes delivery. Please call us for delivery options.

For orders placed in less than 48 hours we will do our best to fulfil your order, in some cases we may need to substitute some catering items

www.healthfreakcafe.com.au

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FREAKY CATERING

WHOLE FOOD
WITH A WHOLE
LOT OF TASTE

BREAKFAST

- FRESHLY BAKED SWEET MUFFINS per piece** \$5.00
(Dairy Free & Vegetarian) Select from Mixed Berry / Salted Caramel / Nutella Hazelnut.
- FRESHLY BAKED SAVOURY MUFFINS per piece** \$5.00
(Vegetarian) Select from Spinach & Feta / Sweet Potato & Feta / Cheese, Bacon & Chives.
- MINI YOGURT POTS per piece** \$5.00
(Vegetarian) Natural Greek Yoghurt, superfood paleo granola and berry compote.
- MINI CHIA POTS per piece** \$5.00
(Vegan & Dairy Free) Chia Seeds soaked in coconut milk and topped with a superfood paleo granola. Select from Mango / Mixed Berry / Mango & Mixed Berry.
- FRESH SEASONAL FRUIT PLATTER per platter** \$60.00
(Vegan, Paleo & Dairy Free) Delightful mix of fresh seasonal fruits. (Serves 5 - 10 persons)



LUNCH

- FRESH SEASONAL FRUIT PLATTER per platter** \$60.00
(Vegan, Paleo & Dairy Free) Delightful mix of fresh seasonal fruits. (Serves 5 - 10 persons)
- VEGETABLE STICKS & DIP PLATTER per platter** \$45.00
(Vegan, Paleo & Dairy Free) A combination of sliced vegetables served with our homemade hummus dip. (Serves 6 persons)
- MEDITERRANEAN PLATTER per platter** \$80.00
A selection of delicious cheeses served with olives, chorizo and sundried tomatoes. (Serves 6 persons)
- MIXED SANDWICH PLATTER per platter** \$60.00
An assortment of freshly made to order sandwiches. Select from Chicken / Curried Egg / Vegan Salad / Pulled Pork. (1 Sandwich = 4 pieces, 28 pieces per platter)
- MIXED PROTEIN BREAD SANDWICH PLATTER per platter** \$70.00
An assortment of freshly made to order sandwiches on our special protein bread. Select from Chicken / Curried Egg / Vegan Salad / Pulled Pork. (1 Sandwich = 4 pieces, 28 pieces per platter)
- MIXED WRAP PLATTER per platter** \$45.00
An assortment of freshly made to order wraps. Select from Chicken / Pulled Pork / Vegetarian / Vegan. (8 pieces per platter)
- HOT MEAT PLATTER per platter** \$120.00
A combination of Italian chicken meatballs, sweet potato and spinach frittata, and corn fritters. (36 pieces per platter)
- MIXED SLIDERS per platter** \$70.00
An assortment of freshly made pulled pork & slaw, plant based patty & slaw, chicken & slaw sliders. (12 sliders per platter)

DRINKS

- WATER / STILL OR SPARKLING 600ml each** \$3.50
- COCONUT WATER 280ml each** \$5.00
- PARKERS ORGANIC JUICE 275ml each** \$5.00
(Orange, mango peach, raspberry, apple)

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SALADS

- SALADS per salad** \$10.00
Moroccan Chicken Salad, (Paleo)
Kale Sweet Potato Quinoa & Feta (Vegetarian),
Minimum ten-piece order requirement
(Serves 1 - 4 persons) Serves will vary if the salad is served as a main or side dish.

DESSERTS

- LOW CARB BAKED CAKES per platter (12 pieces per platter)** \$70.00
- RAW DESSERT SELECTION per platter (12 pieces per platter)** \$90.00
(Vegan) A delicious variety of our exclusive plant based vegan Health Freak Café RAW cakes

