



CLEAN EATING BANQUET

KARTEL CATERING - AUTUMN WINTER 2026

\$45 PER HEAD

A HEALTHY LUNCH

CHOOSE TWO PROTEINS

CITRUS BRINED ROAST CHICKEN BREAST W/ TAPENADE

LAMB RUMP W/ CAPER RASIN SALSA, SPICED CARROT PUREE

MISO GRILLED SALMON

TANDOORI ROASTED WHOLE CAULIFLOWER (V)

CHOOSE THREE SALADS

BABY BEETROOT, GOAT'S CHEESE & WILD RICE (GF)

Roasted hazelnuts, mizuna, mint & tahini-apple cider vinaigrette

GRILLED HALOUMI, YELLOW PEACH & AVOCADO (GF)

Rocket, smashed macadamia & honey-dijon vinaigrette

HEIRLOOM TOMATO & FIOR DI LATTE (GF)

Pickled red onion, watercress, pistachio pesto, basil & sherry vinaigrette

MISO TOFU, SOBA NOODLE & MIZUNA (VG)

Soybeans, snow peas, cucumber, carrot, watercress, coriander, black sesame & tahini-ginger dressing

CAULIFLOWER, SUGAR SNAP & BUCKWHEAT TABBOULEH

(VGA)(GF)

Caramelised seeds & green tahini yoghurt dressing

KIPFLER POTATO, ROASTED ASPARAGUS & RICOTTA SALATA (GF)

Watercress, pickled radish, roasted almonds & sherry vinaigrette

ROAST CHICKEN, AVOCADO & SPECK (GFA)

Baby cos, soft boiled egg, sourdough croutons & green goddess dressing

PORK BELLY, GREEN PAPAYA & MIZUNA (GF)

Glass noodles, shiso, pickled daikon-carrot, crispy shallots & hot-sour dressing

RARE BEEF & SUGARLOAF CABBAGE (GF)

Goat's curd, pickled shallots, crispy baby capers & salsa verde

HARISSA LAMB, GREEN COUS-COUS & FETA

Pine nuts, watercress, pickled red onion, baby spinach, mint & sherry vinaigrette

CRISPY LEMONGRASS CHICKEN & GLASS NOODLE

Shredded green cabbage, Vietnamese mint, coriander, roasted peanuts, kewpie, sriracha & hot-sour dressing

MINIMUM OF 12 GUESTS

48 HOURS NOTICE REQUIRED ON ALL CATERING
ALL DIETARIES CAN BE CATERED TO ON REQUEST



[ORDER ONLINE](#)