



LUNCHWORKS CATERING

info@lunchworks.co.za

021 - 418 3118

We offer a variety of services - please contact us with your request and we will create a custom menu for you.

- We cater for breakfast / lunch / dinner, meeting snacks, platters or hampers.
- We cater for Individuals, small groups and for large groups
- We are able to supply Vegetarian / Vegan Catering
- We are able to prepare halal-friendly, purchasing meat from a certified supplier and prepared separately
- Pre-ordering is essential
- We can adjust the quantities according to the size of your group

Breakfast & Pastry Platters

please note: items loose or individually wrapped (when possible)

(V) Cocktail Breakfast Croissant Platter R465

8 x Cocktail Croissant with Scrambled Eggs + Cherry Tomato Confit

(request quote for other fillings - Cheese, Bacon, Macon, Mushroom, Avocado)

Smoked Salmon Cocktail Croissant Platter R665

8 x Smoked Salmon Cocktail Croissants with Scrambled Eggs (or Cream Cheese)

(V) Cocktail Breakfast Bun or Bagel Roll Platter R475

10 x Cocktail Rolls with Fried Eggs + Cheese (request quote to add other fillings)

(V) Pastry Platter R395

9 x large pastries of your choice - butter croissant, maple pecan danish, pain au chocolate

(V) Cocktail Pastry Platter R359

16 x cocktail danish pastries

(V) Cocktail Scones Platter R485

16 x Scones platter with Jam + Whipped Cream + Berries

or 16 x Scones platter Jam + Grated Cheese + Butter

(V) Cocktail Muffin Platter R249

9 x Cocktail Muffins - your flavour choice - Lemon Poppy, Banana, Cappuccino, Chocolate, Apple Cinnamon

(V) Large Muffin Platter R375

9 x Jumbo Muffins - your flavour choice - Lemon Poppy, Banana, Cappuccino, Chocolate, Apple Cinnamon

Cocktail Smoked Salmon Bagel Platter R649

9 x Cocktail Bagels with the Cream Cheese + Smoked Salmon + Capers

Smoked Salmon Flapjacks Platter R659

9 x Smoked Salmon Flapjacks the Cream Cheese

Breakfast & Pastry Platters cont...

Cocktail Meat Bagel Platter R495

5' Cocktail Bagels with the Cream Cheese + Ham & Cheese + Tomato

5' Cocktail Bagels with the Cream Cheese + Roast Beef + Pickle

(V) Yoghurt Breakfast Cup - choose your favourite

Yoghurt + Honey + Muesli Cup R55

Fresh Fruit + Yoghurt + Honey + Muesli Cup R66

Fresh Fruit + Yoghurt + Chia Seeds Cup R66

(VGN) Fresh Fruit Cup: Fresh Berries + other seasonal fruits in a cup R49

Meat Platters

we can adjust the size of the platters to size of the party

(GF) Meat Skewer Platter R549.00

20 x Cajun Chicken and Roasted Red Pepper Skewers

20 x Italian Herbed Meatball Skewers

20 x Peri-Peri Chicken & Pineapple Skewer

Cocktail Beef Sliders Platter R495.00

9 x Mini Free-Range Beef Burgers with a choice of toppings: Cheddar and Onion Marmalade, Mozzarella and Peppadews, Feta & Sweet Chilli Sauce

Cocktail Chicken Sliders Platter R475.00

9 x Mini Free-Range Chicken Burgers with a choice of toppings: Parmesan Crumbed Sliders, Cajun Spiced + Cheddar Sliders, Peri-Peri & Tomato Sliders

Cocktail Ostrich Sliders Platter R495.00

9 x Mini Ostrich Burgers with a choice of toppings: Cheese + Onion Jam, Cheese + Tomato Salsa, Cheese + Crispy Jalapeño

Mixed Roast Platter R895

4 x roasted marinated chicken thighs | 4 x roasted marinated chicken drumsticks | 8 x roasted marinated chicken wings | 4 x cocktail beef boerewors - Garlic Bread

Meat Platters cont...

Cocktail Pulled Pork Sliders Platter R475.00

9 x Pulled Pork, Jalepeno + Coleslaw Sliders

Cocktail Pulled Beef Sliders Platter R495.00

9 x Pulled Beef + Home Fermented Sauerkraut

Cocktail Fishcakes Platter R559.00 ~ GF option available on request.

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

Hake Goujons Platter R555.00

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

Chicken Strips Platter R495.00 GF option available on request.

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

Open Sandwich Platter R495.00

4 x Free-Range Egg Mayo (V)

4 x Roast Beef, Wholegrain Mustard Mayo and Mini Pickles

4 x Tuna Mayo

4 x Free-Range Chicken Mayo

Wrap Platter 20pc R475.00 Fully Vegetarian or Vegan wrap platter available on request

*Cheese Tomato Pesto (V) / Roast Chicken Mayo / Chicken Schnitzel / Coronation Chicken

Cocktail Pie Platter 20pc R445.00

Choose Chicken, Steak or Sausage Roll per 10ea

New: Meat | cheese platter (Price on request)

Build your own Meat and/or Cheese Platter. Choose from:

- ham, chicken ham, beef pastrami, chicken pastrami, salami
- cheddar, gouda, brie, blue cheese, camembert
- pickles, nuts, grapes, fresh / dried fruit, berries, honey, chutney

Parma Ham Breadsticks R529

20 x Parma Ham Wrapped Breadsticks

Meat Platters cont...

Rosemary Fillet Mignon Skewers with Balsamic Glaze R775 **NEW**

24 x Tender Beef Fillet Cubes with Roast Mushrooms, Peppers and Balsamic Glaze

Canapés - bite size items

(GF, Banting) Smoked Salmon Canapés R495.00

24 x Smoked Salmon + Cream Cheese on Cucumber Canapés

(V) Pecan Nuts + Blue Cheese Cream Cheese Canapés R455.00

30 x Pecan, Grapes & Blue Cheese Cream Cheese Canapés on Rye

Roasted Beef + Horseradish Cream Cheese Canapés R455.00

24 x Roasted Beef Canapés on Rye + Horseradish Cream + Pickles

(V) Bocconcini Mozzarella Skewers R465

24 x Bocconcini Mozzarella, Sun-Dried Tomato, Basil and Balsamic Reduction Skewers

(V) Mediterranean Bruschetta R465 ~ VGN on request

30 x Crispy Bruschetta Topped with Olive Tapenade, Sun-Dried Tomato and Feta

Chicken Liver Pate R475 **NEW**

30 x Chicken Liver Pate on Crisp Rye with Balsamic Onion Jam

Goats Cheese Bruschette (V) R495 **NEW**

30 x Crispy Bruschetta Topped with Goats Cheese and Baby Fig Preserve

Artisanal Mixed Meat Platter R795 **NEW**

15 x Chicken Liver Pate on Crisp Rye with Balsamic Onion Jam

15 x Smoked Salmon and Cream Cheese on Cucumber

15 x Roasted Beef Canapés on Rye + Horseradish Cream + Pickles

Artisanal Vegetarian Platter (V) R795 **NEW**

15 x Crispy Bruschetta Topped with Goats Cheese and Baby Fig Preserve

15 x Pecan, Grapes & Blue Cheese Cream Cheese Canapés on Rye

15x Bocconcini Mozzarella, Sun-Dried Tomato, Basil and Balsamic Reduction Skewers

Vegetarian / Vegan Platters

(V) Cocktail Mushroom Sliders Platter R475.00

9 x Roast Mushroom + Peppers + Cheddar Cheese Sliders

(VGN) Cocktail Smokey Sweet Potato, Quinoa & Seeds Sliders Platter R475.00

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

(VGN, GF) Vegan Deluxe Platter R545.00

20 x Marinated Mushroom Skewers + Balsamic Drizzle + Sesame Seeds

20 x Smokey Sweet Potato, White Bean, Quinoa & Seeds Croquettes

20 x Falafel bite-size Skewers

Served with a bowl of hummus

(VGN) Crudite Platter R529

A Selection of Vegetable Sticks, Cherry Tomatoes, Vegan Pesto, Hummus, Sweet Chilli Sauce

(VGN) Seasonal Fruit Platter R545

A Selection of Fresh Seasonal Fruit and Berries

(VGN) Open Sandwich platter R495

6x Hummus + Falafel

6x Olive Tapenade + Sun-Dried Tomato + Artichokes

6 x Guacamole and Tomato Salsa

Dessert Platters

(V) Sweet Tart platter R395

24' pc Bite Size Tarts Platter or 12' pc Cocktail Size Tarts Platter

Pecan | Lemon Meringue | Apple Crumble | Milk Tart

(VGN) Fruit Skewer platter R559

30 x Bite-Size Seasonal Fresh Fruit & Berries Skewers

(V)Mini Cheesecake Platter R595

12 x Individual Blueberry or Strawberry Cheesecakes

Salad Platters

R499.00 (Serves 4-8)

~ Add Chicken or Tuna R95 ~

~ Our Pesto is Dairy Free, made with Toasted Almonds ~

(GF) Green Salad R499.00 (Serves 4-8)

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

(GF) Tangy Salad R499.00 (Serves 4-8)

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

(GF) Quinoa Super Bowl

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

(VGN, GF) Ruby Quinoa

- With Quinoa, Broccoli, Cauliflower, Green Beans, Avocado, Toasted Pumpkin Seeds, Kidney Beans, and Beetroot

(V, GF) Banting Salad

- With Roasted Butternut, Green Beans, Peppers, Baby Spinach, Pumpkin Seeds, Feta

(V) Lunchworks Pasta Salad

- With Pasta, Leaves, Tomato, Cucumber, Peppers, Feta, Olives and Mayo Dressing

Sandwich Packs

**Build your Bag / or a Fancy Box, add any other snacks & drinks
(request drinks you require)**

- choose Light Ciabatta / Wrap / White / 50% Rye / R85

Crumbed Schnitzel + Cream Cheese + Leaves

"Just" Chicken Mayo + Leaves

Cajun Chicken + Cheese + Tomato + Jalapeño + Sweet Chilli Mayo

Coronation Curried Chicken + Toasted Almonds + Coriander

Gypsy Ham + Cheddar + Tomato + Leaves

(V) Tomato + Mozzarella Cheese (or Cheddar) + Leaves + Pesto

(VGN) Falafel + Humus + Roasted Red Pepper

Roast **Beef** Pastrami or **Beef** Salami + Tomato + Cucumber + Pickle R95

Tuna Mayo + Pickles + Sweet Corn + Leaves R95

Pre-packed snacks

50g Dry Mango Slices R55

50g Corn Kernels - chutney R19

60g Maynards Jellies R35

50g Roasted Cashew Nuts R55

50g Cashew / Almond Mix R47

Bar One | Lunch Bar Large R30

48g Lays bag R19

Chocolate & hazelnut cookie - jumbo R35

GF Dark "Honest" Chocolate Brownie R65

50g Dry Apple Rings R39

40g Biltong R59

50g Dry Fruit Medley R30

50g Roasted Almonds R39

50g Dried Apricots R32

Bar One | Lunch Bar Mini R16

Dark Chocolate Pecan Nuts Brownie R39

*Crockery / Cutlery & other equipment Rental assistance available on request
We supply hot & cold buffet & prepackaged meals to small & large parties*

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Individual Items - presented on a platter or individually sealed

- **choose from items mentioned within the platters offering - request quote for the volume you require / size of your party**

Breakfast

- Gluten Free substitute available

Breakfast Wrap - feta (V) or Bacon / Chicken / Macon, Mushrooms, Baked Beans, Scrambled Eggs, Tomato Sauce, Cherry Tomatoes Confit R115

Breakfast Wrap - Vegan - with Veg & Soy Chilli, Cherry Tomato Confit R115

Breakfast Large Croissant - with Scrambled Eggs, Cheese (or or Bacon / Chicken / Macon), Cherry Tomato Confit R119

Bacon & egg roll R95 (or Chicken / Macon / avocado substitute available)

Honey Oat Porridge - 350ml cup - R59 (add Sliced Almonds or Banana R15, VGN option on request)

Gourmet Burgers

Pure Beef Burgers R119

Classic Beef + Cheese Burger

Pulled, Slow Cooked, Smokey Beef Chuck + Coleslaw burger

Beef + Feta & Sweet chilli sauce burger

Free Range Chicken Burger R99

Plain chicken cheese Burger

Cajun Spiced Chicken Burger with Jalapeño

Crumbed Chicken Burger

Medium Peri Peri + Roasted Pineapple Chicken Burger

Crumbed hake burger R149

(VGN) Vegan glory burger R109

Burger sides

Potato Chips R40 / Sweet Potato Chips R49

Cajun Spiced Chips with garlic mayo R55 / Truffle parmesan chips R59

Roasted baby potatoes R45

Roasted sweet potatoes (seasonal) R45

Side salad R45

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Sandwiches

- choose Light Ciabatta / Wrap / White / 50% Rye
R85 Just Sandwich / 125 with Fries or Salad

Crumbed Schnitzel + Cream Cheese + Leaves

"Just" Chicken Mayo + Leaves

Cajun Chicken + Cheese + Tomato + Jalapeño + Sweet Chilli
Mayo

Coronation Curried Chicken + Toasted Almonds + Coriander
Gypsy Ham + Cheddar + Tomato + Leaves

(V) Tomato + Mozzarella Cheese (or Cheddar) + Leaves +
Pesto

(VGN) Falafel + Humus + Roasted Red Pepper

Roast **Beef** Pastrami or **Beef** Salami + Tomato + Cucumber +
Pickle R95

Tuna Mayo + Pickles + Sweet Corn + Leaves R95

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Preorders essential, we cook to order. For orders on the day request the Specials menu or choose a Burger or a Sandwich.

Following selection represents a sample of what we can do. Choose the meal for your party or inquire regarding creating a set menu with several options, number of options depending on the size of your group. Request a quote for a meal not on the list.

Main Meals

**For groups of over 10 people, a set menu with certain meals will be provided
Order it as it usually comes or choose a different side**

Sides: potato chips / roasted baby potatoes / roasted cajun potato wedges / roasted sweet potato / basmati rice / black rice / yellow rice / cous cous / quinoa / egg noodles / pasta / green veggies / roasted veggies / honey roasted root vegetables / side mix salad / side greek salad / side pasta salad

Chicken (Halal-friendly | All R139)

- Chicken schnitzel + chips
- Roasted chicken thigh + potato mash + carrots & peas
- Chicken "Potjie" stew + pap
- Chicken stir fry + egg noodles
- Grilled chicken fillet + vegetable medley + cous cous
- Chicken bolognese pasta
- Roasted chicken leg quarter + sides
- Chicken chilli Mexican style tortilla + cajun sweetcorn + salsa + nachos
- Curried chicken mince + pap
- Roast chicken + gravy + mash potato + veg
- Chicken bobotie + yellow rice
- Chicken meatballs + spaghetti + tomato sauce + parmesan
- Chicken involtini - rolled crumbed chicken breast with cheese (add ham or parma ham)
- Chicken sausage roll + chips R125
- Chicken (pastry) pie + side R125

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Main Meals Cont.

For groups of over 10 people, a set menu with certain meals will be provided

Order it as it usually comes or choose a different side

Fish (All R149)

- Crumbed hake + chips
- Crumbed hake strips + potato mash
- Grilled hake + green vegetables + side salad + garlic butter
- Fish cakes (grilled or crumbed) + side salad
- Grilled hake nicoise salad

Beef

- Roast beef + gravy + mashed potato + veggies R159
- Boerewors roll + chips R115
- Beef steak (pastry) pie + side R125
- Beef bobotie + yellow rice R139
- Curried mince beef + pap R139
- Beef & vegetable stew + mash potato / or rice R159
- Spiced ground beef chilli Mexican style tortilla + cajun sweetcorn + salsa + nachos R139

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Main Meals Cont.

For groups of over 10 people, a set menu with certain meals will be provided

Order it as it usually comes or choose a different side

Curries (all R139)

Choose chicken, vegetarian with cashews or Lamb (R40 surcharge)

- Thai curry
- Creamy yellow curry
- Rendang curry
- Butter curry
- Zanzibar coconut curry
- Lentil coconut + butternut curry
- Potjie style vegetable + potato curry

Vegetarian meals (all R139)

- Crumbed mushrooms / cauliflower / eggplant - served with a side tartar sauce + your choice of side
- Roasted veg + feta pie + side R115
- Veg bobotie + yellow rice
- Veg chilli con carne + brown rice
- Veg enchiladas + sour cream + spiced corn + nachos

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Main Meals Cont.

For groups of over 10 people, a set menu with certain meals will be provided

Pasta (all R139)

We are using egg-free pasta / GF pasta available on request

- Creamy chicken pesto
- Beef bolognese
- Beef meatballs + neapolitan tomato sauce
- Creamy beef lasagne
- Creamy chicken lasagne
- Chicken mac n'cheese
- Chicken bacon mac n'cheese
- Creamy tuna + sweetcorn pasta bake
- Alfredo - creamy ham + mushrooms
- Chicken alfredo - creamy chicken + mushroom
- Lamb youvetsi - orzo with pulled lamb + rich tomato sauce (R149)
- Pulled beef youvetsi - orzo with pulled beef + parmesan
- Pulled chicken orzo "risotto"
- Chow mein - with chicken or beef (R149)

Vegetarian pasta (all R139)

- Creamy veg pesto - green vegetables, vegan pesto - cream optional
- Puttanesca - tomato, capers, chilli, anchovies, basil (vgn)
- Roast peppers + spinach + feta lasagne (VGN option on request)
- Mac n'cheese
- Creamy mushroom + parmesan pasta
- Mediterranean Pesto pasta - orzo with pesto + roasted peppers, eggplant, courgettes
- Vegetarian chow mein
- Vegetarian stir fry

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Main Meals Cont.

For groups of over 10 people, a set menu with certain meals will be provided

Poke Bowls (no starch / vegetarian / vegan on request)

- Sweet & sour chicken with sushi / black / basmati rice or quinoa or spinach / cabbage, asian style toppings R139
- Sweet & sour tofu & crunchy asian mushrooms with sushi / black / basmati rice or quinoa or spinach / cabbage, asian style toppings R139
- Smoked salmon with sushi / black / basmati rice or quinoa or spinach / cabbage, asian style toppings R189

Salads

- Mexican style chicken / or beef bowl + brown Rice + sour cream + tomato salsa + nachos + jalapeño R139
- Green salad - chicken - with green vegetables + pesto + avocado + sesame seeds + feta R139
- Green salad - tuna - with green vegetables + pesto + avocado + sesame seeds + feta R145
- Tangy chicken salad - crunchy vegetables + leaves + pulled chicken + mustard mayo dressing R139
- Greek salad (V) - crunchy vegetables + leaves + feta R139
- Banting Salad - banting vegetables + baby spinach + pumpkin seeds + feta R139
- Ruby quinoa salad - broccoli + cauliflower + green beans + avocado + toasted pumpkin seeds + kidney beans + beetroot dressing R139
- Crumbed chicken Strips + greek salad R139
- Falafel + roasted moroccan spiced roasted vegetables + hummus +tzatziki R139

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Salads Cont.

For groups of over 10 people, a set menu with certain meals will be provided

- Grilled or crumbed hake nicoise salad with capers + eggs + anchovies R155
- Chicken pasta salad with leaves, cherry tomatoes and light mayo dressing R139
- Tuna pasta salad with leaves, cherry tomatoes and light mayo dressing R145

Soups:

Meat soups 500ml R79

- | | |
|--|---|
| <ul style="list-style-type: none">• Beef hot pot• Chicken + vegetable• Creamy chicken noodle• Lamb & barley• Creamy lamb curry• Italian meatball + pasta & tomato• Yellow chicken curry• Beef goulash• Pea + ham• Pea + bacon• Three bean + sausage• Thai chicken curry | <ul style="list-style-type: none">• Moroccan chicken + butternut & chickpea• Beef chilli con carne• Creamy chicken + mushroom• Chicken meatballs + noodle• Butter chicken + vegetables• Creamy hake chowder• Cabbage + chorizo sausage• Lamb hot pot• Creamy chicken + broccoli |
|--|---|

Lunchworks Group Catering Offerings

We are Halal friendly. This means that we use halal certified chicken slaughtered in South Africa and that we prepare it separately, as well as our vegetarian and fish items. Please let us know of Halal-friendly requirement and we will ensure non-halal meats are substituted.

Soups Cont.

For groups of over 10 people, a set menu with certain meals will be provided

Vegetarian Soups 500ml R69

- Creamy butternut
- Tomato + basil
- Leek + potato
- Lentil + feta
- Three bean
- Roast pepper + tomato
- Curried lentil + coconut
- Carrot + coriander
- Spinach + potato
- Pea + barley & lentils
- Thai veg curry
- Moroccan butternut and chickpea
- Creamy zucchini
- Creamy mushroom
- Chunky mushroom & potato + vegetable
- Cabbage + roasted peppers
- Veg chilli
- Creamy broccoli
- Creamy cauliflower with parmesan croutons
- Roasted pumpkin
- Roasted sweet potato

Drinks

- Soft drink cans R28
- Liquifruit can R34
- Mineral table mountain water 500ml R26
- Tizers R42
- Energizer / Red bull R34
- Sir Juice 350ml R40 / 500ml R44

Coffee & tea station

- We offer our barista-operated espresso machine station SETUP making coffee & tea to order

Or

- Self-service coffee tea station with hot water urn & selection of tea and filter + instant coffee