

realfoods

Catering Menu

Sandwich Platters

Sandwich platters are perfect for grazing at meetings and large events.

Our fillings change seasonally and may include:

- Roasted pumpkin and zucchini
w/ house-made romesco, spinach and feta
- Curried chickpea
w/ vegan mayo and seasonal greens
- Sumac roast cauliflower
w/ capsicum pesto and spinach
- Tomato, vegan fetta and pesto

For lunch, we recommend 1 sandwich per person, these will be cut in half.

Minimum order: 12 sandwiches (24 halves)

Regular platter (12 sandwiches one filling):
\$108

Large platter (24 sandwiches two fillings):
\$216

You can let us know how many people you are catering for and we can adjust accordingly.

Curries

Our curries with rice are a fabulous, warming meal for any event.

- Our delicious assortment of curries are made using the freshest, seasonal ingredients available, and flavours vary daily.
- Provided as individual serves in sustainable packaging.
- For large scale events, discounts are available for 100+ serves.

Minimum order: 20 serves*
\$9.50 per serve

*If you are catering for fewer than 20 guests, we recommend purchasing meal vouchers at \$9.50 each. Guests can then visit Realfoods to choose which curry they would like (or grab a toastie).

Salads & Fruit Platters

Our salads are wholesome and we think they can honestly be a meal by themselves! But, they also make a fantastic side to either our sandwich or curry options.

As veg is seasonal please ask us at time of enquiry so we can let you know our salad options for that time. We can provide sustainable side plates and cutlery for both options.

- Regular sized salad, side serve for 12 people:
\$54
- Large sized salad, side serve for 24 people:
\$108

Our fruit platter is designed to be shared! With a lovely range of different seasonal fruits, cut up into easy bites to grab at your next event.

- Large fruit platters:
\$80

Sweets Individual

We now have a larger range of options and more flexibility on some items being able to be ordered by themselves - or you can order one of our platters for variety.

For smaller events

These items can be ordered separately, minimums apply. All of the below have a minimum order of 10 serves: \$45 (\$4.50 pp)

- Muffins: 10 Muffins, 3 flavours
Raspberry and white chocolate, Triple chocolate, Apple and blackcurrant
- Flourless Orange cakes: 10 Cakes
- Carrot cake with walnuts and pepitas: 10 Cakes
- Almond croissants: 10 croissants

For larger events

These items can be ordered separately, or added onto any of our dessert platters.

All the below listed treats have a minimum order of 30.

- Mini Cherry and Almond Danish:
\$2 each, min. order \$60
- Mini Almond Croissants: \$3 each, min. order \$90
- Mini Croissants: \$2.50, min. order \$75

Sweets Platter

30 pieces or 58 pieces

Our sweets platters include a mixed variety of sweet treats including:

- Muffin bites
Flavours may include:
 - Raspberry and white chocolate
 - Apple and Blackcurrant
 - Triple chocolate
- Lemon Polenta cakes
- Donuts (halved)
Flavours may include:
 - Chocolate hazelnut
 - Lemon curd
 - Plain cinnamon
- Carrot cake with walnuts and pepitas (halved)
- Flourless orange cake with almonds (halved)

Regular platter (30 pieces): \$80

Large platter (60 pieces): \$160

Vegan / GF Sweets Platter

Completely vegan and gluten free.

These can be ordered as specific options from the list below.

Please let us know about any other dietaries you may have as some of these items contain nuts, soy and seeds.

- Muffins minimum order 9 (1 flavour): \$44
Options are:
 - Raspberry and lemon streusel
 - Apple and walnut crumble
 - Triple glazed chocolate
 - Orange, poppyseed and cranberry glaze
- Carrot Cakes (individual serves)
minimum order 12: \$54
- Lemon Madeira Loaf (8 slices, 1.3kg)
minimum order 1: \$40
- Cookies minimum order 12 (2 flavours): \$46
Options are:
 - Chocolate chip
 - Dark chocolate and sea-salt

Important Information

Deposit

A 20% deposit is required to confirm your catering order to cover staff hire and food costs. This deposit is refundable on cancellation, provided 4 working days notice is given.

Placing Your Order

We require at least 4 working days notice for all catering.

Pick Up and Delivery

You can pick up your order within the times of 10:00am to 2:30pm. Please advise us of your preferred pick up time 48+ hours before.

We deliver on campus for a flat fee of \$15. Please provide the room and building number with your order, and any other details we may need to find you.

Cancellations

We understand sometimes plans change, and you may need to cancel your catering order. We prefer 4 working days notice of cancellation to prevent wastage. Deposits will not be refunded if the correct notice is not given.

Dietaries

We specialise in catering to diverse dietary requirements including: gluten free, vegan and dairy free. Please let us know if you have specific requirements. The allergens listed below are not an exhaustive list. If in doubt, please check with us first.

Nuts

Some of our sandwiches and sweet treats contain peanuts and/or tree nuts. As we use nuts in our kitchen, all items may contain traces of nuts, and while we take the utmost care, we cannot guarantee any food is completely nut free.

Dairy

Most of our salads, curries and sandwich offerings are dairy free and our vegan/gf range in our sweets section are dairy free. Please discuss your requirements with us.

We look forward to helping you with your event with our delicious, healthy, and sustainable food.

To discuss your catering requirements please email rusu.realfoods@rmit.edu.au

The logo for 'realfoods' is written in a purple, lowercase, sans-serif font. A small green leaf icon is positioned above the letter 'o' in 'foods'.