



Breakfast Platters & Meeting Snacks

Individual Breakfast / Lunch Packs

Choose from following items or let us know what you require

- *Breakfast Wraps (Scrambled Egg, Bacon or Feta (V), Mushroom & Tomato Sauce)
- *Scrambled Egg Croissants, large or cocktail
- *Cocktail Smoked Salmon & Cream Cheese, Capers Bagel
- *Assorted 100% Rye, Ciabatta or Wrap Sandwiches
- *Assorted Danish Pastries, large or cocktail
- *Fruit Skewers, Fruit Cups
- *Assorted Muffins, Cup Cakes or Scones, large or cocktail
- *Muesli, Yoghurt & Berry Coulis Cups
- *Biltong, Health Bars
- *Cookies, Brownies, Honey Oat Crunchies

Catering Platters

- we can adjust the size of the platters to size of the party
- we are able to prepare HALAL-FRIENDLY, purchasing meat from certified supplier and preparing separately
- we are able to prepare quote fitting your requirements & budget
- availability of individual ingredients may vary, depending on season & market

Wrap Platter R295.00 (Serves 4)

A selection of our favourite wraps:

- *Mexicana (V) Cheddar, Jalapeños, Kidney Beans, Avocado, Tomato, Sour Cream, Coriander
- *Roast Chicken Mayo
- *Chilli con Carne
- *Coronation Chicken (Mild Curried Chicken, Toasted Almonds, Coriander)

Fully Vegetarian or Vegan wrap platter available on request

(GF) Meat Skewer Selection Platter R325.00 (Serves 4)

- 16 x Cajun Chicken, Chorizo and Roasted Red Pepper Skewers
- 16 x Italian Herbed Meatball Skewers
- 16 x Peri-Peri Chicken & Pineapple Skewer

(VGN, GF) Veg Skewer Selection Platter R325.00 (Serves 4)

- 16 x Marinated Mushroom Skewers + Balsamic Drizzle + Sesame Seeds
- 16 x Tomato & Mozzarella & Basil
- 16 x Smokey Sweet Potato, White Bean, Quinoa & Seeds Croquettes

Mini Beef Sliders Platter R325.00 (Serves 4)

- 4 x Mini Free-Range Beef Burgers with Cheddar and Onion Marmalade
- 4 x Mini Free-Range Beef Burgers with Mozzarella and Peppadews
- 4 x Mini Free-Range Beef Burgers with Feta & Sweet Chilli Sauce

Mini Chicken Sliders Platter R325.00 (Serves 4)

- 4 x Parmesan Crumbed Sliders
- 4 x Cajun Spiced + Cheddar Sliders
- 4 x Peri-Peri & Tomato Sliders

Mini Ostrich Sliders Platter R325.00 (Serves 4)

- 4 x Ostrich & Cheese + Onion Jam Sliders
- 4 x Ostrich & Cheese + Tomato Salsa Sliders
- 4 x Ostrich & Cheese + Crispy Jalapeño Slider

LUNCHWORKS, 20-22 Waterkant Street

City Bowl Cape Town 8000 Email: lunchworks.ct@gmail.com Website: www.lunchworks.co.za Tel: 021-418 3118



Mini Lamb Sliders Platter R345.00 (Serves 4)

12 x Lamb & Mint + Tzatziki Sliders

Mini Pulled Pork Sliders Platter R325.00 (Serves 4)

12 x Pulled Pork + Coleslaw Sliders

(V) Mini Mushroom Sliders Platter R325.00 (Serves 4)

12 x Mushroom & Roast Peppers + Cheddar Cheese & Mint Sliders

VGN prepared on request

(VGN) Mini Smokey Sweet Potato, White Bean, Quinoa & Seeds Sliders Platter R325.00 (Serves 4)

12 x Smokey Sweet Potato, White Bean, Quinoa & Seeds Sliders + Tomato & Onion Salsa + Onion Jam

GF prepared on request (Sweet chilli sauce & Sesame Seed coated)

Mini Fishcakes Platter R325.00 (Serves 4)

30 x Panko-Crumbed Mini Hake, Smoked Salmon and Pea Fishcakes served with Lunchworks Tartar Sauce

GF option available on request.

Hake Goujons Platter R325.00 (Serves 4)

30 x Japanese Panko-Crumbed Hake Strips, served with Lunchworks Tartar Sauce and Lemon Wedges

Chicken Strips Platter R325.00 (Serves 4)

30 x Japanese Panko & Parmesan-Crumbed Chicken Strips served with Sweet Chilli Mayo

GF option available on request

Open Sandwich Platter R315.00 (Serves 4)

4 x Free-Range Egg Mayo (V)

4 x Pastrami, Wholegrain Mustard Mayo and Mini Pickles

4 x Tuna Mayo

4 x Free-Range Chicken Mayo

(VGN) Vegan Platter R325.00 (Serves 4)

12 x Panko Crumbed Smokey Sweet Potato, White Bean, Quinoa & Seeds Croquettes

8 x Bruschetta with Hummus + Olives & Tomatoes

12 x Marinated Mushroom Skewers with Balsamic Drizzle and Sesame Seeds

Salad Platters R325.00 (Serves 4-8)

- Meat-free, dairy free salads on request

(GF) GREEN CHICKEN SALAD

- With Leaves, Cucumber, Green Beans, Peas, Pesto Dressing and Black Sesame Seeds

(GF) GREEN TUNA SALAD

- With Leaves, Cucumber, Green Beans, Peas, Pesto Dressing and Black Sesame Seeds

(GF) TANGY CHICKEN SALAD

- With Peppers, Tomato, Cucumbers, Leaves, Carrot, Peppadew, Feta, Tangy Mayo Dressing and Toasted Sunflower Seeds

(GF) TUNA SUPERBOWL

- with Quinoa, Broccoli, Cauliflower, Butternut, Green Beans, Avo, Feta and Lemon Oil Dressing

(V, GF) RUBY QUINOA SALAD

- With Broccoli, Cauliflower, Green Beans, Feta, Avo, Toasted Pumpkin Seeds, Kidney Beans and Beetroot Dressing

(V, GF) BANTING SALAD

- With roasted butternut, green beans, peppers, baby spinach, pumpkin seeds, feta

Sweet Platter R240 (Serves 4-8)

8 x Dark Chocolate and Pecan Brownie Squares

8 x Honey Oat Crunchies

8 x Fruit Skewers

8 x Chocolate Chip & Hazelnut Cookies

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