

Catering Salads

-Served in a catering platter, share style. 1 box serves approx. 8 people as a side.

Chef's Selection \$42

Guided by the the freshest available produce at the time, the chef's selection salad box provides our chefs the creative freedom to create a bespoke salad for your event. Always vegetarian, always delicious (gf/df*/vg*)

Balsamic Beets ~ seasonal special \$42

Roasted beetroot, roasted pumpkin, mixed leaves, lentils, fresh pear, walnuts, feta & balsamic vinaigrette (gf)

Sesame Tofu \$48

mixed leaves, roasted tofu, pickled mushrooms, carrot, roasted pumpkin, spring onion, coriander, sesame seeds, chilli-lime dressing (gf/df/vg)

Kale Chicken \$48

shredded kale, baby spinach, roasted potato, paprika roasted red onion, roasted almonds, roasted chicken, parmesan, tahini ranch (gf)

Falafel Bowl \$48

mixed leaves, roasted sweet potato, red cabbage, shredded carrot, pickled onion, hummus, falafel, green tahini (gf/df/vg)

Miso Salmon \$58

baby spinach, brown rice, carrot, broccoli, chickpeas, red cabbage, flaked house baked salmon, miso tahini (gf/df)

Mex Chicken \$48

mixed leaves, brown rice, roasted sweet potato, corn, kidney beans, shredded cabbage, mixed herbs, roasted chicken, coriander yoghurt dressing (gf)

Spicy Noodles \$48

mixed leaves, rice noodles, carrot, cabbage, roasted pumpkin, herbs, chilli oil, cashews, sesame seeds & chilli-lime dressing (gf/df/vg)

Chicken Cobb \$48

mixed leaves, carrot, cabbage, roasted chicken, boiled egg, parmesan, vegan mayo & tahini ranch dressing (gf)

Catering Wraps & Sandwiches

-Served cut in half, share style, in a catering box.

Wholesome Wraps \$13.9 p/wrap

Fresh fillings encased in a wholemeal wrap. Packed full of hummus, roasted veg, greens, slaw and housemade dressing. Choose from roasted chicken, shaved ham, roasted vegetables or falafel (or we can do a mix for you). (gf*/df*/vg*)

Wholesome Sandwiches \$13.9 p/sandwich

Fresh fillings packed onto a ciabatta roll . With hummus, roasted veg, greens, slaw and housemade dressing. Choose from roasted chicken, shaved ham, roasted vegetables or fresh salad & cheese (or we can do a mix for you). (gf*/df*/vg*)

Min order 8.

gf*/df*/vg* by request.

Add-ons

Fun things to complete your order!

Bliss Balls \$3.8

Bottle Juice/Kombucha/Sparkling Water \$5.5

feel good
food

For a custom order
please email
hello@itsthegoods.com.au
providing as much detail as
possible. thank you!

Platters

-Served in a catering box, share style. 1 box serves approx. 8 - 10 people as a graze.

Seasonal Fruit Platter \$89

Guided by the the freshest available produce at the time, a seasonal fruit platter to make you feel good! (gf/df/vg)

Mixed Wholefoods Treat Platter \$98

A selection of housemade wholefoods treats, served finger food style with berry garnish. Inclusions vary, but a sample includes; mini muffins, banana & coconut bread, spelt carrot cake, bliss balls.

Seasonal Fruit & Mini Muffin Platter \$104

10 mini muffins & fresh seasonal fruit (gf/df/vg*)

Mixed Good Graze Platter \$119

Veg crudite, house made hummus, crackers, fresh fruit, nuts & dried fruit (gf*/df*/vg*)
+ add 2 x cheese selection +\$20

Individual Portions

- Individually boxed up options, min order 8.

Morning Tea 1 \$12.9 ea

Individual boxes with spelt mini muffin, bliss ball & fruit piece (gf/df/vg*)

Morning Tea 2 \$10.5 ea

Individual bowl with bircher, honey whipped yoghurt, house muesli & fruit compote (gf*/df*/vg*)

Mini Morning Tea 3 \$5.5 ea

As above but mini size! Individual mini cup with bircher, honey whipped yoghurt, house muesli & fruit compote (gf*/df*/vg*)

Add-ons

Fun things to complete your order!

Bliss Balls \$3.8

Bottle Juice/Kombucha/Sparkling Water \$5.5

**feel good
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Handy information:

Notice - at least 2 days' notice (the more, the better!) for all orders, and your order is not confirmed until you've received a response from us. Sometimes we can fit a last-minute order in so please reach out.

Dietaries - please advise of any dietaries when ordering.

Delivery option - dependent on order value & delivery location. Just reach out with your order, and we'll let you know if delivery is an option.

Weekend catering - we only take custom large orders for weekend catering.

Payment - you can pay via eft or credit card. Both options will be on your invoice. All prices are inclusive of GST.