



Individually Packaged Menus

We've put together a handy 'ready reckoner' of our standard individually boxed menu items.

Please contact the team if you need individual catering not covered by this menu, we are happy to work out a solution to suit you.

Breakfast

Boxed Working Breakfast (6+ guests).....\$17.50

Warm Streaky bacon and gruyere tart (warm), fruit Danish, daily baked sweet muffin, fruit portion, 250ml juice, compostable cutlery & napkin

Ab. Fab. Famous Sweet and Savoury Morning & Afternoon Tea in a box

Individually Packaged Morning or Afternoon Tea.....\$7.70

Our Popular Morning Tea Sweet & Savoury offerings with fruit decoration and a mintie.

Boxed Healthy Option Morning or Afternoon Tea (GF,V)..... \$7.70

Healthy dip, cheese cubes and crudités, fruit portion

Boxed Lunches

Bread Based Options (1 round per person)

Filled sandwich using multigrain and white breads.....	\$9.00
Gourmet Wrap with assorted fillings	\$10.00
Rice paper rolls (3 per serve) (VG,GF).....	\$10.00
Club sandwich.....	\$11.50

Individual Fruit Salad

Fruit salad tub.....	\$5.25
Fruit salad tub with vanilla yoghurt.....	\$5.75

GF – Gluten Free | DF – Dairy Free | V – Vegetarian | VG – Vegan

Please Click here to view our [Terms & Conditions](#)

All Prices are per person, excluding GST

T: 07 3392 1132 w: www.abfabcatering.com.au e: info@abfabcatering.com.au





Individual Nutritious Salad Lunches

Individually Boxed Salad Lunches (6+ guests).....\$14.95

Minimum 10 per type of salad. Served with dinner roll, compostable cutlery, and napkins.

Nanjing Salad (GF,DF,V)

Continental cucumber, straw carrots, sweet pineapple pieces, mint and rocket dressed with chilli citrus dressing

Lentil Salad w Mediterranean Roasted Vegetables (GF,V)

Assorted leaves with lentils, roasted capsicum, cherry tomatoes, roasted sweet potato, roasted pumpkin and crumbled feta with Moroccan spiced dressing

Chicken Salad (GF,DF)

Grilled chicken and bacon strips tossed with lettuce, cherry tomatoes, diced celery, shredded capsicum and toasted almonds with lemon cream mayo dressing.

Chicken Caesar Salad

Traditional Caesar salad with croutons, bacon and parmesan shards topped with grilled chicken.

Spiced Pumpkin Salad (GF,V)

Rocket, Middle Eastern spiced pumpkin, toasted pepitas and crumbled feta

Beef Pasta Salad

Penne pasta with beef slices, roasted capsicum strips, parmesan shards, semi-dried tomatoes and olives tossed with assorted lettuce leaves and a zingy pesto dressing

Roasted Vegetable Salad (GF,V)

Mixed salad leaves, oven roasted vegetables, feta, toasted almonds and honey raspberry dressing

Thai Beef Salad (GF,DF)

Thai marinated beef strips atop mixed leaves, capsicum strips, crunchy wombok and snow pea sprouts with a soy chilli and lime dressing

Middle Eastern Spiced cous cous salad (V)

Cous cous, rocket, toasted almonds, feta and dried fruit in a Middle Eastern spiced dressing

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Quick-Service Boxed Lunches

Cold Boxed Lunches (6+ guests)

Budget Seminar Lunch Box.....\$15.50
Filled gourmet roll, cheese portion, crackers, fresh fruit, chocolate bar, individual juice, mintie

Ploughman's Lunch Box.....\$17.50
Sliced ham and roast beef, chicken terrine, brie and cheddar cheese wedges, pumpkin bread, Dill pickles & apricot chutney, sour dough roll & butter, individual juice and fruit garnish. Includes compostable cutlery, napkin, salt & pepper

Corporate Seminar Lunch Box.....\$17.50
Gourmet filled Turkish bread, Roast pumpkin, feta, nut salad, cheese and crackers, fresh fruit, biscuit and individual juice. Includes compostable cutlery, napkin, salt & pepper

Healthy Lunch Box.....\$19.50
Peri Peri chicken fillet with avocado salsa, Frittata, wombok noodle salad, frittata, fruit nut pack, fresh fruit and individual juice. Includes compostable cutlery, napkin, salt & pepper

Hot Individual Lunches (10+ guests)

Individual portion/compostable containers, fork & napkin.....\$17.50

- Creamy chicken pesto penne with semidried tomato and mushroom
- Red chicken and lychee coconut curry with jasmine rice (DF, GF)
- Beef, red wine, bacon and mushroom ragout with steamed rice (GF, DF)
- Spicy pumpkin curry with rice (VG, GF)
- Teriyaki chicken noodles (GF)
- Ravioli with fresh tomato, rocket, capers and olives (V)
- Moroccan lamb with apricots, chickpeas and spiced feta (GF)
- Daily baked filo quiche and salad (V)
- Spinach, feta & pine nut slice with filo and salad (V)

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