



THE LOFT

GREEN CATERING MENU

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Our Green Catering Menu has been carefully designed and created using fresh produce locally sourced here in Australia and the highest natural quality ingredients to meet the healthy options guideline promoting a healthy diet vital for optimal growth, physical vitality and social wellbeing.

BREAKFAST ITEMS

Selection of bread wholemeal,
light & dark rye, GF bread & served with choice of conserve \$3.00 per two

Wholemeal English muffins

Eye bacon, free range scrambled egg, light cheese \$3.80 per serve
Ham & light cheese \$3.80 per serve
Tomato & light cheese \$3.50 per serve

Toasted wholemeal rolls or sandwiches

Eye bacon, free range scrambled egg & light cheese \$5.50 per serve
Ham, light cheese & tomato \$5.50 per serve
Egg, tomato & light cheese \$5.50 per serve
Tomato, low fat pesto & light cheese \$5.50 per serve

Free range Scrambled egg wraps (spinach tortilla)

Toasted with spinach, smashed avocado, tomato,
grilled mushroom & light cheese \$6.50 per serve
Spinach Smashed avocado, ham, tomato & light cheese \$6.50 per serve

BREAKFAST PACKAGES

Package 1 \$8.50 per person

- Toasted wholemeal sandwich with selected filling
- House made mini fruit & nut muffin
- Fresh juice

Package 3 \$15.00 per person

- Wholemeal wrap with grilled pumpkin, zucchini, eggplant, ricotta cheese & sun dried tomatoes
- Mini wholemeal bagel with grilled eye bacon, light cheese & avocado
- Fruit skewer
- Protein wedge
- Fresh juice

Package 2 \$10.50 per person

- Mini wholemeal breakfast roll with selected fillings
- Fruit skewer
- Fresh juice

Package 4 \$24.00 per person

- Buffet style breakfast
- Sautéed mushrooms, scrambled eggs, baked beans, tomato, smashed avocado & sautéed spinach
- Mini wholemeal bagels, mini wholemeal, multigrain & rye rolls
- Fruit salad
- Low fat bircher muesli
- Fresh juice

Yoghurt

Natural fat free yogurt served with your choice of: Mixed berries, cinnamon apple with toasted muesli or honey	\$5.00 per serve
Bircher muesli served with mixed berries	\$5.50
Seasonal fruit platter	<i>regular</i> \$24.50 <i>large</i> \$45.00
Fruit salad cup	\$5.00 per serve
Fruit skewer	\$2.50 per skewer

MORNING & AFTERNOON TEA

Low fat scones served with honey yoghurt & fresh strawberry	\$3.50 per serve
House made fruit & nut wholemeal muffin	\$3.50 per serve
Fruit & seed cookies	\$3.00 each

Low fat savory muffin

Fetta, sweet corn & spinach	\$3.50 each
Zucchini, tomato & fetta	\$3.50 each

Raw Galore Protein balls

Chocolate peanut butter	Tangy lemon & coconut bliss
Choc nut fudge	Matcha green tea-sers

Raw Galore Slices

Raw snickers	Raw cherry ripe delight	\$5.50 each Rawsome caramel
Zesty lemon & passion cheesecake	That's mint	Walnut & goji berry brownie
Coconut rough		

MORNING TEA PACKAGES

Package 1 \$8.50 per person

- House made fruit & nut muffin
- Fruit salad
- Fresh juice

Package 2 \$12.50 per person

- Raw Galore sweet selection
- Fruit salad
- Fat free yoghurt, berry/muesli/honey
- Fresh juice

Package 3 \$14.50 per person

- Homemade wholemeal vegetarian savoury muffin
- House made veg frittata
- Raw Galore protein ball
- Fruit platter
- Fresh juice

AFTERNOON TEA PACKAGES

Package 1 \$9.50 per person

- Fruit & nut muffin
- Raw Galore selection
- Freshly brewed coffee & tea

Package 2 \$15.00 per person

- Raw Galore selection sweets
- Cheese & crudités platter
- Fruit platter
- Freshly brewed coffee & tea

Package 3 \$17.50 per person

- Raw Galore selection sweets
- Fruit & nut biscuit
- Fruit platter
- Cheese & crudités platter
- Freshly brewed coffee & tea

LUNCH

All served with various fillings:

Gourmet sandwiches	\$6.00 per serve
Club & ribbon sandwiches	\$7.50 per serve
Fresh mountain bread wraps	\$7.50 per serve
Gourmet wholemeal bagels	\$7.50 per serve
Fresh baguettes cut into three	\$9.00 per serve
Fresh salads	\$10.00 per serve

LUNCH PACKAGES

Package 1

\$11.00 per person

- Wholemeal, multigrain & light rye sandwiches with healthy traditional fillings
- Seasonal fruit platter
- Fresh juice or mineral water

Package 2

\$12.50 per person

- Wholemeal, multigrain & light rye sandwiches with healthy traditional fillings
- Mountain bread wraps with healthy traditional fillings
- Fruit platter
- Fresh juice or mineral water

Package 3

\$16.50 per person

- Wholemeal, multigrain & light rye sandwiches with healthy traditional fillings
- Mini baguette filled with healthy traditional fillings or mini bagels filled with traditional fillings
- House made garden salad with grilled chicken or baked falafel with reduced fat lemon yoghurt dressing
- Fruit platter
- Fresh juice or mineral water

Package 4

\$22.50 per person

- Wholemeal, multigrain & light rye sandwiches with healthy traditional fillings
- Mountain bread wraps with healthy traditional healthy fillings
- House made dips served with carrots, celery, water crackers & pita bread
- Hot finger food: baked spinach, ricotta & basil balls, baked thai fish cakes & lean beef spanish meatballs served with coriander & tomato salsa
- Fruit salad
- Selection of raw sweets
- Fresh juice or mineral water

HOT DISHES

regular \$50.00 large \$90.00

- Vegetable soy ginger stir fry
- Soy ginger chicken stir fry
- Thai sweet chilli prawns
- Stock based green thai chicken curry with Asian vegetables
- Beef casserole
- Grilled barramundi with wok tossed bok choy
- Grilled chicken breast filled with ratatouille vegetables
- Stock based mushroom & herb risotto
- Spinach & ricotta filled ravioli with rocket, semi dried tomato, grilled pumpkin in olive oil
- Spaghetti with exotic mushrooms, garlic, olive oil fresh herbs
- Penne with poached chicken, reduced fat ricotta cheese, olives, red capsicum & zucchini, sautéed in white wine with pesto

SALADS

regular \$45.00 large \$85.00

- Roasted Mediterranean veg, lentils, spinach cherry tomato
- Roasted pumpkin, roasted mushrooms, sunflower seeds, spinach
- Cumin roasted carrots, baby beetroot, baby red swiss chard, kale, mixed sesame seeds honey olive oil dressing
- Freekeh, du puy lentils, slithered almonds, continental parsley, dill, cranberries, lemon juice, EVOO
- Roast tomato, grilled zucchini, grilled eggplant, dill, parsley, du puy lentils, rocket lemon juice, Greek yoghurt
- Quinoa, roast tomato, poached chicken, sunflower seeds, rocket, chervil, orange yoghurt dressing
- Falafel, tomato, cucumber, salad mix, natural yoghurt
- Pasta & grilled vegetable salad
- Chicken & avocado salad
- Brown rice, lentil, roasted pumpkin, sunflower seeds, spinach
- Tandoori chicken salad with lemon yoghurt
- Brown rice, tuna, sunflower seeds, rocket, cherry tomato, dill, EVOO

PLATTERS

Fruit

regular \$24.50 large \$47.00

A selection of fresh seasonal fruit

Dip

regular \$30.00 large \$55.00

Homemade eggplant, humus & tzatziki with accompanied with cucumber, carrots, celery, pita bread & toasted turkish bread

Sushi (brown rice)

regular \$37.50 large \$70.00

An assortment of nori rolls served with pickled ginger, wasabi & salt reduced soya sauce

Antipasto

regular \$45.00 large \$85.00

An array of continental cold cuts accompanied by grilled vegetables, artichokes, reduced fat feta cheese & olives

FINGER FOOD

\$4.50 per item

- Baked herb polenta, du puy lentils with greek yoghurt, coriander & pomme granite salad
- Stuffed mushroom, ricotta, lemon rind, tomato, herbs
- Mini freekeh & du puy lentil salad, greek yoghurt, dill, roasted capsicum, sweet paprika
- Witlof leaf, smashed avocado, tomato petal, lime & coriander
- Charred spear of asparagus with lemon juice an fine herb dressing
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Soft shell spinach taco with tomato sweet corn avocado salsa
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll
- Mini lean beef burger, house made tomato relish lettuce wholemeal bread roll
- House made dips served with carrots, celery, water crackers & pita bread
- House ground beef meatball in a tomato sugo
- House minced chicken & garlic balls

FINGER FOOD PACKAGES

Package 1

\$11.00 per person

- Baked herbed fish goujons
- Baked wholemeal spinach & ricotta cheese balls
- Lean beef Spanish meat balls served with coriander & tomato salsa

Package 2

\$15.00 per person

- Chicken breast skewers served with house made lime sweetchilli dipping sauce
- Grilled calamari in olive oil served with house made salsa verde
- Soft spinach taco with tomato, avocado & corn salsa, fresh coriander
- Baked stuffed mushroom, ricotta, lemon rind, tomato, herbs

Package 3

\$17.50 per person

- Soft taco with tomato sweet corn avocado salsa
- Charred spear of asparagus with lemon juice an fine herb dressing
- Mini lean beef burger, tomato relish lettuce wholemeal bread roll
- House minced chicken & garlic balls
- Selection of dips served with cucumber, carrots, celery, pita bread & toasted turkish bread

Package 4

\$24.00 per person

- Smoked salmon on mini toast, low fat cream cheese & dill
- Egg white, ginger & coriander chicken pattie on pumpernickel bread
- Witlof leaf with spicy guacamole
- Tomato & basil bruschetta on rye toast
- Vegetable & asian herb rice paper roll, lime sweetchilli dipping sauce
- House ground spanish meatball with a tomato sugo