



# Healthy Choices

Paleo and Keto options Available  
We cater to most Special Dietary Requirements

## DESIGN YOUR OWN

### Sandwiches & Rolls

*(all wholegrain/Rye options)*

#### Focaccia:

Roast beef and caramelized onion  
Roast pumpkin, feta, spinach & sundried tomato

#### Bagels:

B.L.A.T  
Chicken cranberry and brie  
Smoked salmon and herbed cream cheese

#### Dagwood salad sandwich

Ham  
Chicken  
Beef

#### Classic long salad roll

Ham  
Chicken  
Beef

#### Rye Rolls

Chicken avocado and pesto  
Salami, cottage cheese and gherkin  
Roast beef cheese and relish

#### Wraps

Vegetarian rainbow full of crunch salad and vege goodness  
Roast chicken, quinoa, beetroot & edamame smash  
Curry chickpea smash with fresh crunchy salad and our yogurt dressing  
Spicy chicken and mango  
Satay beef packed with Malaysian salad and vege



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## Finger food Items

### Savoury

Sushi (GF)  
Rice paper rolls (GF)  
Chicken kebabs (GF)  
Chicken/beef salad wraps  
Roulade (smoked salmon or tomato olive and pesto)  
Corn fritters  
Courgette fritters  
Whole meal bread cases  
Filled wholemeal Pita pockets  
Omelette rolls with assorted fillings available  
Savoury Muffins  
GF Savoury loaves

### Sweet

Fruit kebabs  
Fresh fruit plate  
Carrot cake  
Three berry crumble  
Ginger loaf /Banana loaf  
Snickers bar raw slice  
Anzac cookies  
Brain Balls /Bliss Balls  
Salted caramel & date raw slice  
Birdseed Bar  
Wholemeal scones  
Apple sultana bran muffins

We bake on our bread on our own premises giving us the option to tailor make some healthier breads specifically for the healthier choice menus. We are also happy to look at both wholemeal pastry and pasta options to provide the carbohydrate portion of the meal in a more complex form.