



Want *fresh*, wholesome and tasty brain food for your next boardroom lunch, office function or team meeting? We offer a full catering *service* for 5 to 500 people.

Contact our Adelaide Store

-  0421 007 317
-  adelaide@grindandpress.com.au
-  grindandpress.com.au
-  [grindandpress_adelaide](https://www.instagram.com/grindandpress_adelaide)

Contact our Flinders Uni Store

-  0438 731 872
-  hello@grindandpress.com.au
-  grindandpress.com.au
-  [grindandpress_flinders](https://www.instagram.com/grindandpress_flinders)

Quick Selection Catering



Either choose one of our 'Quick Selections' below, or contact us to arrange a menu to suit. If possible, we'd love 24 hours notice (preferably 48hrs for the cocktail pastry platter, antipasto platter, cheese platter) to ensure we have all the ingredients ready to go.

LUNCH OPTIONS		
<p>Lunch On the Go Selection of wraps, baguettes & sandwiches (Standard serving size = 3 pieces which equates to 1 full wrap/baguette/sandwich). If you have preferred flavours, please write your selections in the Additional information section at the bottom of this form. Alternatively we will provide a popular selection.</p>	\$10 per person	<input type="text"/> people
<p>Savoury Platter A selection of Frittata (GF), Filos, Rice Balls. Serving size equates to approx. 3 pieces per person.</p>	\$10 per person	<input type="text"/> people
<p>Cheese Platter Brie, cheddar & blue cheese, selection of dried and fresh fruits & selection of water and rice crackers. Small serves 5 - 8 people. Large serves 10 - 15 people.</p>	<p>\$65 small</p> <p>\$95 large</p>	<p><input type="text"/> qty - small</p> <p><input type="text"/> qty - large</p>
<p>Antipasto Platter Selection of cured meats, marinated vegetables, olives, cheddar, dried fruit, selection of crackers and grissini sticks. Small serves 5 - 8 people. Large serves 10 - 15 people.</p>	<p>\$75 small</p> <p>\$105 large</p>	<p><input type="text"/> qty - small</p> <p><input type="text"/> qty - large</p>
<p>Dip Platter Selection of dips, sourdough croutons, crackers & veggie sticks Small serves 5 - 8 people. Large serves 10 - 15 people.</p>	<p>\$55 small</p> <p>\$90 large</p>	<p><input type="text"/> qty - small</p> <p><input type="text"/> qty - large</p>
<p>Cocktail Pastries Platter Choose 3 from the following mini selections: gourmet pies, pasties, sausage rolls, quiches. Write your selections in the Additional Information section at the bottom of this form. Alternatively we will make a selection for you.</p>	\$11 per person	<input type="text"/> people

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LUNCH OPTIONS		
<p>Salad Bowl Small - approx. 5 - 8 people. Large - approx. 12 - 15 people. If you have a preferred option for salad type, please write your selections in the Additional information section at the bottom of this form. Alternatively we will choose a popular salad for you.</p>	<p>\$45 small bowl \$60 large bowl</p>	<p><input type="text"/> qty - small <input type="text"/> qty - large</p>
<p>Lunch Box All lunch boxes include a wrap/baguette, small salad, sweet selection & fruit juice/spring water. If you have preferred flavours, please write your selections in the Additional information section at the bottom of this form. Alternatively we will provide a popular selection.</p>	<p>\$16 per person</p>	<p><input type="text"/> people</p>
<p>Soup Station (Avail all year) Electric soup kettle soup station (incl. bread roll). Small pot serves 15 - 20 people. Large pot serves 25 - 30 people. If you have a preferred option for soup flavour/s, please write your selections in the 'Additional information' section at the bottom of this form. Alternatively we will choose for you.</p>	<p>\$170 small \$250 large</p>	<p><input type="text"/> qty - small <input type="text"/> qty - large</p>
<p>Fruit Platter Selection of seasonal fruits. Small serves approx 5 - 8 people. Large serves approx 10 - 15 people.</p>	<p>\$40 small \$55 large</p>	<p><input type="text"/> qty - small <input type="text"/> qty - large</p>

Quick Selection Catering



SNACK OPTIONS		
Sweet Treats Platter Selection of muffins, danishes & slices for an after lunch treat or morning/ afternoon tea. (Vegan/gluten free options available on request - please note in Additional Information)	\$5 per person	<input type="text"/> people
Mini Cookies 3 per person.	\$3.5 per person	<input type="text"/> people
Profiteroles 2 per person.	\$4.5 per person	<input type="text"/> people

BREAKFAST OPTIONS		
Croissants Choose from ham & cheese, ham cheese & tomato, cheese & tomato.	\$7.5 per person	<input type="text"/> people
Yoghurt cups Individual serve yoghurt with berries & granola	\$5 per person	<input type="text"/> people
Fruit salad cups Individual serve seasonal fruit salad	\$5 per person	<input type="text"/> people
Frittata squares Individual serves of frittata	\$4 per person	<input type="text"/> people

Quick Selection Catering



DRINKS		
Tea & coffee (via urn) Hot water urn with a selection of tea & coffee bags, sugars, stirrers, cups & your choice of milk. (Allow 1 hour prior for set up). Please indicate requested pack up time under 'Additional Information'. Minimum of 10 people	\$4 per person	<input type="text"/> people
Bottomless tea & coffee (via urn) All day selection of tea & coffee bags, sugars, stirrers, cups & your choice of milk. (Allow 1 hour prior for set up). Please indicate requested pack up time under 'Additional Information'. Refreshed before breaks and cleaned following breaks. Minimum 10 people	\$7 per person	<input type="text"/> people
Juice Jug Orange or apple juice	\$7 per 2L jug	<input type="text"/> jugs
Juice (individual bottles) Selection of juices	\$4 per person	<input type="text"/> people
Soft drink (individual bottles) 600ml selection. Choose from Pepsi, Solo, Lemonade, Orange and Mango, Lemon/Lime, Iced Tea	\$4 per person	<input type="text"/> people
Water (individual bottles) 600ml	\$3 per person	<input type="text"/> people
Water cask For help yourself functions	\$15 per cask	<input type="text"/> casks

Customer Details

Invoice made on the day, payments can be made by credit card & bank transfer.
If your order less than 24 hours away? Please contact us to discuss!



Contact Name: _____

Contact Phone No: _____

Organisation name: _____

Delivery Address: _____ Postcode: _____

Date Required: _____

Time Required: _____

(standard caterings hours 7am - 5pm. If you'd like catering outside these hours please call to discuss)

Additional information (ie flavour selections / special requests / dietary information) _____

Please note:

Platters are to be returned to Grind & Press or an additional charge will occur.