



SUPER EATS



SALAD BAR

Minimum of 6 salads

Base salad \$12.00 per person

NOODLE BAR

Minimum of 6 ramens

Vegetarian \$11.50 per person

Ramen with Meat \$14.00 per person



absolutecaterers

expect the best!

\$250.00 non-refundable deposit is required to confirm booking - all prices exclude GST.

Please feel free to contact us for any further information.

Absolute Caterers, Okara Drive, Whangarei 09 470 2595 | info@absolutecaterers.co.nz | absolutecaterers.co.nz

SALAD BAR



The Energiser: Roasted Beetroot salad

Locally sourced honey roasted beetroot and carrot on a Roquette and feta salad (great mid-day energy boost)

Brain Boost: Turmeric Spiced Cauliflower and Quinoa salad

Oven roasted cauliflower coated in south Asian spice tossed with quinoa clusters and baby spinach (helps muscle repair and strength, perfect for a protein hit at lunch time)

The Healthy Heart: Pumpkin and Grilled Corn salad

Roasted butternut squash, red onion, grilled corn and seasoned red cabbage (Supports a healthy heart)

Super Broccoli salad

Locally sourced broccoli tossed with cashews, dried berries, pumpkin seeds dressed in citrus balsamic (A light and energising super food rich salad option)

The Garden patch

Mixed leaf, heirloom tomatoes, cucumber, avocado, carrot, red radish and grilled haloumi (A delicious light salad, perfect for your lunch time energy boost)

ADD SOMETHING EXTRA

Herb & Garlic Grilled Free Range chicken - low fat	\$3.90
Himalayan Salt & cracked peppercorn seared Northland lamb - low fat	\$3.90
Garlic and Coriander Stir-fried Prawns- low fat	\$3.20

Vegetarian Extras:

Marinated Tofu - low fat and great source of vegan protein	\$2.20
Feta Cheese	\$2.20
Grilled Haloumi	\$3.00
Fresh Mozzarella	\$3.00
Grilled mushrooms	\$3.90

Finish with one of our chefs homemade dressings:

French/Caesar/Balsamic/Hot Chilli/Honey Mustard/Aioli/Lemonaise

NOODLE BAR



STOCKS (CHOOSE ONE)

- Vegetarian Stock - Vegan
- Beef Master Stock - Gluten Free
- Chicken Master Stock - Gluten Free

MEATS (CHOOSE ONE)

- Ginger and garlic marinated grilled chicken
- Ginger and garlic marinated grilled Prawns
- Hoisin marinated Beef

NOODLES (CHOOSE ONE)

- Vermicelli Rice noodles - Gluten Free
- Udon Noodles
- Ramen Noodles

VEGETABLE SIDES (CHOOSE ANY)

- Carrot - finely sliced
- Red Cabbage finely sliced
- Bok Choy - seasonal
- Onions
- Bean sprouts
- Ginger
- Coriander
- Chilli
- Spring Onion
- Shredded Nori - Sea Weed

This will need to be ordered individually with names of the person ordering and scanned through to Absolute Caterers so that everyone has the choice.

SUPER EATS BOOKING FORM



Name Mobile Contact _____

E-Mail Address _____

Billing Address _____

Delivery Address _____

Any special delivery instructions (ie room/area/table)

Date of function _____

No. of Pax _____

Time of Drop-off or Pick-up _____

Purchase Order No. if required _____

Place your order here

(Minimum 6 each)

QUANTITY

The Energiser: Roasted Beetroot salad _____

Brain Boost: Turmeric Spiced Cauliflower and Quinoa salad _____

The Healthy Heart: Pumpkin and Grilled Corn salad _____

Super Broccoli Salad _____

The Garden Patch _____

any additional extras: _____

Dressings: _____

Additional notes or requests: _____

Dietary information/allergies: _____

Please call or e-mail confirmation of orders by 3.00 pm the day prior to your order.