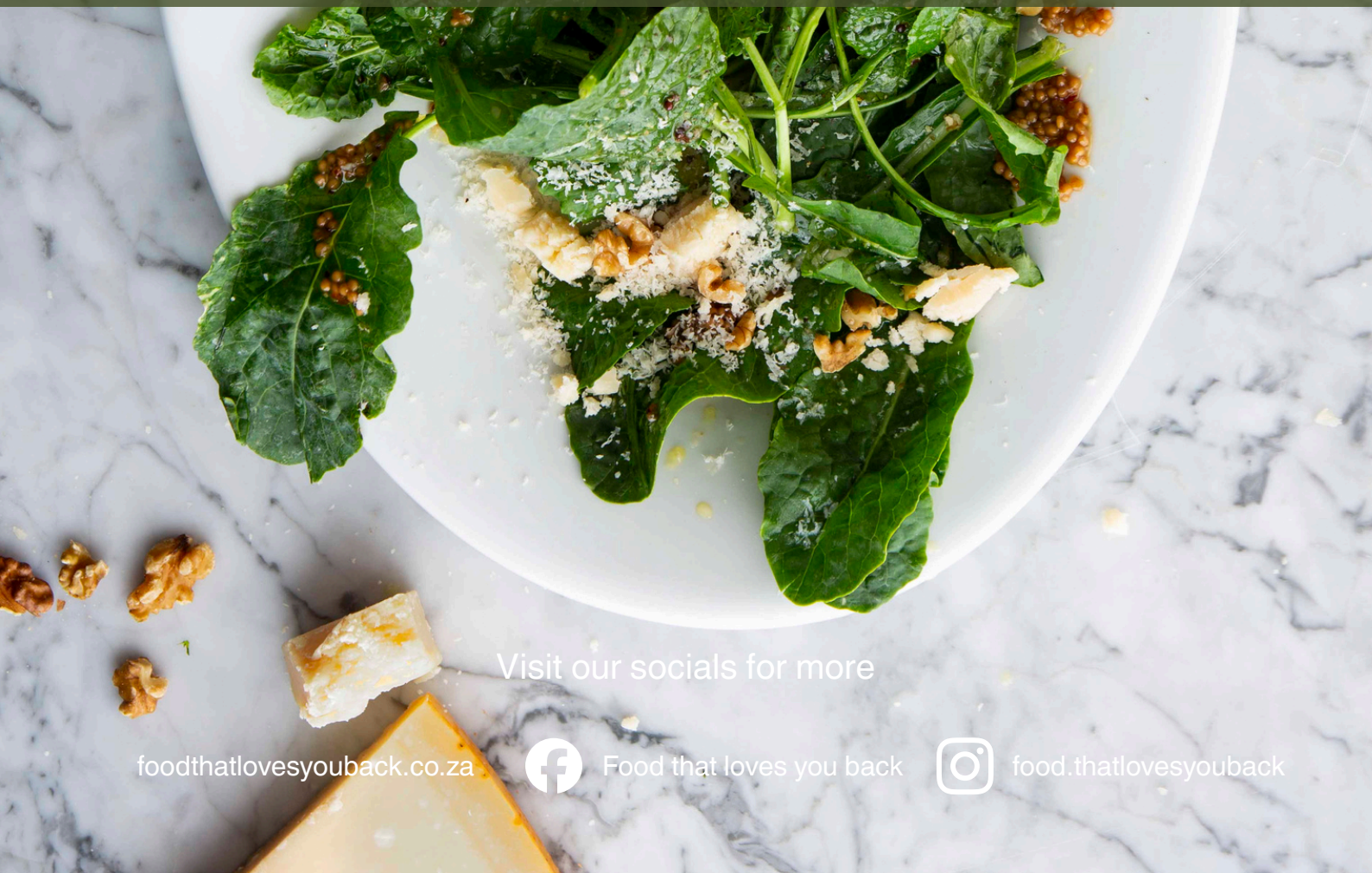




FOOD.THAT LOVES YOU BACK CORPORATE CATERING MENU



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Food that loves you back



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PLATTERS

Platters serve 12-15 pax. Platter sizes are generally 45 cm x 35 cm.

BREAKFAST

- **Fruit Platter or Skewers:** (30 pieces) R850
- **Muesli & yoghurt cups:** (30 cups) R850
- **Danish Breakfast platter:** Boiled eggs, salmon, cream cheese, crudités, pickled onions, capers, cocktail bagels or rye bread. R1400
- **Meaty Breakfast Platter:** Devilled eggs, meatballs, hummus, crudités, cold meats, breads. R1500
- **Croissant selection** Chocolate, almond, plain croissants served with cheese, jam, nutella and fresh fruit. R780
- **Scone Platter:** Plain; Chive; Berry infused and Chocolate Scones served with butter, cream and grated cheese. R890
- **Breakfast pastries:** Sweet selection of muffins, croissants, flapjacks & lots of extra surprises. R950

BREADY THINGS

- **Filled croissants or Cocktail bagels**
 - Cheese only R650
 - Scrambled eggs and bacon R800
 - Chicken mayo or Egg Mayo R900
 - Cheese, chicken slices, tomato and basil pesto R950
 - Salmon & cream cheese R1100
- **Wraps (30 half wraps)**
 - BBQ Tempeh & Roast Veg R680
 - Dijon honey chicken & Slaw R810
 - Moroccan Beef & roast veg R890
- **Bread & dips platter:** Selection of artisan breads, 2 dips & butter R530
- **Brioche Bun sandwich platter** (20 pieces) R580
 - Fillings: Chicken mayo/ Egg mayo/ Reuben/ Brisket & slaw
- **French Baguette platter** (20 pieces) R750
 - Basil pesto, chicken mayo & avo
 - Sirloin, truffle honey mustard, caramelised onion, rocket and brie.

- **Mezze Pita platter** (35 pieces) R680
 - Pitas filled with hummus, tzatziki, chicken strips, falafel, coleslaw and herbs
- **Slider platter** (18 Sliders with kettle chips) R980
 - Crispy chicken/ American Smash (Beef)/ Falafel (V)
- **Boerie platter:** 18 x mini boeries with chakalaka: R680
 - Add Pap balls with creamy corn & cheese (25 pieces) R380

LUNCH & SNACKING PLATTERS

- **Local cheese platter** R1450
 - Semi-soft, hard award-winning local cheeses (5 x varieties) served with crudités, seasonal fruit and bread, crackers and preserves.
- **Cheese & Charcuterie platter** R1650
 - 3 x local cheese & charcuterie, with dips, crackers, breads and seasonal fruit.
- **Mediterranean platter:** Dips, olives, falafel, pita's grilled veg, feta. R950
- **Rugby platter** R1350
 - Biltong, sausage rolls, chicken strips, nuts, cheese, olives, pickles, chips, breads, crackers, dips
- **Kebab platter** R1500
 - Sirloin & chimichurri kebabs, chicken strips, chicken kebabs, pitas, falafel, 2 dips
- **Nacho Platter:** Nachos, salsa, guac, roasted corn, jalapiño, sour cream, cheese R880
- **Savoury Pastry Platter** (34 pieces) R1150
 - Quiches, caramelised onion pinwheels, meaty sausage rolls, roast veg parcels
- **Sushi platter** (100 pieces) R1200
- **Poke Bowls:** Sticky rice, edamame, sashimi, cucumber, carrot, dressing (20 cups)
 - **Tuna** R1150 or **Salmon** R1350
- **Kiddies platter:** Chicken strips, hot dogs, chips, fruit, sweets, cheese, crudités. R900

DESSERT PLATTERS

Serves 12-15

- **Cheesecake** (Plain, berry, Biscoff, Oreo) R650
- **Decadent Chocolate Hazelnut cake** (Favourite!) R550
- **Goey cookie platter** (20 x cookies)
 - Chocolate, Birthday Cake, Red Velvet, Peanut Butter R800
- **Brownie platter:** Macadamia brownies dips in white chocolate
 - Medium R400; Large R580
- 20 x **Milktart cups** R500 or **Peppermint crisp cups** R600

PACKAGED MENU

Breakfast starts at R160.00 | Lunch R200.00 | Breakfast, Lunch, Dinner R580

BREAKFAST

1. Breakfast Roll / Wrap / Bagel

- Smoked salmon & cream cheese bagel
- Roasted vegetable & hummus bagel (V)
- Breakfast bun with omelette, chicken cold meat, emmental, pesto, spinach
- Breakfast wrap with scrambled eggs, bacon, mozzarella, sundried tomato, grilled mushroom, baby spinach
- Breakfast Burger with 100 g pure steak patty, egg, caramelised onion, cheddar, gherkins and spicy mayo.
- Breakfast bowl: Boiled eggs, smashed potatoes, grilled tomato and mushroom, toasted sourdough, tzatziki, grilled haloumi, baby spinach.
- Shakshuka bowls with 2 eggs, guacamole & toasted sourdough.

2. Something Sweet

- Fresh seasonal fruit salad with granola & mixed seeds
- Chia pudding pot with berry compote
- Overnight oats & chia pot with peanut butter & banana
- Weetbix tiramisu breakfast pot: Weetbix, coffee, vanilla yoghurt, dark chocolate.
- Biscoff Chai overnight oats

3. Something Extra

- Fresh fruit juice
- Ginger shots
- Seasonal fruit selection
- Date balls
- Apricot squares
- Granola crunchies
- Boiled eggs
- Yoghurt pots
- Protein bars
- Breakfast cookies

LUNCH & DINNER

OPTION 1

- Chicken or vegetable korma with basmati rice & toasted coconut with a roti
- Fresh raita salad with cucumber, tomato, red onion, mint, coriander & lemon

OPTION 2

- Burgers: Cajun chicken / BBQ brisket / Classic American-style cheeseburger.
- Roasted potato salad with fresh herbs, celery & Danish feta

OPTION 3

- Arrabbiata pasta salad with beef meatballs OR Grilled chicken, olives, toasted almonds & grilled vegetables
- Greek-style chopped up salad & Avo*

OPTION 4

- Chimichurri steak/ Moroccan vegetable/ Cajun chicken wrap with coleslaw, pineapple & cashews

DESSERTS

- South African milk tart
- Tiramisu
- Chocolate oreo cake
- Biscoff cheesecake
- Lemon curd cheesecake
- Decadent chocolate brownies
- South African malva pudding



PREMIUM BUFFET MENU

Practical menus for large groups, corporate functions and meetings.

Breakfast starts at R200 p/p. Lunch with dessert starts at R300 p/p.

Let us know your budget and we work with that!

STANDARD BREAKFAST

- Yoghurt, muesli and fruit platter.
- Scrambled eggs, boiled eggs, chicken chipolatas, bacon, baked beans, Sautéed mushrooms & tomato.
- Cheese slices, grated cheese, croissant selection, sourdough, avo, salmon, quiches.

LUNCH & DINNER OFFERINGS

- **Mediterranean:** Beef koftas, grilled chicken strips, couscous salad, flatbreads, chimichurri, tzatziki, hummus bowls, roast vegetable salads.
- **Simple & Fresh:** Zesty lemon chicken breasts, grilled sirloin strips, garlic breads, roasted sweet potato, large seasonal salads.
- **Sunday roast style:** Roast chicken, vegetable kebabs, smashed potatoes, roast carrots & onion, chicken gravy, broccoli & green pea green salad, fresh breads and dips.
- **Poke bar:** Chicken teriyaki, Chinese beef stir-fry, tofu skewers, Asian sticky rice, noodle salad, peanut sauce, soy sauce.
- **Italian:** Beef/ chicken/ vegetable lasagna, fresh breads, green goddess salad, Italian grilled vegetable platter, table dressings.
- **Slider bar:** Smashed beef, Cajun chicken, fancy Greek salad, dill potato salad, cucumber pickles, onion pickles, avo, emmental, cheddar, caramelised onion, tomato chakalaka.
- **Mexican:** Mexican mince, shredded chicken, nacho chips, tortilla wraps, shredded lettuce, grilled corn, tomato salsa, grilled black beans, jalapeños, pickled onion, crème fraîche, guacamole, limes, cheese.
- **Paella experience:** See page 4
- **South African braai experience:** See page 5

DESSERTS

- South African milk tart
- Tiramisu
- Decadent hazelnut chocolate cake
- Biscoff cheesecake
- Lemon curd cheesecake
- Brownies & ice cream
- South African malva pudding
- Lemon meringue

CREATE YOUR OWN MENU

Let's hop on a call and assemble your menu together!

Price calculated per head. Starts at R200 p/p.

MAIN DISHES

Chicken

- Green goddess lemon & herb chicken breasts
- Texan BBQ fillets or kebabs
- Red pepper & romesco fillets
- Satay chicken kebabs with toasted coconut
- Lemon & herb roast chicken with garlic aioli

Beef & Red meats

- Fillet carpaccio with salsa verde, parmesan and crisps
- Braai plate: flame-grilled steak & boerewors
- Beef meatballs with arrabbiata sauce
- Slow-roasted BBQ brisket
- Sunday lamb potjie
- Asian pork belly

Fish

- Half a grilled salmon with fresh herb salsa
- Baked trout topped with red onion, capers, feta and fennel
- Seared tuna with teriyaki

DISHES & SIDES

- **Beef lasagna**
- Mom's remarkable **chicken pie**
- Joyce's **macaroni & cheese**
- **Baked potato** fondant with chives, a mixture of 3 cheeses and bacon
- **Falafel** balls on a bed of hummus & Israeli salad
- **Zucchini** Fritters with mint & tzatziki
- **Pumpkin** fritters in a salted caramel sauce
- **Sweet potato** and ginger biscuit bake
- **Beetroot Carpaccio** with goat's Cheese & Walnuts
- Large baked **spanakopita** round
- Creamy tomato & grilled veg **phyllo pastry bake**
- Deconstructed **mellanzane**

GRILLED VEG SALADS

- **Sweet Potatoes**, citrus-roasted with candied ginger and fresh mint
- **Roasted Potatoes** with garlic, rosemary, thyme and sea salt
- **Potato Salad** with a zesty dressing
- **Whole Roasted Cauliflower** & chickpeas with turmeric–tahini dressing, parsley, hazelnuts and lemon
- **Greenbeans**, broccolini & pea salad with lemon zest, dill, shaved parmesan and toasted almonds
- **Roasted butternut steaks** with honey and hazelnut dressing on a bed of rocket.

FRESH SALADS

- **Halloumi**, watermelon & edamame salad with fresh mint, pomegranate seeds, olive oil and balsamic glaze
- **Heirloom tomatoes & burrata** with fresh basil, olive oil, balsamic reduction and toasted pine nuts
- **Mixed green salad** with fresh herbs and a mint, dill and jalapeño dressing
- **Raw broccoli salad** with cranberries, creamy cashew dressing, boiled eggs
- **Asian slaw** with crispy noodles and cashews

GRAIN & PASTA SALADS

- **Herby couscous** with Danish feta and pomegranate
- **Roast vegetables & quinoa** with green goddess jalapeño sauce
- **Quinoa, zucchini, & halloumi** with green jalapeño dressing
- **Roasted cauliflower**, kale & black rice with avocado
- **Pink pasta salad** with candied beetroot, rose petals, dukkah and green peas
- **Italian pasta salad** with basil pesto, sundried tomatoes, feta and olives
- **Quinoa, fennel & orange salad** with mint, parsley, pomegranate seeds, toasted almonds and a light citrus dressing

PAELLA MENU

- **Classic seafood paella** - Prawns, mussels, calamari, line fish or hake. R350 p/p
- **Chicken & chorizo paella** - Free-range chicken, Spanish-style chorizo, tomato, garlic, smoked paprika, peas and lemon. R300 p/p
- **Vegetable & saffron paella (Vegan)** - Seasonal vegetables, chickpeas or butter beans, saffron, garlic, tomato, Olive oil and fresh herbs. R250 p/p

BRAAI MENU

MEATS

Beef rump with herb salsa verde and lemon
Mediterranean spiced chicken thighs with tzatziki **OR** BBQ chicken drumstick & wings
Traditional boerewors

SIDES (Select 4)

Grilled broccoli with crispy chilli and sesame seeds
Charred Corn Ribs with paprika, butter and chives
Roasted potato salad with dill, lemon and capers
Roosterkoek (flame-grilled breads)
Loaded seasonal salad
See dessert section (Page 3)

R395 p/p - 3 meats & 4 sides

Everything & dessert R520 p/p

SETUP INFO

- We set up 2–4 hours before your event, depending on size of event.
- Please ensure the setup area is cool, shaded or air-conditioned, especially during summer.
- Vegetarian, gluten-free, nut-free and halal options are available upon request. Additional charges may apply.

PAYMENT & DELIVERY

- We are not VAT registered.
- **Setup and travel fees apply.**
- **Delivery is excluded, calculated based on your area.**
- A 50% non-refundable deposit secures your booking.
- Balance is payable 7 days prior to the event.
- The full amount is due for bookings made within two weeks of the event.

Feel free to contact us if you have any further questions

Bookings: hello.lovesyouback@gmail.com

WhatsApp/ Call: +27 79 614 2799