



EAT REAL FOODS CAIRNS - <https://www.eatreal.net.au/>
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Eat Real are your healthier eating alternative. We sell ready-made, pre-packaged meals, can help with events and catering and offer delivery to **MiHaven Student Living**. info@eatreal.net.au

A Sample Menu Selection follows which can be delivered to our MSL apartments, based on a minimum of 10 people. Menus can be modified, altered for dietary requirements [GF & V] and according to budget.

Breakfast packs from \$14.50 per person

- Ham & Cheese Croissant. Fruit & Muffin
- Bacon, Egg & Cheese Spinach Wrap, Fruit and Banana Bread
- Zucchini Slice (G.F) Chilled or Warm, fruit salad & yoghurt
- Omelette w ham. Tomato & Spinach with Toast & Hash Brown
- Bacon & Egg Roll, fruit & Yoghurt
- Small water or juice

Lunch packs from \$10 to \$16 per person

- Assorted Sandwiches
- Wraps
- Gourmet Mixed Platter of mini-wraps and sandwiches
- Salads including Chicken Caesar, Korean Beef & Mixed Green with nuts and raisins
- Sausage Rolls, Mini Pies, Zucchini slice, assorted quiches, ham & cheese croissants, muffins, cakes, biscuits, slices, fruits & yoghurt
- Sweet & Savoury Platters including 2 x savoury and 2 x sweets from list above
- Antipasto Platters includes cold meats, mixed grilled vegetables, olives, sundried tomato, vege sticks, homemade dips, crackers and cheese
- Sushi Platters – homemade sushi rolls & dipping sauce using quality fresh ingredients
- Asian Fusion Platters includes homemade sushi rolls and rice paper rolls with dipping sauce

Dinner from \$13 pp for basic dinner meal pack to \$25 pp 3 course menu

Sample 3 course dinner menus \$25 pp

Menu 1

- Garlic Bread
- 2 x Pastas – Grass fed beef bolognese / Chicken leek mushroom with light
- Cream
- Garden Salad
- Steam Greens
- Fruit salad

Menu 2

- Pumpkins Soup
- Roast Meal – pork or beef or bake chicken (2 choices)
- Steam Mixed Veggies
- Colourful Salad
- Eat Real Banana loaf Gluten and sugar free

Menu 3

- Mixed Rice paper rolls
- Asian Salad x 2 types Asian Pork w rice noodle salad & Korean beef Salad
- Paleo Version of apple crumble – apple w granola & maple syrup

Menu 4

- Chicken Mild Thai yellow curry
- Beef Curry w Carrots/potato/beans and peas
- Steam Rice
- Garden Salad
- Cheesecake

Menu 5

- Roasted Greek Lamb w Potato n Carrots w fresh herbs n lemon
- Greek Salad
- Bread with hummus/ tzatziki dip
- Fruit / custard

Menu 6

- Chicken Corn Soup
- Stir fry sweet potato noodle w chicken and veg
- Fried Rice
- Chocolate cake/slice Paleo

SPECIAL OCCASIONS

This Cairns healthy catering company can also come and prepare and/or deliver a range of meals and treats for special occasions, events and/or celebrations. Some examples of what we can provide is below, which can be presented on individual dishes or on platters. We're happy to work with customers, creating a menu which suits your preferences and dietary requirements.

- **MINI SLIDERS.** Sweet potato Rosti with Wagyu beef, caramelized onion with homemade BBQ sauce.
- **VEGGIE BOAT #1.** Mini vegetable stack on a bamboo stick with hummus dressing.
- **VEGGIE BOAT #2.** Salt and pepper Tofu with a fresh Asian salad.
- **EAT REAL BOAT #1.** Rosemary lemon garlic crispy chicken with homemade dipping sauce.
- **EAT REAL BOAT #2.** Salt and pepper fish with pineapple salsa on Asian coleslaw.
- **MINI EGGPLANT CANNELLONI** with rich tomato and basil sauce.
- **NACHOS:** Mexican pulled pork with pineapple salsa and natural yoghurt. With or without cheese.
- **EGGPLANT DUMPLING.** Our version of Chinese dumpling, using eggplant drizzled with homemade sauce.
- **MINI THAI BOAT. #1** Fish cakes with sweet chilli sauce. **#2** Satay chicken with pawpaw salad.
- **MINI ANTIPASTO.** Olives, feta and sundried tomato skewers, homemade dip, grilled vegetables with rosemary oil