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www.deliciouslycleaneats.com.au

# DELICIOUSLY CLEAN *eats* CATERING

☎ 0439711571

✉ catering@deliciouslycleaneats.com.au

## PLATTERS & LIGHT BITES

Hummus & Veggie Sticks	Roast Pumpkin Hummus & Traditional Hummus served w Seasonal Veggie Sticks	\$55	Serves 10-12
Tomato Bruschetta & Bread	Ripe Tomatoes, Sweet Basil, Red Onion, Fresh Garlic & Olive Oil. Served w Herb Toasted French Stick	\$55	20 pieces
Pumpkin Brushcetta & Bread	Roasted Pumpkin w Maple & Cumin, Rocket, Feta & Balsamic. Served w Herb Toasted French Stick	\$55	20 pieces
Small Mixed Wrap Platter	Selection of Turkey & Cranberry, Roast Pumpkin, Spinach & Brie, Smokey Chicken, Salad & Tomato Relish & Roast Veg, Feta, Spinach & Pesto	\$80	12 pieces
Large Mixed Wrap Platter		\$160	24 pieces
Guac & Corn Chips	Smashed Avo, Fresh Tomato, Red Onion, Coriander & Lime served w Corn Chips	\$55	Serves 10-12
Small Seasonal Fruit Platter	A selection of fresh local chopped fruit.	\$35	Serves 5-6
Large Seasonal Fruit Platter	A selection of fresh local chopped fruit.	\$70	Serves 10-12
Housemade Sausage Rolls	Pork, Apple & Fennel Sausage rolls served w Tomoato Relish. <i>These are cooked and cooled and require reheating onsite.</i>	\$85	48 mini rolls
Dessert Platter	Housemade DCE Signature Brownie, Bliss Balls, Gluten Free Dark Choc Chip Cookies, Nutella Loaded Date & Fresh Strawberries.	\$95	20 serves
Signature Grazing Platter	Hard & soft cheese, Hummus Dips, Fresh Veggie Sticks, Cured Meats, Grapes, Strawberries, Olives, Quince Paste, Gourmet Crackers & DCE GF sweets	\$150	Serves 10-12
GF Grazing Platter	Hard & soft cheese, Hummus Dips, Fresh Veggie Sticks, Cured Meats, Grapes, Strawberries, Olives, Quince Paste, GF Crackers & DCE GF sweets	\$150	Serves 10-12
Afternoon Platter	Selection of Cheese & Crackers, Hummus, Veggie Sticks, Cured Meat, Green Olives & Seasonal Fruit	\$55	Serves 6-8
Vegetarain Frittata Triangles	Roast Vege, Spinach, Feta, Caramlised Onion & Cherry Tomatoes served on Rocket w Tomato Relish.	\$75	12 pieces
Chorizo Frittata Triangles	Panfried Chorizo, Roast Potato, Kale & Feta served on Rocket w Tomato Relish.	\$75	2 pieces
Teriyaki Chicken Rice Paper Rolls	Teriyaki Chicken, Fresh Asian Salad served w Ponzu Dipping Sauce	\$100	20 rolls
Teriyaki Tofu Rice Paper Rolls	Teriyaki Tofu, Fresh Asian Salad served w Ponzu Dipping Sauce	\$100	20 rolls

# CATERING



## BAKE IT TRAYS

Beef Lasagna	Housemade Beef Lasagna w Spinach & Ricotta Topping. <i>Comes assembled and requires cooking in an oven.</i>	\$150	serves 15
Vegetarian Lasagna	Layers of Roasted Vegies, w Tomato Basil Sauce & Spinach and Ricotta Topping. <i>Comes assembled and requires cooking in an oven.</i>	\$150	Serves 15
Pesto Gnocchi Bake	Housemade DF Pesto tossed w Potato Gnocchi, Roast Veg, Feta & Spinach, Topped w Tasty Cheese. <i>Require reheating in oven</i>	\$150	serves 15

## INDIVIDUAL SALAD BOWLS

Teriyaki Chicken Poke	Grilled Chicken in housemade Teriyaki Sauce, Asian Rice Noodle Salad w Fresh Herbs, Cucumber, Edamame, Pickled Ginger & Ponzu Dressing	\$18	serves 1
Teriyaki Tofu Poke	Grilled Tofu in housemade Teriyaki Sauce, Asian Rice Noodle Salad w Fresh Herbs, Cucumber, Edamame, Pickled Ginger & Ponzu Dressing	\$18	serves 1
Smokey Chicken Bowl	Grilled Smokey Chicken, Roast Sweet Potato, House Salad, Grated Cheese & Honey Mustard Viniagrette	\$18	serves 1
Turkey Salad Bowl	Housemade Turkey & Cranberry Patty, Roast Sweet Potato, House Salad, Grated Cheese & Honey Mustard Viniagrette	\$18	serves 1
Grilled Haloumi Bowl	Grilled Haloumi, Roast Sweet Potato, House Salad, Grated Cheese & Honey Mustard Viniagrette	\$18	serves 1
Vegan Bowl	Housemade Vegan Patty, Roast Sweet Potato, House Salad & Maple Mustard Viniagrette	\$18	serves 1

## BENTO BOXES

Teriyaki Chicken Bento	Teriyaki Chicken Poke Salad w Ponzu Dressing, served w Crackers & Cheese, Fresh Seasonal Fruit & DCE Brownie Bite	\$25	serves 1
Teriyaki Tofu Bento	Teriyaki Tofu Poke Salad w Ponzu Dressing, served w Crackers & Cheese, Fresh Seasonal Fruit & DCE Brownie Bite	\$25	serves 1
Grilled Smokey Chicken Bento	Grilled Smokey Chicken, Roast Sweet Potato, House Salad, Grated Cheese & Honey Mustard Viniagrette served w Crackers & Cheese, Fresh Seasonal Fruit & DCE Brownie Bite	\$25	serves 1
Grilled Haloumi Bento	Grilled Haloumi, Roast Sweet Potato, House Salad, Grated Cheese & Honey Mustard Viniagrette served w Crackers & Cheese, Fresh Seasonal Fruit & DCE Brownie Bite	\$25	serves 1

# CATERING

## WHOLEGRAIN WRAPS

Grilled Smokey Chicken	Grilled Smokey Chicken, Housemade Slaw, Grated Cheese & Smokey Tomato Relish	\$14	serves 1
Turkey & Cranberry	Housemade Turkey & Cranberry Patty, Baby Spinach, Roast Pumpkin, Brie Cheese & Cranberry Sauce	\$14	serves 1
Beef Patty	Housemade Beef Patty, Fresh Salad, Grated Cheese & Tomato Relish	\$14	serves 1
Roast Veg, Feta & Spinach	Seasonal Roast Veg, Baby Spinach, Pesto & Feta	\$14	serves 1

## BAGUETTES

Grilled Smokey Chicken	Grilled Smokey Chicken, Housemade Slaw, Grated Cheese & Smokey Tomato Relish	\$14	serves 1
Antipasto	Grilled Veg, Feta, Spinach & Pesto on Crunchy Bread	\$14	serves 1
FAT Smash	Avocado, Feta, Tomato, Fresh Dill, Lemon w Rocket on Crunchy Bread	\$14	serves 1

## CLASSIC SALADS

Kale, Apple and Almond Slaw	Shredded Red & White Cabbage, Grated Carrot, Kale & Fresh Green Apple served w Housemade Honey Mustard Vinaigrette & Slithered Almonds	\$75	serves 8-10
		\$150	serves 10-20
Asian Rice Noodle Salad	Rice Noodles tossed w Shredded Red Cabbage, Wombok, Grated Carrot, Bean Shoots, Fresh Herbs & Chilli, Edamame, Peanuts & Housemade Ponzu Dressing	\$75	serves 8-10
		\$150	serves 10-20
Quinoa Tabouli	Quinoa, tossed w Fresh diced tomato, grilled Capsicum, Italian Parsley, Fresh Mint, Spring Onion served w Feta & Zesty Lemon Vinaigrette	\$75	serves 8-10
		\$150	serves 10-20
Green Makes Us Happy Salad	Mixed Lettuce tossed w Snowpeas, Cucumber, Cherry Tomatoes, Grated Carrot, Red Capsicum, Avocado served w Honey Mustard Vinaigrette & Pepitas	\$65	serves 8-10
		\$100	serves 10-20

# CATERING

## PREMIUM SALADS

Roast Pumpkin, Basil & Quinoa	White Quinoa, Roast Pumpkin, Baby Spinach, Fresh Basil, Roast Red Capsicum & Feta served w Zesty Lemon Vinaigrette	\$85	serves 8-10
		\$160	serves 10-20
Prosciutto, Pear & Sweet Potato	Crispy Prosciutto, Roast Sweet Potato, Sliced Pear, Feta, Rocket & Housemade Honey Mustard Vinaigrette	\$85	serves 10-20 serves 8-10
		\$160	serves 10-20
Roast Veg & Feta & Spinach	Seasonal Roast Veg, tossed w Baby Spinach, Feta, Housemade Sweet Balsamic Vinaigrette and topped w Pepitas	\$85	serves 8-10
		\$160	serves 10-20
DC Eats Signature Potato Salad	Herb Roasted White & Sweet Potato, Smash Egg, Bacon, Broccoli, Kale tossed with a creamy Honey Mustard and Dill Dressing.	\$85	serves 8-10
		\$160	serves 10-20
Roast Pumpkin, Pomegranate & Haloumi	Roast Butternut Pumpkin, Grilled Haloumi, Fresh Pomegranate, Mint & Rocket served w Minted Yoghurt	\$85	serves 8-10
		\$160	serves 10-20
Summer Mango Salad <i>Seasonal</i>	Fresh Sliced Mango, Mixed Lettuce, Cherry Tomatoes, Cucumber, Red Capsicum, Bean Shoots, Coriander topped with Honey Roasted Macadamia Nuts & Honey Mustard Vinaigrette	\$85	serves 8-10
		\$160	serves 10-20
Pesto Pasta Salad	Seasonal Roast Veg tossed with Penne Pasta, Spinach, Cherry Toms, Feta & Housemade DF Basil Pesto.	\$85	serves 8-10
		\$160	serves 10-20

## PROTEIN SIDES

Grilled Lemon Pepper Chicken Tenderloins	Chicken tenderloins marinated in Housemade Zesty Lemon & Pepper Marinade & oven baked	\$7.5	serves 1  120g
Grilled Teriyaki Chicken	Chicken thighs marinated in housemade Teriyaki Sauce oven baked and coated in more sticky Teriyaki sauce	\$7.5	serves 1  120g
Turkey & Cranberry Patty	Housemade Patty loaded w Vegies, Fresh Herbs & Cranberry Sauce	\$7.5	serves 1  120g
Slow Cooked Pulled Pork	Pork Shoulder slow cooked for 12 hours w Fresh Apple, Red Onion, Garlic and Housemade Marinade	\$7.5	serves 1  120g
Slow Cooked Pulled Beef	Beef Brisket slow cooked for 12 hours w Fresh Herbs, Garlic & Housemade Marinade	\$8.5	serves 1  120g
House Made Beef Patty	Housemade Patty loaded w Vegies, Housemade Smokey Seasoning & Tomato Relish	\$8.5	serves 1  120g
Vegan Plant Power Patty	Housemade Sweet Potato, Chickpea & Lentil Patty w garlic, coriander, dry curry, spring onion and carrot. Oven Baked	\$7.5	serves 1  120g



# CATERING

## BREAKFAST



DCE Bircher Cup	Rolled Oats & Chia Seeds soaked in Almond Milk tossed w Fresh Diced Apple, Blueberries, Greek Yoghurt & Housemade GF Granola	\$14	serves 1
Mango & Chia Pudding	Chia Seeds soaked in Coconut & Almond Milk w Diced Mango, Coconut Yoghurt & Housemade Macadamia & Almond Crumble	\$14	serves 1
Greek Yoghurt & Granola Cup	Greek Yoghurt drizzled w Honey served w Mixed Berries & Housemade GF Granola	\$12	serves 1
Seasonal Fruit Cup	Freshly cut seasonal fruit	\$9	serves 1
DCE Big Breaky Toastie	Turkish Roll w Roast Pumpkin, Bacon, Egg, Cheese, Spinach & Tomato Relish	\$14	serves 1
DCE Big Breaky Vegetarian Toastie	Turkish Roll w Roast Pumpkin, Grilled Haloumi, Egg, Cheese, Spinach & Tomato Relish	\$14	serves 1
Pesto Pasta Salad	Seasonal Roast Veg tossed with Penne Pasta, Spinach, Cherry Toms, Feta & Housemade DF Basil Pesto.	\$85	serves 8-10
		\$160	serves 10-20

## SWEETS



DC Eats Signature Choc Peanut Butter Brownie	DCE Signature treat made on Almond meal, Fresh Dates & Belgian Dark Chocolate	\$6	serves 1
DC Eats Signature Choc Raspberry Brownie	DCE Signature Treat made on Almond meal, Fresh Dates & Belgian Dark Chocolate	\$6	serves 1
Raw Cacao Bliss Ball	Vegan Bliss Ball made on Almond Meal, Fresh Dates, Coconut Oil, Vanilla Bean, Almond Butter, Buckwheat, Rolled in Fresh Coconut	\$4	serves 1
GF Dark Choc Raspberry Muffins	Platter of 12 Dark Chocolate & Raspberry Gluten Free Muffins	\$72	serves 12
GF Dark Choc Lemon, Blueberry & White Choc Muffins	Platter of Blueberries, Lemon Curd & White Chocolate Gluten Free Muffins	\$72	serves 12

# CATERING

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## PERFORMANCE EATS

At Deliciously Clean Eats, we specialise in high-performance catering for professional sporting teams, delivering meals designed to support athlete performance, recovery and nutrition goals.

We offer flexible catering solutions to suit a range of venues, schedules and travel requirements, including:



Individual Grab & Go meals and snack packs



Team meal drops for hotels and venues



Buffet-style onsite catering where facilities permit



Customised menus with a wide variety of fresh, balanced options

For more information please either email [catering@deliciouslycleaneats.com.au](mailto:catering@deliciouslycleaneats.com.au) or contact Meagan on 0439711571

## ORDERING INFORMATION

# CATERING

### MINIMUM SPEND

Monday - Friday	\$0
Saturday	\$500
Sunday	\$750

### ORDERING TIMEFRAME

Orders to be placed 72 hours before delivery.

*If you require an order before this timeframe please email [catering@deliciouslycleaneats.com.au](mailto:catering@deliciouslycleaneats.com.au)*

Orders placed within 24 hours of delivery will incur a 20% surcharge

### DELIVERY WINDOWS & FEES

Monday - Friday	730am-4pm	\$15
Weekend	830am-12pm	\$20

### PAYMENT

If your order meets all the requirements you will be able to add your order to cart and checkout with payment via credit card.