

EATING WELL TODAY *is the* BEST CHOICE *you can make for* TOMORROW



CATERING *for the* HOME *or* OFFICE

Name:.....
 Company:.....
 Address:.....
 Phone:.....
 Fax:.....
 Email:.....
 Date Required:..... Time Required:.....

No. of People:.....
 Special Requests:.....

Sumo Society Number (optional):.....

Pickup

*Some orders may require a deposit.
 You will receive a call to confirm your order.*



No Fuss Packages

Please clearly mark quantities in the boxes

SALAD PLATTER

\$45 EACH

*Each platter feeds 6 people as a main
 or 12 people as a side*

The Healthy Mexican
with brown rice, quinoa & coriander (GF, V)

Sesame Crumbed Chicken
with lentils & honey mustard dressing

Pesto Chicken & Avocado
with pesto dressing & walnuts (GF, N)

Chicken Caesar
with bacon, parmesan & crunchy croutons (SF)

Pumpkin & Cous Cous
with roast garlic dressing (DF, V, N)

Lentil & Tabbouleh
with zesty lemon dressing (DF, V)

Pepper Smoked Salmon Caesar (SF)



WRAP PLATTER

\$45 EACH

10 half wraps, serves 5 people, includes:

Chicken Caesar (SF)

Chicken Tender

Pumpkin & Walnut (V, N)

Pepper Smoked Salmon (DF, SF)



COLD PRESSED JUICES

\$4.95 EACH

Pomegranate & Apple

Beetroot, Orange, Apple & Carrot

100% Australian Valencia Orange

Pineapple, Kiwi, Orange & Mint



OTHER DRINKS

Mount Franklin Water 600mL

\$3.20 EA

Coca-Cola 390mL

\$3.80 EA

Coke Zero 390mL

\$3.80 EA



(GF) *Gluten friendly*

(DF) *Dairy free*

(V) *Vegetarian*

(N) *Contains nuts*

(SF) *Contains seafood*



Products prepared at SumoSalad may contain traces of nuts, seafood, dairy & gluten. Olives are pitted by machine and may contain seeds. Salmon may contain bones. If you have any allergies, please ask our salad artists to see our sensitivity list.



100% AUSSIE