

Please allow 48 hours minimum notice for all orders.

Contact: Natalie on 0401 327 070 or bowlandbean@gmail.com

# CATERING MENU

# BOWL & BEAN

V Vegan GF Gluten Free  
VG Vegetarian NF Nut Free  
DF Dairy Free EG Egg Free

## SALAD & BOWLS

REG \$13.5 • LGE \$15.5

### BB SALAD VG, GF, NF, EF

Mixed legumes with citrus vinaigrette, capsicum, onion, roasted tomato, olives, basil, cucumber & feta

QTY

### MIDDY EAST V, VG, DF, NF, EF

Mixed leaves with molasses dressing, cherry tomato, cucumber, chickpeas, mint, parsley, red onion, za'atar crouton, sumac & tahini drizzle

### COBB HILLY GF, NF

Chopped lettuce with yoghurt ranch dressing, corn, tomato, avocado, onion, egg, bacon & crumbled feta

### UMAMI HIT VG, DF, NF

Shredded cabbage with yuzu sesame dressing, shredded carrot, edamame, daikon, shallot, seaweed, tobiko, sesame, crispy noodles & wasabi peas

### CALI MEX BOWL (WARM) VG, NF

Brown rice, citrus vinaigrette, chunky pico, beans, avocado, corn, cheddar cheese, shallot, & jalepeño crema

### RECHARGE BOWL (WARM) V, VG, DF, GF, EF

Cauliflower rice & lentils with pomegranate dressing, kale, cabbage, roasted pumpkin, pickled onion, sultanas, roasted seeds & almonds

## TARTINES \*GF UPON REQUEST

Our Tartines are made to order using Sonoma sourdough bread and cut in half

Smoked salmon, cream cheese, cucumber, dill, pickled onion, capers NF, EF \$14

QTY

Prosciutto, edamame, parmesan, balsamic glaze, basil NF, EF \$12

Avocado, boiled egg, roasted tomato, feta, balsamic, seed mix, basil VG, NF \$14

## MAKE IT A B&B TARTINE BOX

QTY

5 x Tartines of your choice \$60

10 x Tartines of your choice \$120

## SEASONAL FRUIT

QTY

Fruit Platter Tray (8 - 10 people) \$59.5

Fruit skewers (10 order minimum) / \$4 each

## MAKE IT A B&B CATERING BOWL

\*Select any salad of your choice Serves 8-10 people \$70

BB SALAD VG, GF, NF, EF

QTY

MIDDY EAST V, VG, DF, NF, EF

COBB HILLY GF, NF

UMAMI HIT VG, DF, NF

QTY

CALI MEX BOWL (WARM) VG, NF

RECHARGE BOWL (WARM) V, VG, DF, GF, EF

## ADD A HERO

QTY

PULLED BEEF \$7.5

PULLED PORK \$5.5

SALMON CEVICHE \$7.5

POACHED CHICKEN \$5.5

MARINATED TOFU \$4.5

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## SANDWICHES & WRAPS \$12.5 \*GF UPON REQUEST

Our sandwiches are made to order using Sonoma's rustic tin loaf bread.  
Our wraps are made using Mission spinach tortillas and are cut into thirds.

	QTY
Tuna mayo wrap, tuna salad, lettuce, tomato, avocado, onion <sup>DF, NF</sup>	<input type="checkbox"/>
Peri Peri chicken wrap, marinated cabbage, tomato, Peri Peri mayonnaise <sup>DF, NF</sup>	<input type="checkbox"/>
Prosciutto sandwich on Sonoma bread with tomato, olives, rocket, Swiss cheese, mayonnaise <sup>NF</sup>	<input type="checkbox"/>
Poached chicken club on sourdough bread with crispy bacon, lettuce, tomato, mayonnaise <sup>DF, NF</sup>	<input type="checkbox"/>
Eggplant wrap, cabbage, cucumber, onion, parsley, pickles, tahini, hummus <sup>VG, DF, NF, V</sup>	<input type="checkbox"/>

## MAKE IT A B&B SANDWICH BOX

		QTY
B&B Traditional Box	\$125	<input type="checkbox"/>
- 5 wraps		
- 5 sandwiches		
B&B Deluxe Box	\$230	<input type="checkbox"/>
- 10 wraps		
- 10 sandwiches		

## SONOMA PASTRIES

We can source a variety of pastries on request (Minimum 48 hour notice required)

		QTY			QTY
CROISSANT (PLAIN) 6 PACK	\$22	<input type="checkbox"/>	LEMON BLUEBERRY FINANCIER 6 PACK	\$42	<input type="checkbox"/>
CROISSANT (CHOCOLATE) 6 PACK	\$26	<input type="checkbox"/>	APRICOT DANISH 6 PACK	\$38	<input type="checkbox"/>
BANANA BREAD LOAF	\$40	<input type="checkbox"/>	CARROT CAKE 9 PACK	\$70	<input type="checkbox"/>
MORNING BUN 6 PACK	\$38	<input type="checkbox"/>	RASPBERRY DONUTS 6 PACK	\$28	<input type="checkbox"/>
MUFFIN (MIXED BERRY) 6 PACK	\$30	<input type="checkbox"/>	CROISSANT (ALMOND) 6 PACK	\$48	<input type="checkbox"/>
PORTUGUESE CUSTARD TART 6 PACK	\$28	<input type="checkbox"/>	CINNAMON SCROLLS 8 PACK	\$50	<input type="checkbox"/>
CHOCOLATE CHIP COOKIE 18 PACK	\$70	<input type="checkbox"/>	BROWNIE SLAB	\$48	<input type="checkbox"/>
SEASONAL FRUIT BRIOCHE 6 PACK	\$44	<input type="checkbox"/>	CLASSIC LAMINGTON 9 PACK	\$60	<input type="checkbox"/>