

Frank's Pantry CATERING

BREAKFAST

Minimum of 6 items

Goodness pots \$7.50

Paleo almond macadamia granola, cinnamon roasted apple, roasted fruits, coconut whip | GF | VE |
Soaked organic oats, chia, coconut, almond, linseed, lime curd fresh fruit | GF | VE*|

Baps \$8.00

Bacon, avocado, fresh tomato, rocket
Bacon, egg, rocket, tomato relish
Bacon, egg, Havarti, frank's BBQ
Haloumi, avocado, sauerkraut, rocket, beetroot hummus | VEGE |

Bagels \$8.50

Cured salmon, dill cream cheese, gem lettuce, fennel & caper remoulade
Prosciutto, fresh tomato, ricotta, avocado
Haloumi, avocado, tomato relish, rocket | VEGE |

MORNING & AFTERNOON TEA

Minimum of 6 items

SWEET

Scones \$4.50 *cut in half & buttered*

Date & Orange
3 Cheese
Bacon, cheese, spinach & onion
Caramelised onion & Cheese
Jalapeno & Bacon
Sultana
+ add raspberry jam & whipped cream +\$1.00 per 6

Loaves buttered \$28.00 *cut into 12, gluten free option available*

Lemon & Raspberry
Banana Bread with dark chocolate chips
Date & Ginger

Muffins \$4.50 *cut in half*

Banana & dark chocolate
Apple & Doris plum crumble
Raspberry & White Chocolate
Blueberry & lemon curd

Fresh Fruit \$45 *serves 10 - 12*

Platter | GF |

All of our chicken, bacon, ham & eggs are free range

Please note: some items may change due to the seasonality of produce.

| GF: Gluten Free | DF: Dairy Free | VEGE: Vegetarian | VE: VEGAN | * : available |

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Biscuits \$3.50

Afghan

Anzac Cookie half dipped in dark chocolate

Sticky Date Cookie with salted caramel drizzle

Healthy Sweets \$3.50

Bliss balls | GF | VEGAN |

- Lemon coconut
- Peanut Butter
- Green Coco
- Cacao Date

Slices cut into 1/2, 1/3 or keep whole

Dark Chocolate Brownie | GF | \$5

Dark Chocolate & Salted Caramel Brownie | GF | \$5

Dark Chocolate Brownie with walnuts | GF | \$5

Passionfruit Slice \$4.50

Caramel Chocolate Slice \$5

Oaty Ginger \$4.50

Macadamia blondie \$5

Other sweet offerings

Friend's assorted berries | GF | \$4

Sweet Custard Brioche with fresh fruit \$4.50

Cinnamon Brioche Rolls (7) \$31.50

Whole Cakes \$65

24cm diameter

Carrot with cream cheese icing

Caramel Oat Cake

Chocolate with chocolate buttercream icing

Lemon Cake

Salted Caramel Brownie Cheesecake

Blueberry & Lemon Cheesecake

High Tea \$25 per person, with tea or barista coffee \$29 per person

3 tier stand; 8 pieces; sample menu: | GF* | DF* | VEGE* | VE* |

- Scones with cream & Jam
- Macaroon
- Brownie
- Slice
- Club Sandwich
- Mini Quiche
- Pappa Salmon
- Pate Crostini

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SAVOURY

Minimum of 6 per item

Savory Muffins \$5

Bacon, cherry tomato, feta, basil pesto

Roast pumpkin, caramelized onion, ricotta, basil pesto, seeds | VEGETARIAN |

Sundried tomato pesto, spinach feta, artichoke | VEGETARIAN |

Frittata \$8 per slice or loaf for \$136 (24 pieces)

Butternut pumpkin, kale, kumara, cherry tomato, sundried tomato pesto, seeds | GF | VEGETARIAN |

Roasted Tomato, spinach, feta, pesto & pinenut | GF |

Finger club sandwiches (3pcs) \$9

Basil pesto free range chicken, cream cheese, rocket

Ham, chow chow, smashed egg, parmesan

Ham, tomato, swiss cheese, mustard

Smoked salmon, dill cream cheese, cucumber, pesto

Roast pumpkin, sundried tomato pesto, brie, avocado, rocket

Lettuce Cups *gluten free (3pcs) \$9*

Miso eggplant, marinated cucumber, pickled cabbage, cashew mayo | VE |

Fresh Chatham Island blue cod seared in secret rub, fennel, orange, caper & cabbage remoulade

BBQ maple pulled pork, chipotle mayo, red cabbage, spring onion, carrot, fried jalapeno

Savories *minimum 10*

Free range pork, carrot, caramelized onion sausage rolls with relish *\$3.90*

Pumpkin, feta, sundried tomato, spinach quiche | VE | *\$4.20*

Filo parcels - 4 cheese, spinach, mushroom, pinenut | VEGETARIAN | *\$4.20*

Platters *serves 10 \$110 per board; can cater for smaller number*

Frank's; chicken liver plate, ciabatta, caramelised onion, chutney, coconut pumpkin hummus, sundried tomato pesto, rocket, prosciutto

Fit Bird; cured salmon, rocket, grilled haloumi, sauerkraut, turmeric nuts & seeds, lemon tahini vinaigrette

Ploughman's; fresh ciabatta, Havarti, caramelised onions, free range ham, gem lettuce, soft boiled eggs, pickles, mustard, sliced apple

Cheese board; brie, blue, gouda, chutney, caramelised onion, local honey, grapes, assorted bread

Add bio plates & cutlery_____ set per

Loan of serving tongs

Any other equipment _____

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LUNCH

FINGERFOOD

Hearty sandwiches - *minimum of 3 per option*

Bread option Ciabatta, Fitness Loaf, Focaccia, Wrap, Gluten Free Bread \$9

- Basil pesto chicken, avocado, sauerkraut
- Dukkah chicken, hummus, sundried tomato pesto, avocado
- Slow poached chicken, hummus, roast red peppers, salad, alfalfa, aioli
- Slow poached chicken, cranberry, brie, rocket
- Free range ham, chow chow, smashed egg, parmesan
- Free range ham, tomato, swiss cheese, mustard
- Pulled pork & bean tomatillo, pickled cabbage, aioli
- Tuna, smashed dukkah egg, spinach, alfalfa, chutney, aioli
- Smoked Salmon, dill cream cheese, cucumber, pesto
- Slow cooked lamb, raita, chutney, salad, alfalfa, aioli
- Roast pumpkin, sundried tomato pesto, brie, avocado, salad | VEGE | VEGAN*|
- Haloumi, Mediterranean vege, tomato relish, rocket | VEGE | VEGAN*|

SALADS *all Gluten Free*

Serves approximately 5 people \$34

- Slow poached chicken Caesar, bacon, smashed eggs, peas, parmesan, Caesar dressing | GF |
- Raw beetroot, carrot, quinoa, feta, sunflower & pumpkin seeds, pomegranate dressing | GF |
- Organic brown rice, sultanas, peanuts, spring onion, capsicum, sultana dressing | GF | DF | VE |
- Roast kumara, bacon, rocket aioli, yoghurt, seeds, spring onions
- Eggplant, roast pumpkin, sundried tomato pesto, lemon tahini vinaigrette, alfalfa, gem lettuce | VE |
- Smashed falafel, roast red peppers, alfalfa, hummus, gem lettuce, Israeli couscous, lemon tahini vinaigrette | VE |

DRINKS

- House freshly squeezed orange juice 1L \$16
- Simply Squeezed Orange Juice 350ml \$4.50
- Antipodes Still Water 500ml \$6
- Antipodes Sparkling Water 500ml \$6
- Amplify Raspberry & Lime Kombucha 330ml \$5
- Amplify Ginger & Lemon Kombucha 330ml \$5

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CANAPES

\$3.90 per piece minimum order of 10 items each

Vegetarian

Miso eggplant lettuce cups, pickled cabbage, cashew mayo | GF | VE |

Roast veggie and sundried tomato frittata | GF | VE |

Courgette & haloumi fritter, roasted cherry tomato, basil, roasted garlic mascarpone, artichoke
Feta, asparagus, caramelised onion, almond & linseed tart

Pumpkin, feta & sundried tom pesto, crostini

Jalapeño Poppers

Seafood

Dukkah pesto cured salmon skewer with tahini yoghurt | GF |

Chatham Island Blue Cod Sliders with pickled cabbage, fisherman's tartare

Smoked salmon pate on cucumber crostini | GF |

Chicken

Sage chicken, wrapped prosciutto with aioli

Chicken liver pate crostini, chutney, rocket

Popcorn chicken | GF |

Beef, Pork, Lamb

Little pork, carrot, caramelized onion sausage rolls with tomato relish

Pulled beef sliders served with smoked paprika aioli & slaw

Lamb kofta with Dukkah, tahini yoghurt

SWEET CANAPES

Little lemon cake, vanilla buttercream

Chocolate Brownie | GF |

Little Banoffee tarts

Little Cheesecake | VE |

PLATTERS *serves 10 \$110; can cater for smaller number*

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Fit Bird; cured salmon, rocket, grilled haloumi, sauerkraut, turmeric nuts & seeds, lemon tahini vinaigrette

Cheese board; brie, blue, gouda, chutney, caramelised onion, local honey, grapes, assorted bread.

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