

CATERING MENU

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WELCOME

Fresh2Go offers quality catering to corporate clients throughout Canberra. We cater for corporate events from breakfast meetings and working lunches, to workshops and conferences, office morning teas to cocktail and canapé events. Our dedicated staff offer a hands-on approach to ensure that your function runs smoothly from creating a personalised menu through to the delivery and quality of food.

We are proud partners of the Healthier Choices and Healthier Canberra programs. Our tailored Healthy Choices menu has been approved by ACT Nutrition Support Service.

As part of the CIT Student Association we provide discounted food services for students and staff on the CIT campuses at Reid, Bruce and Fyshwick. We also provide support to Vinnies Night Patrol.

We are committed to reducing our use of single use and non-recyclable plastics by using reusable and recyclable platters, biodegradable plates and cutlery and minimise our on site waste to landfill.

PACKAGES

BREAKFAST

PP

Fruit salad pot (1pp), petite egg & bacon tart (2pp), petite Danish pastry (2pp)
& juice (200mL pp)

12.5

Granola & yoghurt pot (1pp), savoury petite croissant (3pp), fruit platter (4 slices pp)
& juice (200mL pp)

14

MORNING

AFTERNOON

House baked cookie (1pp), fruit platter (4 slices pp), petite sweet or savoury croissant (1pp)
gourmet mini sandwich (2pp) & juice (200mL pp)

10

Sweet or savoury scones (2pp), fruit skewers (1pp), vegetable crudites
with hummus dip (4pp) & juice (200mL pp)

14

LUNCH

Gourmet panini roll (1pp), mini quiche (2pp), whole fruit basket & juice (200mL pp)

16

Gourmet tortilla wrap (1pp), fruit platter (4 slices pp), gourmet slice platter (2pp)
& juice (200mL pp)

16

PACKED LUNCH

PP

Your choice of gourmet tortilla wrap or panini roll (1pp), a piece fruit, house made trail mix cup & bottled water (600mL)

12

COCKTAIL

Petite quiche (2pp), cocktail spring roll (2pp), spinach & cheese filo pastry (2pp) & gourmet sausage roll (2pp) with tomato relish

8

Mushroom arancini with rocket pesto (2pp), prawn gyoza with nuoc jam (2pp), tandoori or satay chicken skewer (1pp) & vegetable crudites (4pp) with a selection of dips

15

CONFERENCE

ARRIVAL	Continuous brew coffee & tea with fruit
MORNING	Petite Danish pastries & sweet or savoury muffin (1pp)
LUNCH	Choice or gourmet wraps & rolls (1/2 pp), fruit platter (4 slices pp) & juice (200mL pp)
AFTERNOON	Selection of Australian cheeses' with water crackers

28

PP

BBQ

42 PEOPLE APPROX : includes gluten free/halal beef sausages, thick sliced bread, sliced onion & condiments

82.5

70 PEOPLE APPROX: includes gluten free/halal beef sausages, thick sliced bread, sliced onion & condiments

145

140 PEOPLE APPROX: includes gluten free/halal beef sausages, thick sliced bread, sliced onion & condiments

275

Prices for all packages includes the provision of disposable tableware & napery

ASSORTMENTS

MORNING

AFTERNOON

PP

SWEET

Gourmet slices (2pp) – V, GF ON REQUEST	5
House made mini muffins (2pp) – V	3
House made scones with preserves & chantilly cream (2pp) – V	5
Petite croissants with fruit jam & chantilly cream (2pp) – V	4
House baked petite Danish pastries (2pp) – V	4.5
Selection of house baked cookies (2pp) – V	3.5
Individual super protein pots (1pp) – GF, DF, V, VG	3

SAVOURY

House made savoury mini muffins (2pp) – V ON REQUEST	3
House made savoury scones with butter & tomato relish (2pp) – V ON REQUEST	5
House made mini sandwiches with a selection of gourmet fillings (2pp) – GF ON REQUEST	5.5
House baked assorted pies & sausage rolls with tomato relish (2pp)	4
Selection of house made savoury tartlets (2pp) – V ON REQUEST	4
Vegetable crudites with selection of dips (4pp) – GF, V	4
Petite savoury croissants with your choice of smoked ham, cheddar & tomato, roasted chicken, brie & avocado, Swiss cheese, tomato & baby spinach (2pp)	5

LUNCH

PP

COLD

Freshly made gourmet sandwich (1pp) – V ON REQUEST	5.5
Freshly made tortilla wrap with gourmet fillings (1pp) – V ON REQUEST	8.5
Freshly made roll – choice of ciabatta, Turkish or panini roll with fillings (1pp) – V ON REQUEST	8.5
Cold buffet – sliced cured meats, with your choice of 2 salads, lunch roll, condiments & spreads	12

HOT

Hot soup of the day with house baked rolls & spreads	6.5
Lasagne and salad: vegetarian or meat	12.5
Sliders (beef, chicken, vegetarian) (2pp) with salad	12.5
Lemon & herb or Portuguese roast chicken & vegetables – H	15
Pot roasted beef with sides – H	15
Glazed salmon with steamed Asian vegetables & rice – H	18

V – VEGETARIAN VG – VEGAN GF – GLUTEN FREE DF – DAIRY FREE NF – NUT FREE H – HALAL

PLATTERS & GRAZING

FRUIT PLATTER

60

Selection of 7 different seasonal fruits allowing 6 pieces per person

GOURMET SALAD BOWLS

80

Your choice of Greek, chicken Caesar, Thai beef noodle, roast vegetable & haloumi, tandoori chicken & avocado or grilled Mediterranean vegetable salad

GOURMET CHEESE PLATTER

90

Selection of 5 cheeses with your choice of either dried or fresh fruit & crackers

GOURMET ANTIPASTO PLATTER

110

Selection of 3 cheeses, sliced cured meats, grilled vegetables, olives, dips, crackers & lavash

ALL PLATTERS SERVES 10 – 12 PEOPLE

LIGHT PICKINGS PP (MIN 30 PEOPLE)

15

Shaved smoked ham, sliced pancetta, Mersey Valley gouda or edam, brie, grilled vegetables, selection of dips, mixed olives, breads, grissini, lavash & fruit

MAIN & DESSERT PP (MIN 30 PEOPLE)

28

Shaved smoked ham, smoked chicken, sliced roast beef, pork and chicken terrine, mushroom pate, selection of 5 cheeses, breads, grissini, lavash, fruit, grilled vegetables, condiments, mixed olives, petite quiches, bruschetta, caprese skewers, selection of petite fours, dessert glasses with chocolate mousse & Eton mess

Unless specifically requested, we serve our Grazing tables on a range of large bamboo platters as to avoid damage to our client's tables / bench tops with cheese knives and cutlery. Depending on the size of your function we would require access at least 1 hour before your event to set up the table.

COCKTAIL & CANAPES

COCKTAIL: COLD

PP

Freshly made assorted sushi (2pp) – GF, V ON REQUEST	4
Seasonal fresh fruit skewer (2pp) – V, VG, H	4.5
Freshly made assorted mini wraps (2pp) – V ON REQUEST	5.5
Vegetable crudites with a selection of dips (4pp) – V, DF ON REQUEST	4
Freshly made assorted Vietnamese rice paper roll with dipping sauce (2pp) – V ON REQUEST	6

COCKTAIL: HOT

Vegetable spring roll and shao mai with chilli dipping sauce (3pp)	3
Prawn twister with salsa verde (2pp) – H	4.5
Spinach and feta filo pastries (2pp) – V, H	3.5
Satay or tandoori chicken skewers with dipping sauce (1pp) – H	3.5
Lamb kofta skewers with tzatziki (1pp) – H	3.5
Mushroom arancini with rocket pesto (2pp) – V, H	4.5
Panko crumbed prawn cutlets with lime mayo (2pp) – H	6

CANAPES: COLD MIN 10 PAX – ALL ITEMS 1 PP

San choy bao – pork or chicken	3
Smoked salmon on chive cream cheese & cucumber	3
Tomato and basil bruschetta – V, VG	3
Mushroom bruschetta – V, VG	3
Prawn ceviche spoon	3
Thai beef salad spoon	3

CANAPES: HOT MIN 10 PAX – ALL ITEMS 1 PP

Selection of vegetarian tartlets	3
Mexican style tortilla cup with your choice of pork, beef or chicken	3
Empanada – pork, beef, chicken or vegetarian with pico de gallo or salsa verde	3
Crispy pork belly with pickled carrot & radish with plum sauce (GF)	3
Prawn gyoza with nuoc jam	3

EXTRAS

BEVERAGES

Orange or Apple Juice – 2L	7
Continuous brew tea & coffee (1 session)	3.5pp
Continuous brew tea & coffee (all day)	5.5pp
Sparkling Water – 500ml bottles	3.2
Still Water – 600ml bottles	2
Full cream or skim milk – 2L	4

DIETARY

FRESH2GO CAN ALSO CATER FOR KETO, FODMAP AND VEGAN DIETS. WE ARE HAPPY TO SUBSTITUTE FOR WHAT YOU NEED.

GLUTEN FREE

Macaron (2pp)	4.5
House made friands (1pp)	4
House made vegetarian frittata slice (2pp)	4

GLUTEN FREE AND DAIRY FREE

House made chocolate brownie (2pp)	4.5
Chia pots w/ mixed berries & coconut (1pp)	3.5

ACCESSORIES

On site/serving staff (per hour)	35
Crockery surcharge (cleaning)	1.5pp
Linen hire	POA
Offsite delivery charges	MIN 10
Grazing table setup charges	POA
Special requests & tailored menus can be arranged for any occasion	POA

All menu items are subject to price change and seasonal availability, although we endeavour to provide as much notice as possible if specific items are not available

CONTACT & ORDERS

For any enquiries or orders, please contact our Catering Manager

P: 6207 3288

E: fresh2go@cit.edu.au

Our menus and order form can be downloaded from our website

W: citsa.com.au/fresh2go/

TERMS & CONDITIONS APPLY – SEE OUR WEBSITE FOR MORE DETAILS

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