



SOMETHING SWEET

ASSORTED MINI BITES \$40 (serves 8-10 pax)
Assortment of bite-size delicacies

CARROT CAKE \$5.00 each

TIRAMISU IN A CUP \$5.00 each
"Pick me up" dessert with layers of coffee liquer soaked saviordi and creamy sweet mascarpone cheese with a generous sprinkle of chocolate and ground coffee beans

APPLE CINNAMON & COCONUT TEA CAKE \$4.80 each
Flourless apple cinnamon cake with sprinkles of desiccated coconut

MANDARIN OR ORANGE SLICE \$4.80 each
Flourless mandarin or orange cake

CHOCOLATE WALNUT BROWNIES \$4.50 each
Dark chocolate brownies with walnuts topped and chocolate ganache

FRIANDS \$3.80 each
Raspberry, blueberry or green tea

BREAKFAST/MORNING TEA

BANANA BREAD with butter \$4.00/slice

SCONES Optional: jam, cream or butter
Plain \$3.50 each | Sultanas \$4.00 each | Pumpkin \$4.00 each

YOGHURT CUPS \$6.00/cup
Yoghurt cup layered with mixed berry and passionfruit topped with bircher muesli

CROISSANTS MINI \$3.50 OR **LARGE** \$4.50
Ham n cheese or tomato n cheese

BREKKY TOASTIES \$7.00 each
Brekky toastie (bacon, egg & onion relish)
CHEESE, CHEESE, CHEESE (3 cheese with caramelised onions)
Mediterranean (tomato, avocado, basil)
Hawaiian (ham, cheese, housemade pineapple & rosemary jam)
Chorizo, sauteed mushrooms, feta

MINI DANISHES \$3.50 each
Apricot, blueberry or apple custard

MUFFINS \$4.00 each
Savoury, choc chip, raspberry, white choc macadamia, blueberry or apple cinnamon

COOKIE TRAY \$30 (serves 10 pax)
Assortment of brandy, choc chip, coffee walnut, poppy linseed and hazelnut

SANDWICHES/ROLLS

GOURMET SANDWICHES (FRESH OR TOASTED)
OR ROLL \$9.00 each

Grilled teriyaki chicken, spinach, lettuce, tomato, Jarlsberg cheese, beetroot relish, creamy QP mayo

Roast beef, spinach lettuce, tomato, pickled mustard, Jarlsberg cheese, BBQ tonkatsu sauce, creamy QP mayo

Ham, spinach lettuce, tomato, salt n pepper

Smoked salmon, rocket, baby capers, cucumber, carrot, cheese, creamy QP mayo

Turkey, bacon, avocado, lettuce, spinach, balsamic beetroot relish

Avocado, semi-dried tomato, cucumber, tomato, carrot, red onion, lettuce, spinach, beetroot relish, hummus

STEAMED ASIAN BUNS \$5 each
Soft flour buns with choice of filling (grilled teriyaki chicken, katsu chicken, BBQ Pork, vegetarian)

WRAP ME UP

RICE PAPER ROLLS \$3.00 each
Chicken, beef, vegetarian or prawn rice paper rolls served with a sweet chilli dipping sauce

WRAPS multigrain or spinach wrap \$9.00 each
Choice of grilled teriyaki chicken n avocado, tuna & roast pepper, roast beef n pickled mustard, ham n cheese or vegetarian

SALADS

\$40/tray (serves 10 pax)

WILD RICE SALAD
Wild rice, diced fresh pineapple, parsley, cranberry, pine nuts, spiced lemon dressing

PUMPKIN & QUINOA
Roasted pumpkin, cranberry, pumpkin seed, diced red onion, feta on bed of baby spinach and quinoa tossed in lemon olive oil dressing

THAI BEEF
Silky rice noodles with marinated beef slices tossed through a tangy dressing topped with coriander and mint

ORIENTAL BROWN RICE
Low calorie brown rice mixed with edamame beans, carrots, pine nuts, shallots, semi-dried tomatoes in asian soy dressing

VIETNAMESE CHICKEN SALAD
Soft rice noodles, thinly sliced asian cabbage, pickled carrot and cucumber, coriander, basil in mint lime dressing

ROASTED VEGETABLES
Blend of seasonal roasted vegetables packed full of goodness in a tray

DECONSTRUCTED CHICKEN SALAD
Make your own chicken salad with all the ingredients separated served with basil and thyme vinaigrette

AND... let's not forget the simple favourites like GREEK, CAESAR & POTATO SALAD

eat ETC

SUSHI

ASSORTED ROLLS PLATTER \$40 (40pc)/\$68 (70pc)

A variety of grilled teriyaki chicken, tuna, vegetarian & raw salmon sushi rolls

ASSORTED NIGIRI & ROLLS PLATTER \$38 (25pc)/\$65 (45pc)

Combination of both sushi nigiri and rolls

HOT

MINI FINGER FOOD PLATTER \$40/\$75 (25pc/50pc)

Assortment of chicken bites, crab claws, vegetarian spring rolls, gyozas, edamame & crumbed prawns. Choice will vary depending on platter size

GRILLED SKEWERS \$3.80 each

Chicken, beef or vegetarian (teriyaki or lemon herb olive)

WOK FRY \$7.00/pax

Chicken or beef with vegetables wok fry in traditional asian sauce

Add noodles or fried rice +\$1/pax

THAI GREEN OR RED CURRY \$7.00/pax

Diced tender chicken pieces simmered in homemade green curry sauce with healthy vegetables

Add steam rice +\$1/pax

SPAGHETTI BOLOGNAISE \$60

(1/2 tray serves 10pax)/\$120 (full tray serves 20 pax)

Delicious meaty bolognese sauce with spaghetti – a traditional favourite!

BEEF LASAGNE \$70

(1/2 tray serves 10pax)/\$140 (full tray serves 20 pax)

House made lasagne with layers of rich beef tomato sauce and creamy cheese sauce topped with golden melted cheese

STRAIGHT FROM THE OVEN

MINI QUICHES \$3.50 each

Cheese & Bacon or Vegetarian

MINI SAUSAGE ROLLS \$4.50 each

House made beef sausage rolls with ketchup

MINI PIZZAS \$4.50 each

CHEESE & DIPS

CHEESE BOARD \$50 (serves 10 pax)

Assorted range of blue, brie, cheddar, feta and goats cheese surrounded with fresh grapes, mixed nuts and olives

MEDITERRANEAN DIP PLATTER \$50 (serves 10 pax)

Carrot, cucumber and celery sticks, feta chips, lightly toasted pita bread served with guacamole, beetroot tzatziki and hummus dip

FRUITS

CUT FRUIT PLATTER \$40 (serves 8-10 pax)

Assortment of sliced and diced seasonal fruits

FRUIT BOWL \$38 (serves 8-10 pax)

Assortment of whole seasonal fruits

FRUIT SKEWERS \$3.50/skewer

Assortment of diced fruits on sticks

Add Yoghurt \$5.00 (small)/\$8.00 (large)

TO ORDER PLEASE CALL

08 6161 5836

SHOP 3, 197 ST GEORGE'S TCE PERTH

(ENTRY OFF MILL ST)

OPEN MONDAY – FRIDAY

6.30 AM - 3 PM

INFO@EATETC.COM.AU

WWW.EATETC.COM.AU

Dairy & gluten free options available. Please discuss any potential allergens with a member of staff. Thank you.

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