

CATERING MENU

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FRESH H2GO

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 & PLATTERS

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

BREAKFAST

(Individual packaging available for \$2pp)

PP

Mini fruit salad pot (1pp), egg & bacon tartlets (1pp), petite Danish pastry (1pp), individual orange juice 300mL (1pp)

\$12

Mini yoghurt & muesli pot (1pp), petite savoury croissant (1pp), whole fruit (1pp), still water 600mL (1pp)

\$10

MORNING AFTERNOON

Sweet Assorted Slices are always V, but GF or VG upon request
(Individual packaging available for \$2pp)

House baked cookie (1pp), mini fruit salad pot (1pp), savoury tartlets (1pp), finger sandwich (1pp), individual juice 300mL (1pp)

\$15.50

Sweet slice (1pp), fresh fruit skewer (1pp), vegetable crudites with hommus dip (6pp), still water 600mL (1pp)

\$12.50

LUNCH

(Individual packaging available for \$2pp)



Premium panini roll or premium tortilla wrap (1pp), mini savoury tarts (2pp), whole fruit (1pp), individual juice 300mL (1pp)

\$19.50

Classic sandwich (1pp), house made mini muffins (2pp), fresh fruit skewers (1pp), still water 600mL (1pp)

\$13.50

Selection of assorted premium wraps (.5pp), classic sandwiches (.5pp), mini fruit salad pot (1pp), petite danish pastry (1pp), still water 600mL (1pp)

\$16

PACKED LUNCH

(All individually packaged)

Premium tortilla wrap (1pp), mini fruit salad pot (1pp), house made trail mix cup (1pp), still water 600mL (1pp)

\$19.50

Classic sandwich (1pp), whole fruit (1pp), freshly baked cookie (1pp), Still water 600mL (1pp)

\$13

PACKAGES & PLATTERS

(All platters serve approximately 10 people)

FRUIT PLATTER

Selection of seasonal fruits, allowing 6 pieces per person - H, GF, DF, V, VG

\$90

CHEESE PLATTER

Selection of 3 cheeses w/ dried and fresh fruit with crackers - H, V

\$110

ANTIPASTO PLATTER

Cheeses, sliced cured meats, grilled vegetables, olives, dips, crackers & lavosh

\$140

SWEET BOX

Selection of freshly made mini muffins, assorted danish pastries, assorted cookies, macarons, assorted slices garnished with fresh berries & fairy floss

\$150

SAUSAGE SIZZLE BBQ PACK

5KG thin beef sausages, 5 loaves of sliced bread, sliced onions, condiments, oil, cooking utensils, paper napkins, use of BBQ and gas - H

\$150

ASSORTMENTS

MORNING AFTERNOON

PP

SWEET

Assorted slices (2pp) - (V, GF ON REQUEST)	\$5.50
House-made sweet mini muffins (2pp) - V	\$3
Fresh baked scones w/ preserves & chantilly cream (2pp) - V	\$7.00
Petite croissants w/ fruit jam & butter (2pp) - V	\$4
House-baked petite Danish pastries (2pp) - V	\$4.50
Assorted fresh baked cookies (2pp) - V	\$4
Mini fresh fruit salad pot (1pp) - GF, DF, V, VG	\$4
Mini yoghurt and muesli pot (1pp) - V	\$4
Assorted macarons (2pp) - GF	\$5
Individual coconut yoghurt, chia & berry protein pots (1pp) - VG, DF, GF	\$6
Trial mix cup (1pp) - GF, VG	\$3

MORNING AFTERNOON

PP

SAVOURY

House-made finger sandwiches w/ gourmet fillings (2pp) - (GF ON REQUEST)	\$6
Petite croissants with assorted savory fillings (2pp) - (V ON REQUEST)	\$4
House-made savoury mini muffins (2pp) - (V ON REQUEST)	\$4
House-baked assorted cocktail pies & sausage rolls w/ tomato relish (2pp)	\$5.50
Selection of house made savoury tartlets (2pp) - (V ON REQUEST)	\$5.50
Vegetable crudites w/ hummus dip (6pp) GF, V	\$5.50
House made vegetarian frittata slice (2pp) GF, V	\$6

LUNCH

COLD

Freshly made classic sandwich w/ assorted fillings (1pp) - (V, GF ON REQUEST)	\$6.00
Freshly made tortilla wrap w/ assorted premium fillings (1pp) - (V, GF ON REQUEST)	\$9.50
Freshly made continental roll w/ assorted premium fillings (1pp) - (V ON REQUEST)	\$9.50
Freshly made tortilla wrap (.5pp) & continental roll (.5pp) w/ assorted premium fillings	\$9.50

PREMIUM SALAD BOWL (1PP)

- Traditional Greek
- Chicken Caesar
- Thai Beef Noodle
- Tandoori Chicken w/ avocado
- Roast Vegetable w/ haloumi - V
- Pumpkin & Feta - V

\$10

HOT

Lasagne served w/ fresh garden salad (VEGETARIAN OR BEEF)	\$16
Sliders (beef, chicken, vegetarian) (2pp) w/ fresh garden salad	\$14
Lemon & herb or Portuguese roast chicken Maryland w/ fresh garden salad - H, GF, DF	\$17
Pot roasted beef served w/ baked potato, pumpkin, gravy & dinner roll - H, DF	\$19.50
Glazed salmon with steamed Asian greens & rice - H, GF, DF	\$22
Thai-style green chicken curry served w/ steamed rice and Asian greens - H, GF, DF	\$19.50

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

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COCKTAILS

PP

COLD

Tomato and basil bruschetta (2pp) - V, VG, DF	\$4.50
Freshly made assorted sushi (2pp) - GF, V ON REQUEST	\$4.50
Seasonal fresh fruit skewer (2pp) - V, VG, H	\$5
Vegetable crudites w/ hommus dip (6pp) - V, DF ON REQUEST	\$5.50
Freshly made assorted Vietnamese rice paper roll w/ dipping sauce (2pp) - V ON REQUEST	\$7.50

HOT

Vegetable spring roll and samosa w/ chilli dipping sauce (4pp) - V, DF	\$3.50
Prawn twister w/ salsa verde (2pp) - H	\$5.50
Spinach & feta filo pastries (2pp) - V, H	\$4.00
Satay or tandoori chicken skewers w/ dipping sauce (1pp) - H, GF	\$4.00
Lamb kofta skewers w/ tzatziki (1pp) - H, GF	\$4.50
Mushroom arancini w/ rocket pesto (2pp) - V, H	\$4.50
Panko-crumbed prawn cutlets w/ lime mayo (2pp) - H	\$5.50
Crispy pork belly w/ pickled carrot, radish & plum sauce (1pp) - GF	\$4.00

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EXTRAS

BEVERAGES

Orange or Apple Juice – 2L	\$8
Individual juice – 350mL	\$4.50
Continuous brew tea & coffee (1 session)	\$3.50pp
Continuous brew tea & coffee (all day)	\$5.50pp
Individual sparkling water – 500ml bottles	\$4.50
Still Water – 600ml bottles	\$2.50
Full cream or skim milk – 2L	\$5

(Tea and Coffee available for on campus events only)

ACCESSORIES

On site/serving staff (per hour)	\$35
Crockery surcharge (cleaning)	\$1.5pp
Linen hire	POA
Offsite delivery 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 7492

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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