



EASY CHOICE MENUS

At Seasoned & Dressed, we wish to make your life as easy as possible – especially when it comes to ordering delicious food.

We realise that we have quite an extensive menu for you to choose from – whether it be for Breakfast, Morning Tea or Lunch. For this reason we have created some Chef's Choice Menus which are designed to make your life much easier.

BRAIN FOOD RANGE

This is our 'light meal' selection, based on grains, breads and fruit.

This range is best for meetings or functions where participants are not expecting to have a full day's meeting schedule – e.g. team meetings for reviews or short catch-ups before regular day's activities. This way your participants receive a healthy and delicious burst in their day, without it being too decadent.

CORPORATE RANGE

This is our 'filling and tasty' selection which includes cooked meats, hot & cold savoury dishes.

This range is perfect for department meetings or strategy and planning sessions where your participants will need a well earned break from brain storming and note taking. With a mix of tasty protein and carbohydrate dishes, your participants get a well earned energy lift and are able to sustain energy levels for their next session.

THE WORKING MAN RANGE

This is our 'home comfort' selection and is best for meals where your participants want a substantial meal – without the fuss.

Whether you're out on site on a cold winter's day, or perhaps you just want your old favourites. Hot, hearty and a taste of home cooking.

BOARDROOM RANGE

This is our 'gourmet and decadent' selection and is best for meals where you would need to impress your participants or provide them with a substantial meal during or after meetings, workshops or training events. With a range of satisfying dishes, your participants will be impressed with your choices and their meals will be a highlight of their day.



BREAKFASTS

CONTINENTAL

Selection of Danish Pastries & Croissants
Platter of Sliced Cheeses and Ham, Salami & Pastrami
Freshly Baked Wholegrain Bread w/ Butter & Jam
Sliced Fresh Fruit Platter

\$15.00 (+GST) per person

BRAIN FOOD BREAKFAST

Homemade Granola Cereal with Yoghurt & Fruit Salad
Warm Bacon & Egg Wrap
Freshly Baked Wholegrain Bread w/ Butter & Jam
Berry, Banana & Yoghurt Smoothie

\$12.75 (+GST) per person

CORPORATE BREAKFAST

Savoury Muffin
Ham & Scrambled Eggs filled Bagel
Freshly Baked Wholegrain Bread w/ Butter & Jam
Sliced Fresh Fruit Platter

\$12.75 (+GST) per person

BOARDROOM BREAKFAST

Scrambled Eggs with Smoked Salmon on an English Muffin
Freshly Baked Wholegrain Bread w/ Butter & Jam
Homemade Muesli Bar topped with Dark Chocolate
Sliced Fresh Fruit Platter

\$12.75 (+GST) per person

WORKING MAN'S BREAKFAST – minimum of 15pax

Grilled Bacon, Sausage, Scrambled Eggs, sautéed Mushrooms, slow baked Tomato half & Baked Beans, served with a selection of Bagels, Croissants & Freshly Baked Wholegrain Bread w/ Butter & Jam
(including disposable plates and cutlery)

\$17.25 (+GST) per person



MORNING TEA & AFTERNOON TEA CHOICES

BRAIN FOOD MORNING TEA / AFTERNOON TEA

Roast Chicken Mayonnaise & Salad Wrap
Homemade Muesli Bar topped with Dark Chocolate
Fresh Fruit Kebab

\$8.75 (+GST) per person

CORPORATE MORNING TEA / AFTERNOON TEA

Savoury Muffins served with Butter
Ham & Cheddar Croissant
Sliced Fresh Fruit Platter

\$8.75 (+GST) per person

BOARDROOM MORNING TEA / AFTERNOON TEA

Smoked Salmon & Cream Cheese Bagel with Salad
Cheese Kransky Sausage Roll with Tomato Sauce
Chocolate Fudge Brownie

\$9.00 (+GST) per person



LUNCH SELECTIONS

BRAIN FOOD LUNCH

Granary Roll filled with Egg Mayonnaise & Chives
Greek Salad – Tomato, Cucumber, Feta, Red Onion & Olives
Homemade Muesli Bar topped with Dark Chocolate
Sliced Fresh Fruit Platter

\$12.25 (+GST) per person

LIGHT & TASTY LUNCH

Sushi Selection with Wasabi & Soy
Grilled Lamb Kofta w/ Cucumber & Minted Yoghurt
Asian Crunchy Fried Noodle Coleslaw Salad
Sliced Fresh Fruit Platter

\$12.25 (+GST) per person

CORPORATE LUNCH

Bagel with Pastrami, Sauerkraut, Swiss Cheese & Salad
Grilled Mini Burger w/ Cheddar and Tomato Chutney
Pasta, Pesto & Pea Salad
Mint & Chocolate Slice
Sliced Fresh Fruit Platter

\$14.75 (+GST) per person

WORKING MAN'S LUNCH

Bagel filled with Roast Beef & Caramelised Red Onion
Meatballs with an Italian Tomato Sauce & Rice
BBQ marinated Roasted Chicken Drumsticks
Mince & Cheese Savouries
Lamingtons

\$16.75 (+GST) per person



BOARDROOM LUNCH

Ciabatta Roll w/ Smoked Salmon, Cream Cheese & Salad
Yorkshire Pudding filled w/ Roast Beef & Caramelised Red Onion
Tender Butter Chicken Curry served with Rice
Caesar Salad w/ Roast Chicken, Crostini & Parmesan
Cheese & Fresh Fruit Platter with Condiments & Crackers

\$17.25 (+GST) per person

EXECUTIVE LUNCH

Poached Breast of Chicken served with Garden Salad dressed with Sweet Basil
Vinaigrette
Served with Freshly Baked Wholegrain Bread w/ Butter, Aioli & Tomato Chutney
Cheese & Fruit Platter with Condiments & Crackers
(including disposable plates and cutlery)

\$16.00 (+GST) per person