

The **REAL FOOD** *company*

100% Real, 100% Fresh



2022
Platter Menus

A passion for healthy, beautiful food.
100% fresh and delicious every time

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 RealFoodCater



****Set Platter Options, platters serve approx. 8 – 10 guests, all platter items are subject to availability and may be substituted as needed*.
We also create options by request to suit your needs.***

1. Just Sandwich Platter @ R580 per platter

Fresh & toasted white and & brown sandwich triangles with a variety of fillings

2. Just Muffin Platter @ R580 per platter

Assorted sweet & savoury muffins accompanied by grated cheese, jams & butter

3. Just Fruit Platter @ R580 per platter

Seasonal sliced fruit, fruit kebabs & whole fruits accompanied by flavoured yoghurt dip

4. Muffin and Sandwich Platter @ R580 per platter

Fresh & toasted white & brown sandwich triangles with a variety of fillings, 12 X Assorted muffins accompanied by grated cheese, jams and butter

5. Muffin and Croissant Platter @ R620 per platter

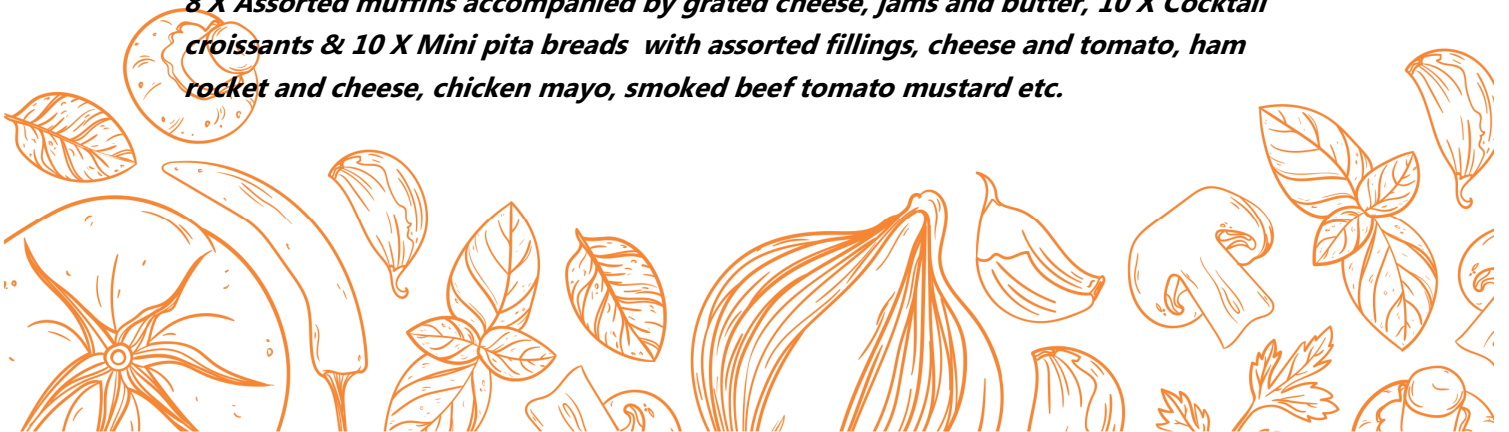
12 X Assorted muffins accompanied by grated cheese, jams and butter, 12 X Cocktail croissant with assorted fillings, cheese and tomato, ham rocket and cheese, chicken mayo, smoked beef tomato mustard etc.

6. Filled Mini Pita & Sandwich Platter @ R620 per platter

Fresh & toasted white & brown bread sandwiches, Mini pita breads with assorted fillings, cheese and tomato, ham rocket and cheese, chicken mayo, smoked beef tomato mustard etc.

7. Muffin, Croissant and Filled Mini Pita Platter @ R650 per platter

8 X Assorted muffins accompanied by grated cheese, jams and butter, 10 X Cocktail croissants & 10 X Mini pita breads with assorted fillings, cheese and tomato, ham rocket and cheese, chicken mayo, smoked beef tomato mustard etc.





8. Muffin & Seasonal Fruit Platter @ R620 per platter

15 X Assorted muffins accompanied by grated cheese, jams and butter, Fresh seasonal sliced fruit, fruit kebabs & whole fruits

9. Sandwich & Seasonal Fruit Platter @ R620 per platter

Fresh & toasted white & brown sandwich triangles with a variety of fillings, Fresh seasonal sliced fruit, fruit kebabs & whole fruits

10. Cocktail Croissant platter @ R680 per platter

25 X Cocktail croissant with assorted fillings, cheese and tomato, ham rocket & cheese, chicken mayo, smoked beef tomato mustard etc.

11. Croissant & Sandwich Platter @ R650 per platter

Cocktail croissants, fresh & toasted sandwiches with assorted fillings, cheese and tomato, ham rocket and cheese, chicken mayo, smoked beef tomato mustard etc.

12. Mixed Breakfast Platter 1 @ R680 per platter

12 X Cheese and tomato toasted sandwich triangles (V), 8 X muffins with grated cheese, butter and jam, 10 X cocktail croissants with assorted fillings, 10 X fresh seasonal fruit kebabs

13. Mixed Breakfast Platter 2 @ R680 per platter (*NEW*)

12 X toasted ham and cheese sandwich triangles, 6 X muffins with grated cheese, butter and jam 8 X Mini Breakfast wraps with cheese, mushroom & tomato, 10 X little bacon wrapped beef sausages with mustard mayo, 10 X Feta, mushroom and onion mini quiches

14. Sweet Breakfast Platter @ R680 per platter

12 X Assorted fresh muffins with grated cheese, butter and jam, 14 X fresh seasonal fruit kebabs, 12 X Variety mini Danish pastries





15. Meaty & Sweet Breakfast Platter @ R680 per platter (*NEW*)

10 X Southern Fried Chicken Pops, 10 X Bacon Wrapped beef sausages, 10 X Grilled chicken, pepper and haloumi kebabs, 8 X Mini Banana waffles with syrup on the side, 6 X Cocktail cinnamon doughnuts, 8 X Mini Chocolate muffins with grated cheese, jam and butter

16. Healthy Breakfast Platter @ R700 per platter (*NEW*)

8 X Whole-wheat breakfast wraps with grilled mushrooms, baby tomatoes, mozzarella and pesto cream cheese, 8 X Small cups with muesli, yoghurt, seasonal berries/fruit & honey, 8 X Bran and Raisin muffins accompanied by grated cheese, butter and jams, 10 X Seasonal fresh fruit kebabs, 10 X Mini bacon, feta and sundried tomato frittatas

17. Anytime Mixed Platter 1 @ R700 per platter

10 X Mini Smokey beef pies, 10 X Greek meatball & tomato kebabs, 10 X grilled chicken kebabs, 10X cocktail beef sausages, 8 X toasted cheese and tomato mini pitas, 8 X Jalapeño cheese rissoles, tzatziki dip

18. Anytime Mixed Platter 2 @ R700 per platter

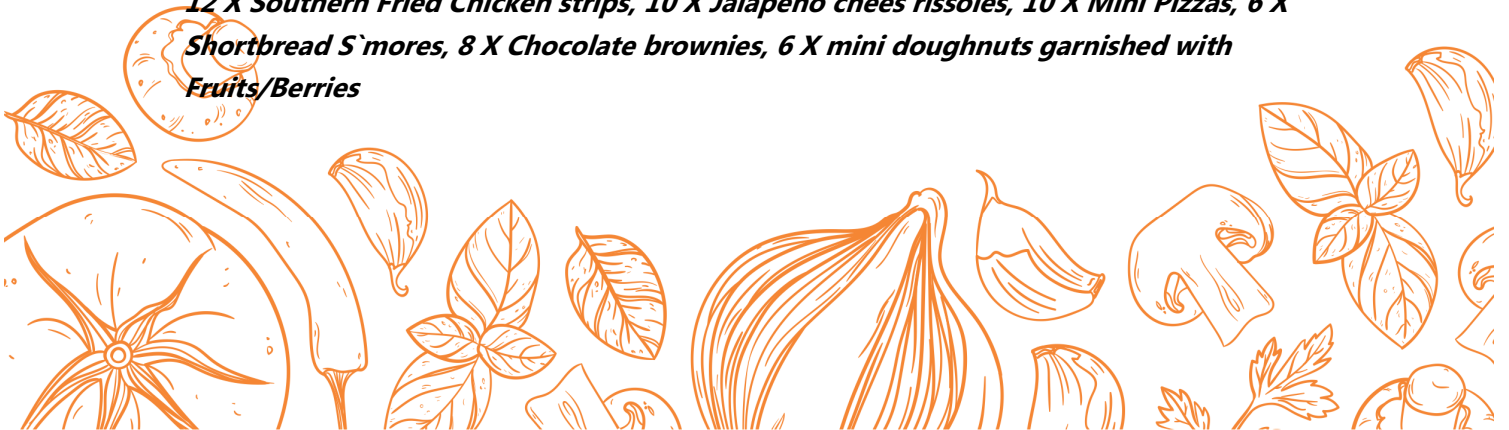
10 X Ham, cheese and mushroom tartlets, 10 X beef/chicken samoosas, 8 X BBQ Chicken drumsticks, 10 X Beef and pepper kebabs, 8 X sweet chili grilled chicken wrap halves, 10 X Crumbed halloumi bites, Sweet chilli sauce

19. Anytime Mixed Platter 3 @ R700 per platter

8 X Sweet chili and cheddar chicken wraps, 8 X little cheeseburgers, 8 X mini vetkoek with mince, 8 X grilled chicken and pepper kebabs, 12 X toasted chicken mayo sandwich triangles, tzatziki dip

20. Best of Both Platter (½ Savoury, ½ Sweet) @ R700 per platter (*NEW*)

12 X Southern Fried Chicken strips, 10 X Jalapeno cheese rissoles, 10 X Mini Pizzas, 6 X Shortbread S'mores, 8 X Chocolate brownies, 6 X mini doughnuts garnished with Fruits/Berries





21. Open sandwich/Bruschetta Platter @ R580 per platter

Open sandwiches/Bruschetta with assorted toppings e.g. biltong pate and caramelised onion, coronation chicken, cream cheese, salami and tomato, sautéed mushrooms with feta and roasted baby tomato, roast beef grilled peppers and chimichurri, grilled caprese with olive, salmon cream cheese, roasted grape and brie, Chorizo avo and salsa, etc.

22. Healthy Executive Platter (Low Carb) @ R700 per platter

10 X Grilled chicken & pepper kebabs, 10 X Roast beef Caramelised onion brie and rocket on rye, 10 X Smoked chicken and avo(seasonal) cucumber rolls, 10 X grilled beef and vegetable whole wheat wraps, tzatziki dip, 10 X Seasonal fruit kebabs

23. Healthy Executive Platter 2 @ R700 per platter (*NEW*)

10 X Sundried tomato cream cheese, basil and olive whole-wheat pinwheels, 10 X Crunchy cucumber disc, lemon crème fraiche, smoked salmon, garnished with "caviar", 10 X Grilled chicken & haloumi kebabs, 10 X Assorted sushi rolls with soy, wasabi and ginger, 10 X Chicken salad stuffed mini pitas, 10 X Marinated mozzarella, baby tomato and basil kebabs drizzled with balsamic reduction

24. Crudité and fruit Platter @ R600 per platter

Fresh seasonal vegetables and veggie sticks e.g. cucumber, carrot, baby tomatoes, mushrooms, baby corn and broccoli served with hummus and tzatziki. Fresh seasonal fruit kebabs

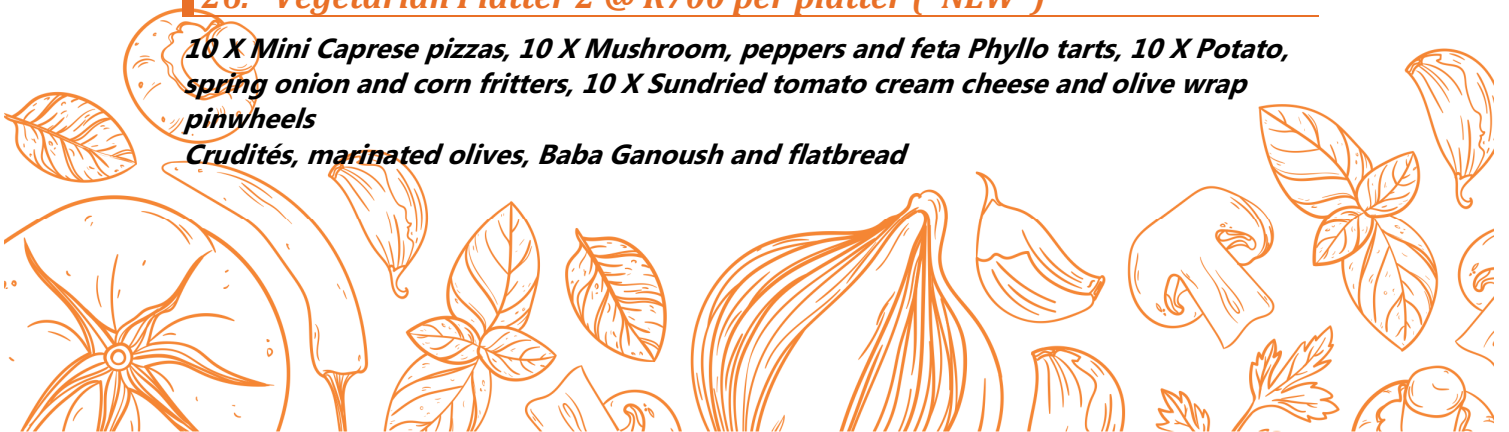
25. Vegetarian Platter @ R700 per platter

8 X grilled mushroom, tomato and feta bruschetta's, 8 X tomato, basil and mozzarella tartlets, 8X Half Grilled veggie wraps, 8 X Spanakopita phyllo pies, 10 X Crumbed halloumi bites, 10 X fruit kebabs

26. Vegetarian Platter 2 @ R700 per platter (*NEW*)

10 X Mini Caprese pizzas, 10 X Mushroom, peppers and feta Phyllo tarts, 10 X Potato, spring onion and corn fritters, 10 X Sundried tomato cream cheese and olive wrap pinwheels

Crudités, marinated olives, Baba Ganoush and flatbread





27. Vegan Platter @ R720 per platter (*NEW*)

8 X Grilled mushroom and roasted tomato bruschetta, 10 X BBQ Roasted Cauliflower "wings", 8 X Grilled veggie, sundried tomato, avo and fresh basil quesadillas, Crudités & fruit, marinated olives, Hummus and flatbread, 8 X Cucumber Sushi rolls/Maki with soy, ginger and wasabi

28. Vegan Platter 2 @ R720 per platter (*NEW*)

8 X Cucumber wrapped avo and carrot rolls, 10 X Spinach & Vegan cheese pylo parcels, 8 X Grilled veggie & vegan cheese wraps, 10 X Mini Mushroom & Olive pizzas, 10 X Seasonal Fruit Kebabs

29. Cheese & Biscuit Platter @ R700 per platter

6 Local cheeses, assorted biscuits and crackers, preserves, fresh fruits and nuts

30. Gourmet Cheese & Cold Meat Platter @ R750 per platter

5 Local cheeses, assorted biscuits and focaccia bread, preserves, cold meats, marinated olives, fresh fruits and nuts

31. Ultimate Grazing Platter (*NEW*) @ R800 per platter

Local cheeses, Crackers & Breads, Assorted Salami slices, Smoked Salmon, Crudités & fresh fruits, Hummus & Chicken Liver Pate. Mini Chocolate brownie bites

32. Mini Burger Platter @ R680 per platter

30 X Little gourmet beef and chicken burgers with assorted toppings and garnishes

33. Just Wrap Platter @ R700 per platter

40 X Tasty fresh beef, chicken and vegetarian mini wraps accompanied by sweet chili sauce

34. Wrap, Crudité & Fruit Platter @ R700 per platter

20 X Tasty fresh beef & chicken Wrap halves, Fresh seasonal vegetables and veggie sticks e.g. cucumber, carrot, baby tomatoes, mushrooms, baby corn and broccoli served with hummus and tzatziki. Fresh seasonal fruit & Fruit kebabs





35. Wrap & Burger Platter @ R700 per platter

20 X Tasty fresh beef and chicken wrap halves and 12 X mini beef burgers with tomato, cheese, lettuce and herb mayo, accompanied by sweet chili sauce

36. Meaty treat Platter @ R720 per platter

10 X Sweet chili chicken wings, 10 X Greek meatball & cucumber ribbon kebabs, 10 X Beef & onion mini pies, 14 X Cocktail sausages and 12 X Crumbed chicken strips with sweet chili and mustard dips

37. Just Chicken Platter @ R700 per platter

12 X Sweet chili drumsticks, 12 X Chicken samoosas, 12 X chicken, pepper and haloumi kebabs, 12 X BBQ chicken wings & 12 X strips with a sweet chili yoghurt sauce

38. South African Snack Platter @ R700 per platter

10 X Mini vetkoek with mince, 10 X Bobotie meatball kebabs, 100g Biltong, 100g droë wors, 10 X Savoury Marmite & cheese tarts, 10 X BBQ chicken wings, Chutney Mayo dip

39. Tapas Platter @ R720 per platter

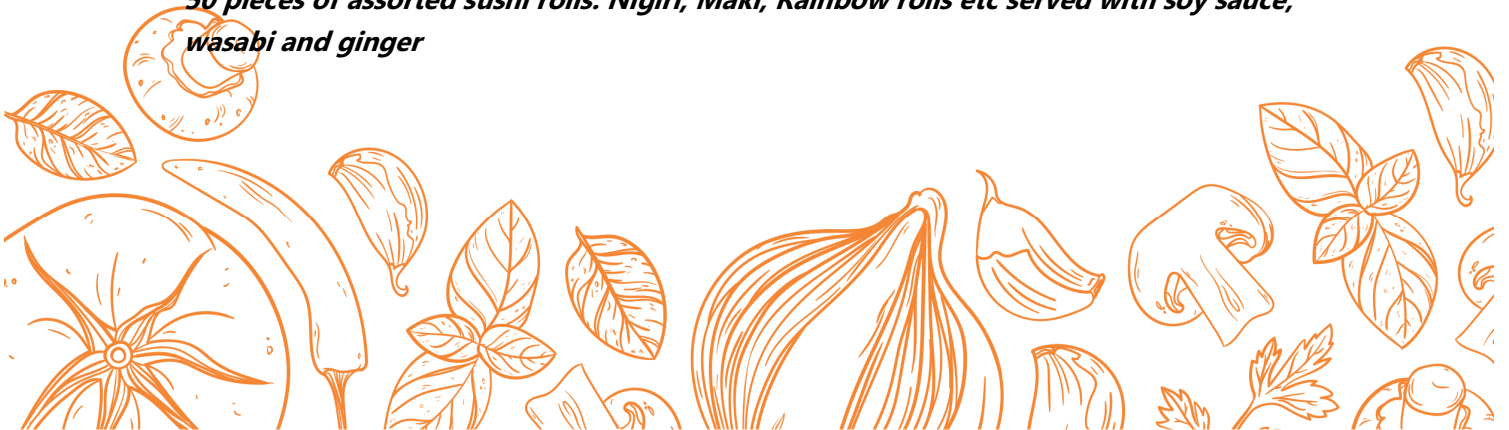
8 X roast beef grilled peppers and chimichurri bruschetta, marinated olives, mushrooms and artichokes, 12 X Chicken & pineapple kebabs, Flambéed Chorizo slices, assorted salami slices, Breads/Pitas with basil pesto and Garlic Mayo

40. Greek Platter @ R720 per platter

10 X Chicken salad stuffed pitas, 10 X Greek meatball, basil and tomato kebabs with tzatziki, marinated olives, 10 X feta and spinach pies, 10 X Cumin spiced beef and pepper kebabs, 10 X Greek salad kebabs with brie drizzled with balsamic reduction

41. Sushi Platter @ R750 per platter

50 pieces of assorted sushi rolls: Nigiri, Maki, Rainbow rolls etc served with soy sauce, wasabi and ginger





42. Asian Platter @ R700 per platter (*NEW*)

12 X Chicken Wontons, 10 X Assorted Spring rolls with sweet chili sauce, 10 X Chicken Satay with peanut sauce, 10 X Pork and noodle sesame meatballs, 10 X Sushi Rolls with Accompaniments

43. American Platter @ R700 per platter

8 X Little pulled pork buns, 8 X Cocktail cheeseburgers, 10 X Cocktail Cheese Corn dogs, 10 X Hawaiian mini pizzas

44. Mexican Platter @ R700 per platter

10 X Mini soft tacos with grilled chicken, sour cream and salsa, 10 X Grilled beef strip tortilla mini wraps with grilled peppers & onions, coriander and cheddar cheese, 8 X Mince, corn and mozzarella Quesadilla triangles, 12 X Cheese stuffed Jalapeno poppers, sour cream and guacamole(if available)

45. Seafood Platter @ R750 per platter

10 X Prawntail Springrolls, 10 X smoked salmon, cream cheese and caper bruschetta's, 10 X Lemon and fennel marinated crab sticks, 12 X Mini Thai fish cakes with spring onion and sweet chili, 12 X Crumbed Calamari strips/rings accompanied by lemon wedges and tartare sauce

46. Pizza Platter @ R580per platter

Because everything is better with pizza. Home-made pizza squares with assorted toppings

47. Breads & dip Platter @ R580 per platter

Focaccia breads, cocktail rolls and pitas accompanied by Biltong pate, hummus, tzatziki and chicken liver pate.

48. Kiddies Platter @ R580 per platter

10 X Mini Hawaiian pizza, 10 X little beef and cheese burgers, 20 X baked chicken nuggets or strips, 20 X Cocktail sausages accompanied by tomato & mayo dip





49. Chefs Choice Dessert Platter @ R600 per platter

Assortment of mini sweets and treats e.g. chocolate brownies, fruit kebabs, mini lemon meringue, Swiss roll slices, koeksisters and meringues, mini cupcakes etc.

50. Lunch Salad Platter @ R620 per platter (Please choose 3 X salads below)

Greek salad ~ Baby Potato salad ~ Watermelon, calamata olive and feta salad(seasonal) ~ Fragrant Thai seared beef salad tossed with egg noodles ~ Caprese salad with fresh basil, bocconcini mozzarella and tomatoes ~ Three bean salad with citrus vinaigrette ~ Couscous and grilled veggie salad with lemon and mint ~ Grilled Mediterranean vegetable salad with basil and smoked mozzarella ~ Curry noodle salad with smoked chicken and peppers ~ Broccoli and bacon salad with cheese ~ Carrot salad with pineapple pieces and sesame seeds ~ Rice salad with peppers, raisins and peas in a mayonnaise dressing ~ Vegetable salad with marinated broccoli, whole kernel corn, baby tomatoes and spring onions ~ Roasted pumpkin and beetroot salad with orange, rocket and feta cheese ~ Fusilli pasta salad with olives, peppers, tomatoes, cucumber and basil ~ Chickpea and grilled cauliflower salad with coriander lemon yoghurt dressing ~ Bulgur wheat Tabbouleh salad with cucumber, tomato, onions, parsley and citrus mint vinaigrette.

