

realfoods CATERING

Menu 2020





Breakfast, Morning / Afternoon Tea

Assorted Muffins (minimum 20)

Small	\$3.20
Large	\$4.80

- Mixed Berry
- Raspberry & Almond
- Apple, Zucchini & Walnut
- Banana & Coconut
- Blueberry
- Orange & Poppy Seed

Seasonal Fruits (serves approx. 25 people)

Seasonal Organic Fruit Platter*	\$72.00
With optional Organic Dried Fruit & Raw Nuts*	+\$14.00

Platter of Assorted Slice Bites*

Small (36 pieces)	\$54
Large (50 pieces)	\$75

Vegan Antipasto Platter (serves approx. 25 people)

With char grilled vegetables, house pickled items & vegan cheese	\$85
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* Gluten free

Lunch

Assorted Sandwiches (minimum 5 guests)

Seasonal assortment of white, wholemeal and multigrain (3 halves)	\$9 per person
Gluten free, min. 5 guests*	+\$1.50 per person

Assorted fillings, such as:

- Curried potato & rocket
- Roast pumpkin & vegan feta
- Char grilled vegetable & pesto

Assorted Wraps (minimum 5 guests)

Seasonal assortment (2 halves)	\$11 per person
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Assorted fillings, such as

- Marinated Japanese tofu
- Mexican chilli bean
- Tandoori chick pea

Lunch Boxes*

Delivered in biodegradable lunch boxes or self service.

Box 1: Regional curry & grain	\$12 per person
Box 2: Regional curry, grain & salad	\$15 per person
Box 3: Regional curry, grain, salad & organic bottled drink	\$20 per person

Hearty Soup Kettle*

Self serve at your convenience.

Hearty soup & crusty roll	\$10.20 per person
Gluten free rolls, min. 4 guests*	+\$2 per person

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Drinks

Drink Options*

Choice of organic tea varieties and hot water \$3.50 per person

Coffee, choice of tea varieties and hot water \$4.50 per person

Juices, coffee, choice of tea varieties and hot water \$6 per person

We are happy to provide tap water at no additional cost

Hot drink urn options:

- Coffee
- English breakfast tea
- Green tea
- Hot water

Milk options:

- Dairy milk
- Soy milk
- Almond milk
- Oat milk
- Coconut milk

Bottled organic drinks

Juices (375ml) \$4.20

Kombucha Varieties (375ml) \$4.20

Water (375ml) \$3.50

Antipodes Sparkling Water (500ml) \$5.50

Canapés

We have a selection of hot and cold canapés available upon request for events at \$3 each, we recommend 2-4 canapés per guest. Please contact us for more information.

Sustainability

We offer our clients two options for packaging: reusable (return to us) or single use (non-returnable).

Reusable

Bamboo/wooden platters are provided free of charge. However, arrangements for their return should be made on ordering. In order to keep our environmental impact to a minimum, reusable platters that aren't returned are charged at \$35 per platter.

Single use

Realfoods offers the convenience of plant based, disposable platters that don't require returning, constructed from renewable, low carbon or recycled materials for \$5 per platter.

Please provide us with 48 hours' notice to ensure your preferred menu selection is available. Be sure to discuss any specific dietary requirements with our team and we will do our best to accommodate, all of our food is 100% vegan and organic where possible.

Feel free to get in touch for us to create a package specific to your event.



Why Realfoods?

Realfoods is a not-for-profit social enterprise run by staff and students of the RMIT University Student Union (RUSU) providing real life training, certificates and experience to an excess of 150 students across our two cafes each semester. Our cafes act as living classrooms to students from all over the world.

Our food offerings are entirely vegan, ethical and as organic as possible. We do our best to source the freshest produce locally, while aiming to keep it as affordable as possible. We only use biodegradable / recyclable packaging as sustainability and is of utmost importance to us.

Each meal is lovingly prepared and our cooking is guided by the following principles:

- **Provide protein-rich meals:** where even the biggest of carnivores will feel satisfied.
- **Provide complete proteins:** ensuring you get all essential amino acids with each and every meal.
- **Provide adequate levels of iron in meals:** containing iron rich foods with ingredients that assist in the absorbing of iron.
- **Ensuring complete deliciousness at all times:** where food is not only wholesome but the taste is equally as vital, using ingredients that have no added preservatives or colours etc
- **Food as medicine:** Lastly the intention with which it's prepared is to provide nourishment not only to the body but also to support a healthy mind.

How do I place an order?

Email your order to rusu.realfoods@rmit.edu.au, preferably with a minimum of 48 hours notice to ensure your preferred menu selection is available. We will confirm your order as soon as we can.

How can I receive my order?

Orders can be collected from our City or Bundoora West Campus stores. We can generally accommodate delivery across both campuses for orders over \$200, please inquire upon placing your order.

When can Realfoods cater our event?

We are happy to cater events scheduled between 8.00am and 6.00pm, Monday – Friday. Please contact us to discuss events outside of this period and we will aim to accommodate as best we can.

Where is Realfoods located?

Our flagship store is located at RMIT University, Building 8, Level 3, 360 Swanston Street, Melbourne. Our Bundoora West Campus store is located at RMIT University, Building 220, Plenty Road, Bundoora (please note: this store is only operational during semester periods).

rusu.realfoods@rmit.edu.au
www.rusu.rmit.edu.au/realfoods

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