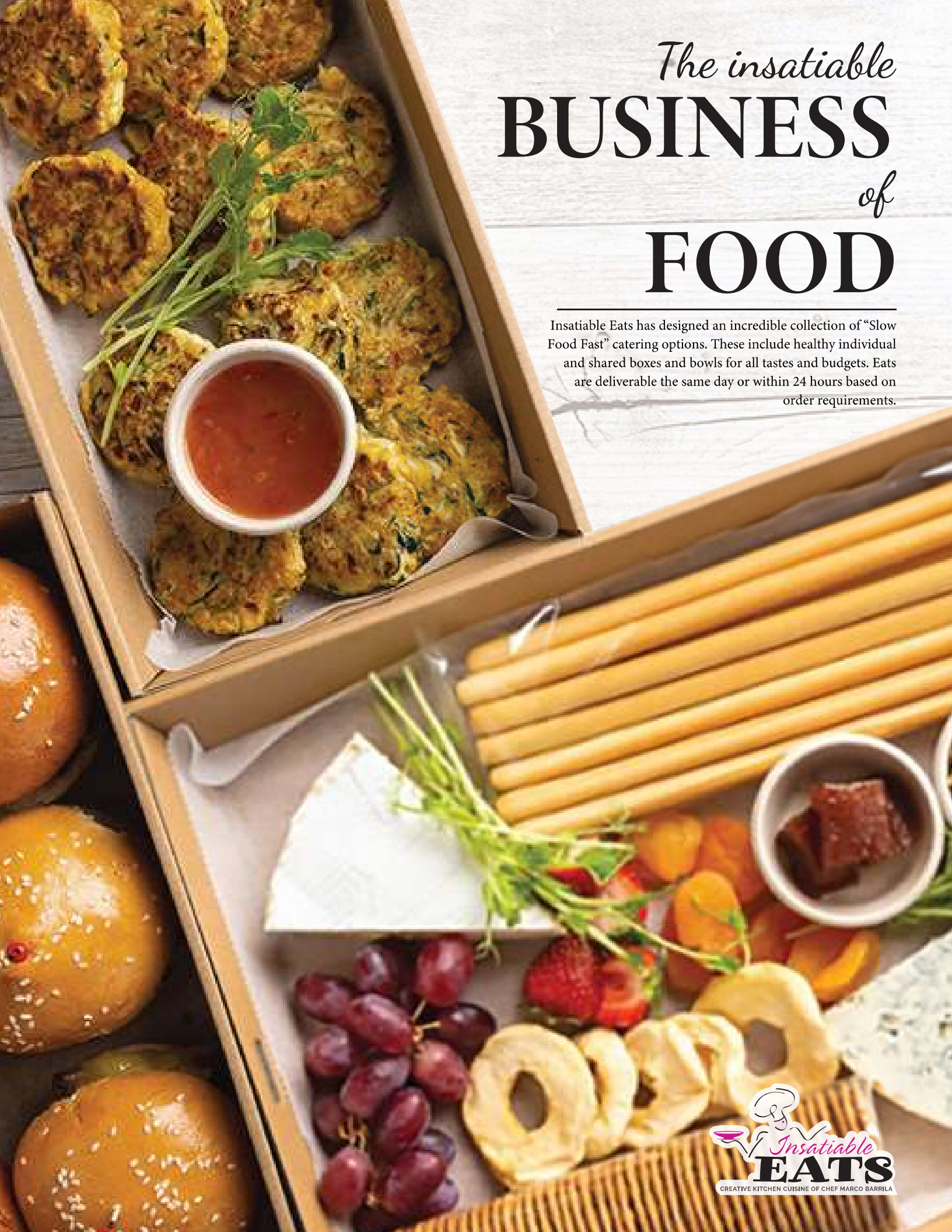
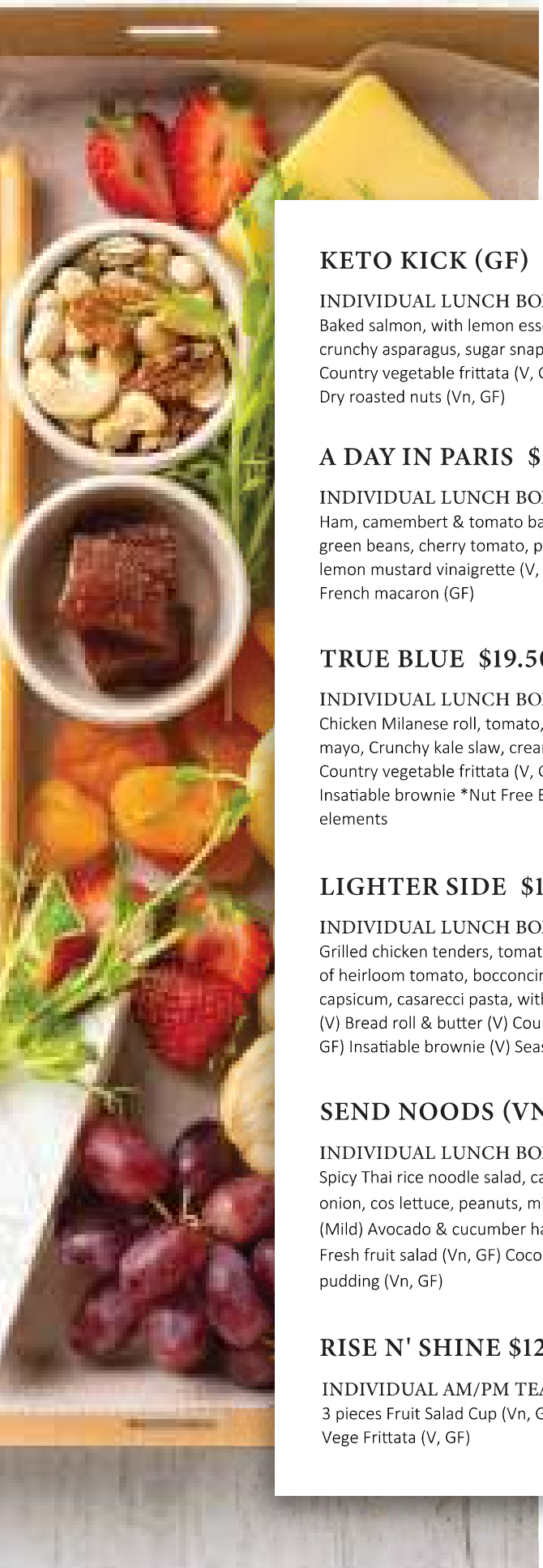


The insatiable BUSINESS of FOOD

Insatiable Eats has designed an incredible collection of "Slow Food Fast" catering options. These include healthy individual and shared boxes and bowls for all tastes and budgets. Eats are deliverable the same day or within 24 hours based on order requirements.

Insatiable EATS
CREATIVE KITCHEN CUISINE OF CHEF MARCO BARRILA



SLOW FOOD FAST

As an alternative to fast food, we strive to preserve regional and traditional cuisine. Our dishes incorporate locally sourced and sustainable food ingredients as well as specialty imported products. We pride ourselves on promoting and providing products of other local small businesses. The focus of this slow food fast menu is on food quality, rather than quantity.

KETO KICK (GF) $19.50

INDIVIDUAL LUNCH BOX

Baked salmon, with lemon essence (GF, DF) Fresh salad of crunchy asparagus, sugar snaps & red capsicum (Vn, GF) Country vegetable frittata (V, GF) Seasonal fruit (Vn, GF) Dry roasted nuts (Vn, GF)

A DAY IN PARIS $20.00

INDIVIDUAL LUNCH BOX

Ham, camembert & tomato baguette, Salad nicoise of green beans, cherry tomato, potato, egg, olives, lettuce, lemon mustard vinaigrette (V, GF) Seasonal fruit (Vn, GF) French macaron (GF)

TRUE BLUE $19.50

INDIVIDUAL LUNCH BOX

Chicken Milanese roll, tomato, lettuce, tomato chutney, mayo, Crunchy kale slaw, creamy slaw dressing (V, GF) Country vegetable frittata (V, GF) Seasonal fruit (Vn, GF) Insatiable brownie *Nut Free Box - May contain trace elements

LIGHTER SIDE $19.50

INDIVIDUAL LUNCH BOX

Grilled chicken tenders, tomato chutney (GF) Pasta salad of heirloom tomato, bocconcini, cucumber, olives, capsicum, casarecci pasta, with pesto & olive oil dressing (V) Bread roll & butter (V) Country vegetable frittata (V, GF) Insatiable brownie (V) Seasonal fruit (Vn, GF)

SEND NOODS (VN, GF) $19.50

INDIVIDUAL LUNCH BOX

Spicy Thai rice noodle salad, carrot, cucumber, mint, red onion, cos lettuce, peanuts, mild nam jim dressing (Vn, GF) (Mild) Avocado & cucumber half sushi roll, soy (Vn, GF) Fresh fruit salad (Vn, GF) Coconut & mango chia seed pudding (Vn, GF)

RISE N' SHINE $12.50

INDIVIDUAL AM/PM TEA BOX

3 pieces Fruit Salad Cup (Vn, GF) almond cake (V, GF) Vege Frittata (V, GF)

THAI TOFU NOODLE BOWL (VN, GF) $16.00

INDIVIDUAL BOWL

Spicy Thai rice noodle salad, tom yum tofu, carrot, cucumber, mint, red onion, cos lettuce, peanuts, mild nam jim dressing (Vn, GF) (Mild)

BEAN MACHINE BOWL (V, GF, DF) $16.00

INDIVIDUAL BOWL

Salad nicoise of green beans, cherry tomato, potato, egg, olives, lettuce, lemon mustard vinaigrette (V, GF, DF)

CIAO BELLA BOWL (V) $16.00

INDIVIDUAL BOWL

Pasta salad of cherry tomato, bocconcini, cucumber, olives, red bell peppers, casarecci pasta, with pesto & olive oil dressing (V)

GREEN BOWL (VN, GF) $16.00

INDIVIDUAL BOWL

Crunchy asparagus, sugar snaps, red bell pepper, sultana, avocado, pumpkin seeds, fresh green salad leaves, tangy vinaigrette (Vn, GF)

SUPER SALAD BOWL $16.00

INDIVIDUAL BOWL

Grilled chicken, spinach, quinoa, feta, roasted pumpkin, currants, pepitas, almonds (GF)

KEEP IT SIMPLE $12.00

INDIVIDUAL AM/PM TEA BOX

3 pieces Fruit Salad Cup (Vn, GF) Mini Muffin (V) Bacon and Egg Tart

MORNING BLISS $16.50

INDIVIDUAL AM/PM TEA BOX

4 pieces Yogurt pot, berry compote, granola sprinkle (V, GF) Fruit Salad Cup (Vn, GF) Vege Frittata (V, GF) Rawble Bliss Ball (Vn, GF)

SLOW FOOD FAST

TAKE A BREAK 16.50

INDIVIDUAL AM/PM TEA BOX
4 pieces Fruit Salad Cup (Vn, GF) Fine Herb Quiche (V) Mini tomato, spinach & cheese croissant (V) Banana Bread, with butter portion (V)

PETITE WRAPS

SHARE BOX $61.00 | 25 PIECES

Turkey, Roasted Red Pepper, Spinach Wraps (Vn) Falafel, Tabbouleh, Hummus & Pickle Wraps (Vn) Chicken, Mayonnaise & Itaian Ham, Cheddar & Sweet Mustard *Sample Menu - Flavors rotate monthly for variation

FINGER SANDWICH

$78.00 | 36 PIECES

Sample fillings - rotated every month. Manchego cheese, serrano ham, truffle Wilted kale, pumpkin, pickled carrot, onion relish Smoked salmon, cream cheese & dill Gentle curried egg, mayonnaise & parsley (V) Chicken salad, fresh tomato, green leaves Roast beef, pickle & cheddar

MIXED BREAD

SHARE BOX $60.00 | 23 PIECES
HALF BOX $32.00 | 12 PIECES

Sample Menu fillings rotated every month. Roast chicken, pesto, onion, artichoke, aioli, mixed leaves, Manchego cheese, serrano ham, truffle Roast beef, grilled onion ring, tomato chutney, aioli, spinach Asian mushroom, pickled carrot, avocado, greens Falafel, tahini coconut spread, tomato, cucumber, parsley Wilted kale, pumpkin, pickle carrot, onion relish

VEGE BREAD

SHARE BOX $56.00 | 26 PIECES

Sample Menu fillings rotated every month. Asian mushroom, pickled carrot, avocado, greens Falafel, tahini coconut spread, tomato, cucumber, parsley Wilted kale, pumpkin, pickle carrot, onion relish Traditional egg & chive (V)

BREAD ROLLS

SHARE BOX $16.00 | 8 PIECES

Assorted fresh bread rolls With butter portions

VEGAN SANDWICH

SINGULAR $8.95

Chef's selection Available as an add on (in addition to your order) for a Vegan dietary. *Minimum order values still apply.

GLUTEN FREE SANDWICH

SINGULAR $8.95

Chef's selection Available as an add on (in addition to your order) for a Gluten Free dietary. *Minimum order values still apply.

GLUTEN FREE WRAP

SINGULAR $8.95

Chef's selection Available as an add on (in addition to your order) for a Gluten Free dietary. *Minimum order values still apply

| SAVORY BOXES |

CHICKEN PARMI BURGERS

SHARE BOX $96.00 | 12 PIECES

Chicken Milanese, Sicilian sauce, tasty cheese, mayo, brioche bun Delivered cool - designed to be eaten room temperature. If you prefer to eat warm, remove the lid, and pop in the oven for 10-15 mins.

CORN FRITTERS (GF, VN)

SHARE BOX $44.00 | 12 PIECES

Zucchini, corn and kaffir lime fritters (Vn, GF) With sweet chilli sauce (Vn, GF) Delivered cool - designed to be eaten room temperature. If you prefer to eat warm, remove the lid and sauce, and pop in the oven for 10 mins.

SUSHI

SHARE BOX $75.00 | 33 PIECES
HALF BOX $38.00 | 18 PIECES

Assorted sushi rolls & nigiri With soy sauce, wasabi, pickled ginger, mayonnaise (GF) Gluten free fillings on request

SLOW FOOD FAST

GLUTEN FREE FRITTATA

SHARE BOX $36.00 | 10 PIECES

Country vegetable frittata (V, GF) With tomato chutney (Vn, GF) Delivered cool - designed to be eaten room temperature. If you prefer to eat warm, remove the lid & sauce, and pop in the oven for 10 mins.

GRILLED CHICKEN TENDERS

SHARE BOX $30.00 | 10 PIECES

Succulent grilled chicken tenders (GF) Tomato chutney (Vn, GF) Delivered cold - can be eaten room temperature, or remove the lid, and pop in the oven for 10 mins to warm

SLICED STEAK

SHARE BOX $30.00 | 10 PIECES

Tender sliced steak - medium rare (GF) Pesto oil (contains nuts) (GF) - Delivered cold - can be eaten room temperature, or remove the lid, and pop in the oven for 10 mins to warm

MIXED QUICHE

SHARE BOX $84.00 | 24 PIECES

A mixture of Mushroom, Lorraine and Florentine Leaves our kitchen hot - arrives warm. If you prefer to serve hot, remove lid and sauce, and pop in oven for 10mins.

PARTY PACK

SHARE BOX $76.00 | 24 PIECES
HALF BOX $38.00 | 10 PIECES

Chunky beef pie Braised chicken pie Petite traditional Sausage Roll, Quiche Lorraine Tomato ketchup (Vn, GF), aioli (V, GF), BBQ sauce (Vn, GF) Leaves our kitchen hot - arrives warm. If you prefer to serve hot, remove lid and sauce, and pop in oven for 10mins.

ARANCINI BALLS

SHARE BOX $79.00 | 24 PIECES

Delivered warm - additional heating instructions provided.

DELI

SHARE BOX $72.00
HALF BOX $45.00

Selection of; Selection of Premium Italian Cured Meats (GF) Roast Beetroot Dip (V, GF) Chickpea & Tahini Dip (V, GF) Marinated Olives (Vn, GF) Pickled Vegetables (Vn, GF) Poppy Seed Lavosh | Grissini | Water Crackers

DIPS & CRUDITES

SHARE BOX $49.00

Selection of; Crudités of Carrot, Celery, Cucumber & Capsicum (Vn, GF) Cherry Tomatoes (Vn, GF) Roast Beetroot Dip (V, GF) Chickpea & Tahini Dip (V, GF) Tzatziki Dip (V, GF) Marinated Olives (Vn, GF) Water crackers Grissini

CHEESE

SHARE BOX $49.00

100g of each: Brie, Cheddar, Blue Dried Fruit (Vn, GF) Quince Jam (Vn, GF) Seasonal Fruit (Vn, GF) Roasted Nuts (Vn, GF) Grissini Water Crackers

FRESH FRUIT

SHARE BOX $49.00
HALF BOX $28.00

Selection of seasonal fruit Watermelon, Grapes, Rockmelon, Honeydew, and 2 x fruits of the season

| SALADS & PROTEIN |

Select from either 6 individually portioned salads or a share tray style. Add on protein boxes and bread rolls for a wholesome lunch.

PESTO PASTA SALAD

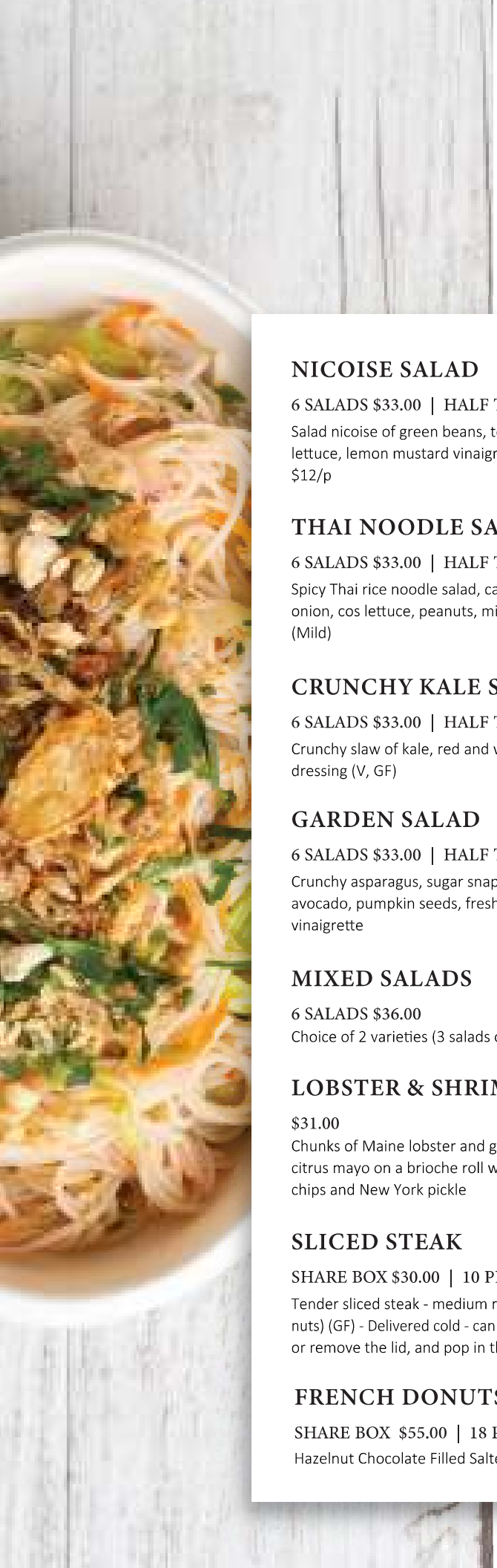
6 SALADS $33.00 | HALF TRAY $45.00

Pasta salad of cherry tomato, bocconcini, cucumber, olives, red bell peppers, casarecci pasta, with pesto & olive oil dressing (V)

SPINACH PASTA SALAD

6 SALADS $33.00 | HALF TRAY $45.00

Cavatelli with spinach basil pesto corn, garden peas, haricots verts and pearl mozzarella



SLOW FOOD FAST

NICOISE SALAD

6 SALADS $33.00 | HALF TRAY $45.00

Salad nicoise of green beans, tomato, potato, egg, olives, lettuce, lemon mustard vinaigrette (V, GF, DF) Add Tuna $12/p

THAI NOODLE SALAD

6 SALADS $33.00 | HALF TRAY $45.00

Spicy Thai rice noodle salad, carrot, cucumber, mint, red onion, cos lettuce, peanuts, mild nam jim dressing (Vn, GF) (Mild)

CRUNCHY KALE SLAW SALAD

6 SALADS $33.00 | HALF TRAY $45.00

Crunchy slaw of kale, red and white cabbage, carrot, slaw dressing (V, GF)

GARDEN SALAD

6 SALADS $33.00 | HALF TRAY $45.00

Crunchy asparagus, sugar snaps, red bell peppers, sultana, avocado, pumpkin seeds, fresh green salad leaves, tangy vinaigrette

MIXED SALADS

6 SALADS $36.00

Choice of 2 varieties (3 salads of each)

LOBSTER & SHRIMP ROLL

$31.00

Chunks of Maine lobster and gulf shrimp tossed in light citrus mayo on a brioche roll with house-made potato chips and New York pickle

SLICED STEAK

SHARE BOX $30.00 | 10 PIECES

Tender sliced steak - medium rare (GF) Pesto oil (contains nuts) (GF) - Delivered cold - can be eaten room temperature, or remove the lid, and pop in the oven for 10 mins to warm

FRENCH DONUTS

SHARE BOX $55.00 | 18 PIECES

Hazelnut Chocolate Filled Salted Caramel Filled

GRILLED CHICKEN TENDERS

SHARE BOX $30.00 | 10 PIECES

Succulent grilled chicken tenders (GF) Tomato chutney (Vn, GF) Delivered cold - can be eaten room temperature, or remove the lid, and pop in the oven for 10 mins to warm

BREAD ROLLS

SHARE BOX $16.00 | 08 PIECES

Assorted fresh bread rolls With butter portions

BRUNCH & BAKERY BOXES

CINNAMON SWIRLS

SHARE BOX $40.00 | 12 PIECES

Brown sugar and cinnamon swirls

MIXED BAKERY BOX

SHARE BOX $79.00 | 20 PIECES
HALF BOX $44.00 | 10 PIECES

An assortment of chocolate croissants, French donuts, danishes and friands (GF)

FRESH FRUIT

SHARE BOX $49.00
HALF BOX $28.00

Selection of seasonal fruit Watermelon, Grapes, Cantelope, Honeydew, and 2 x fruits of the season

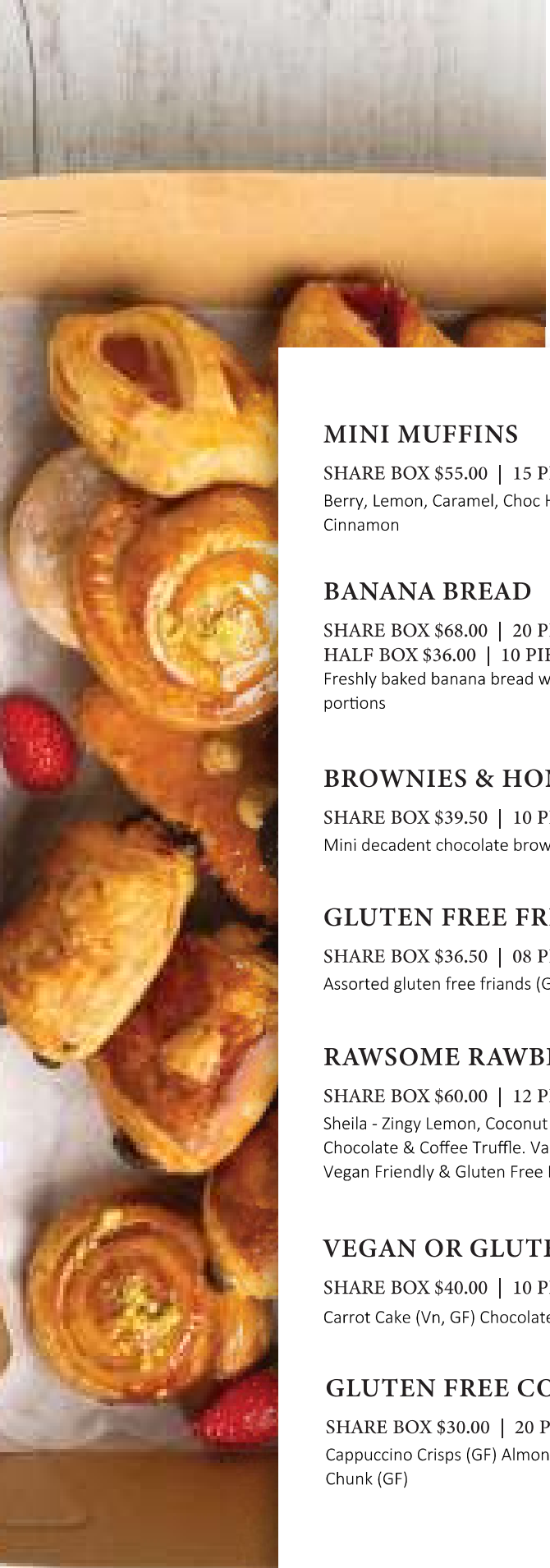
WELLNESS POTS $40.00

8 POTS Yogurt pots, fresh berry compote, granola sprinkle (GF) Yoghurt pots, fresh mango compote, granola sprinkle (GF)

CROISSANTS

SHARE BOX $58.00 | 18 PIECES
HALF BOX $28.00 | 08 PIECES

Freshly baked assortment of mini chocolate, plain and almond croissants



SLOW FOOD FAST

MINI MUFFINS

SHARE BOX $55.00 | 15 PIECES

Berry, Lemon, Caramel, Choc Hazelnut, Apple and Cinnamon

BANANA BREAD

SHARE BOX $68.00 | 20 PIECES
HALF BOX $36.00 | 10 PIECES

Freshly baked banana bread with butter and marmalade portions

BROWNIES & HONEYCAKE

SHARE BOX $39.50 | 10 PIECES

Mini decadent chocolate brownies & Honeycakes

GLUTEN FREE FRIANDS

SHARE BOX $36.50 | 08 PIECES

Assorted gluten free friands (GF)

RAWSOME RAWBLES

SHARE BOX $60.00 | 12 PIECES

Sheila - Zingy Lemon, Coconut & Macadamia. Marco - Dark Chocolate & Coffee Truffle. Valentino - Salted Caramel. Vegan Friendly & Gluten Free Box *contains honey

VEGAN OR GLUTEN FREE CAKES

SHARE BOX $40.00 | 10 PIECES

Carrot Cake (Vn, GF) Chocolate Mudcake (Vn, GF)

GLUTEN FREE COOKIES

SHARE BOX $30.00 | 20 PIECES

Cappuccino Crisps (GF) Almond Shortbread (GF) Chocolate Chunk (GF)

| BEVERAGES |

SMART WATER WATER $4.00

Still or Sparkling Mineral Water 250ml glass bottle

FEELING O2 GOOD 100% JUICE $4.00

100% Juice 350ml glass bottle

THINKCOFFEE ICED COFFEE $4.50

Iced Coffee 250ml can

| LET'S CHAT |

Organizing an event isn't easy. If you need some guidance planning the perfect event, we're more than happy to help! Give us a call or send us an email.

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