



CATERING FORM MINIMUM ORDER \$100 FOR A FREE DELIVERY

Placement of orders are preferred before 2:00pm on the previous working day. All catering must be paid for upon ordering, please see next page on how to do so.

BREAKFAST / AFTERNOON TEA

			Qty
BACON EGG PANINI	Bacon, fried eggs, rocket, homemade tomato relish and aioli on panini	9.5	_____
HALLOUMI PANINI	Grilled halloumi, sauteed wild mushrooms, roasted tomato, rocket, mint, pesto aioli	9.5	_____
GF BREKKIE BOWL	Poached egg, avocado, roasted pumpkin, quinoa, kale slaw Add grilled chicken +4 <input type="checkbox"/> Grilled halloumi +4 <input type="checkbox"/> Coconut chicken +4 <input type="checkbox"/> Smoked salmon +5 <input type="checkbox"/> Smoked ocean trout +6 <input type="checkbox"/>	11	_____
HUNTER ONLY BREKKIE BAO	Chilli chives scrambled egg, bacon, cucumber, tomato relish, white miso hollandaise	10	_____
FIG YOGHURT	Burnt fig muesli, berry compote, seasonal fruits, semi dried banana, coconut flakes Choose coconut yoghurt +2 <input type="checkbox"/>	7	_____
GF CHIA PUDDING	Almond milk set chia seeds, peach puree, coconut yoghurt, paleo granola	7	_____
APPLE BIRCHER	Paleo granola, rhubarb puree, almond, seasonal fruits	7	_____
GF ACAI	Banana, coconut water, seasonal fruits, coconut chips	7	_____
CAKES	Mixed gluten free cakes / Banana bread/ Muffin / Cronut etc	5.5	_____
FRUIT BOWL	Mixed seasonal fruits, yoghurt, burnt fig muesli Individual 7 <input type="checkbox"/> Fruit platters for 6 people 40 <input type="checkbox"/>	7	_____

SANDWICH

	PITA POCKET <input type="checkbox"/> PANINI <input type="checkbox"/> BAO <input type="checkbox"/> MIXED <input type="checkbox"/>		Qty
ROASTED LAMB	Pistachio mint labneh, snow pea tendrils, tabouli, piquillo pepper, pea, mint, onion, roasted pistachio	13	_____
PULLED PORK	Smashed edamame puree, apple slaw, coriander, fresh chilli, chilli mayo	13	_____
GRILLED HALLOUMI	Sauteed wild mushrooms, roasted tomato, rocket, mint, pesto aioli	13	_____
	WHITE <input type="checkbox"/> WHOLEMEAL <input type="checkbox"/> MULTIGRAIN <input type="checkbox"/> WRAP <input type="checkbox"/> SOURDOUGH +1 <input type="checkbox"/> MIXED <input type="checkbox"/>		Qty
SCHNITZEL	House chicken schnitzel, cheese, tomato, rocket, aioli	12	_____
REUBEN	House pastrami, swiss cheese, sauerkraut, pickles, Russian dressing	11	_____
MURPHY	Chicken breast, bacon, cheese, onion, tomato, lettuce	9.5	_____
LEG HAM	Avocado, pineapple, tomato, tasty cheese, aioli, wholegrain mustard, rocket	9.5	_____
TUNA OLIVE	Olive paste, olives, boiled egg, dried tomato, capsicum, onion, olive oil, lemon, rocket, aioli	9.5	_____
V VEGE VEGE	Chickpea patty, avocado, rocket, semi dried tomato, zucchini, mint labneh, chilli mayo	10	_____
SMOKED TURKEY	Cream cheese, cranberry sauce, cucumber, dried tomato, onion, beetroot, rocket	10	_____
SPICY CHICKEN	Avocado, cucumber, tomato, grilled eggplant, onion, lettuce	10	_____
ROAST BEEF	Grilled eggplant & zucchini, avocado, mayo pesto, glazed balsamic onion, tabouli, rocket	10	_____
SMOKED SALMON	Cream cheese, avocado, caper, onion, tomato, rocket, aioli, lemon	11	_____

SALAD

INDIVIDUAL PLATTERS FOR 6 P

		I	P	Qty
V SUPER GRAIN	Lemon truffled wild rice, quinoa, pearl barley, wild mushroom, parsley salad, grilled zucchini and tomato, roasted pumpkin, lemon zest Add a poached egg +2 <input type="checkbox"/> Coconut chicken +4 <input type="checkbox"/> Grilled chicken +4 <input type="checkbox"/> Grilled halloumi +4 <input type="checkbox"/> Pulled pork +4 <input type="checkbox"/> Grilled lamb +5 <input type="checkbox"/> PER SERVING	12	70	-----
GF TROUT QUINOA	Smoked ocean trout, capers, snow pea tendrils, onion, beetroot, dill, beans, quinoa, ricotta, lemon zest, a poached egg	19	110	-----
KALE LAMB	Roasted lamb and pumpkin, kale fennel slaw, pea, sun dried tomato, beetroot, mustard mint dressing, kale chips, pistachio, pomegranate, goat cheese	15	85	-----
V HALLOUMI	Grilled halloum, rocket, grilled veges, tabouli, baby beetroot, fennel, pumpkin seeds, olive oil, balsamic dressing Add grilled chicken tenderloin +4 <input type="checkbox"/> PER SERVING	14	80	-----
GF ZUCCHINI NOODLE	Coconut chicken, shredded zucchini, carrot, onion, pear, basil, cranberry, white miso dressing, coconut flakes, chopped pickles, dry miso, lotus chips	14	80	-----
GF KALE CHICKEN	Grilled chicken, sauteed portobello mushroom, spinach vinaigrette, kale, beetroot, aioli, dried portobello mushroom skins Add grilled halloumi +4 <input type="checkbox"/> PER SERVING	14	80	-----
GF THAI BEEF	Lettuce, cucumber, coriander, fish sauce dressing	11	60	-----
GF COCONUT CHICKEN	Lettuce, cucumber, beetroot, coconut dressing			-----
GF TUNA	Olives, boiled egg, lettuce, capsicum, sweet potato			-----
CAESAR	Chicken breast, cos lettuce, boiled egg, croutons, caesar dressing			-----
GF CHICKEN AVOCADO	Chicken breast, avocado, lettuce, cucumber, poppy seeds			-----
GF PORK SLAW	Pulled pork, coleslaw, chilli, chipotle sauce			-----
GF ROASTED PUMPKIN	Lettuce, feta, quinoa, beetroot			-----
FALAFEL	Lettuce, cucumber, crispy tortilla, mint labneh			-----

DRINKS

FRESHLY SQUEEZED JUICE	1L 14	Orange	-----	Herbal	-----	Green	-----	KOMBUCHA	330ml 5	-----
SPARKLING WATER	750m 10		-----					COCONUT WATER	1L 9	-----
HOUSE COLD BREW COFFEE	200m 6		-----					HOUSE BREWED ICED TEA	300m 6	-----

DETAILS

DELIVERY PICK UP

FIRST NAME _____ LAST NAME _____ COMPANY NAME _____
ADDRESS _____ LEVEL _____ CONTACT NO _____
EMAIL _____ DELIVERY DATE _____ TIME _____

CREDIT CARD CASH

NAME ON CARD _____ CARD NO _____
EXPIRY DATE _____ CVV _____ SIGNATURE _____

Please place order by 2:00pm the day prior your event. Scan and email to catering@nookfreshbar.com.au. Minimum order \$100 and please call us for details of our free delivery area. Call us if you have not received a confirmation contact within 3 hours.

BREAKFAST DELIVERY 7:30AM – 11:00AM LUNCH 11:00AM – 12:00PM AFTERNOON 1:30PM – 3:00PM

NOOK CLARENCE
83 CLARENCE ST SYDNEY 02 9299 5050 CLARENCE@NOOKFRESHBAR@GMAIL.COM

NOOK HUNTER
48 HUNTER ST SYDNEY 02 9223 5959 CLARENCE@NOOKFRESHBAR@GMAIL.COM