

# *Buffet Menu Ideas*

## **Breakfast**

Crunchy quinoa, buckwheat, cinnamon and apple cereal served with nut mylk

Fresh granola

Chia power porridge

Green smoothie

Superfood smoothie

Seasonal fresh fruit platter

Whole fruit basket

## **Lunch and Dinner Ideas**

Teriyaki Veggies Stirred Not Fried

Veggie loaf with barbecue sauce (just like meatloaf)

Zucchini linguini with seasonal sauces

Pizza

Hearty Chilli served with a herbed brazil nut and chia seed bread

Thai Veggie noodles

BBQ Veggie skewers

Burger patties

Indian Veggie Curry served with a curried brazil nut and linseed bread

Green curry veggies with coconut rice

Shepards pie with caramelised onions

## **Salads**

Cabbage, sweet pea and Arame Salad

Rainbow seaweed slaw with a ginger miso dressing

Waldorf salad

Mixed Field greens with dressing on the side

Marinated Asian greens

Apple and beetroot salad on a bed of greens

Asian kale salad

Kale seaweed slaw

## Desserts

Black forest Cake  
Chocolate Macaroon pie  
Banana Cream Pie  
Chocolate and raspberry mousse torte  
Chocolate Hazelnut and raspberry mousse torte  
Mocha mousse torte  
Spiced Apple pie  
Italian ricotta style cheesecake  
Chai Cheezecake  
Lemon and blueberry swirl cheezecake  
Lemon and raspberry swirl cheezecake  
Choc and strawberry crème pie  
Pear and ginger spice cake

CONSCIOUS CHOICE