



The Healthy Gourmet [www.thehealthygourmet.com.au](http://www.thehealthygourmet.com.au)

60<sup>th</sup> Anniversary - 30 pax - Robina

Canapés & Buffet Dishes - no Desserts

Suggestion: Choose 2 Canapés & 6 Dishes (2 Vegetables)

(Self-service / Buffet Style) \$75ea (BBQ supplied by host)

Canapés (made with mini toast and crackers):

- Black Olives Tapenade with Basil and Cherry Tomatoes
- Beetroot Tapenade with Brie Cheese, Cherry and Green Olives
- Cream Cheese, Smoked Salmon, Parsley and Capers
- Pesto, Tangerine & Camembert
- Beetroot Tapenade, Roasted Beef, Cherry Tomato & Basil

Salads & Veggies:

- Kale, Quinoa, Orange & Roasted Almonds Salad (vg)
- Spinach, Tomato, Red Onion, Avocados & Blue Cheese Salad with Mustard Sauce
- Green Veggies Stir Fry - Bock Choy, Kale, Snow Peas, Green Bean
- Mix Lettuce & Spinach, Cherry Tomatoes, Red Onions, Shaved Parmesan & French Dressing

- Roasted Balsamic Beetroots, Garam Masala Chickpeas, Paprika Pumpkin and Spinach Couscous

### Sea Food:

- Grilled barramundi Fillets Served with Banana, Ginger & Coriander salsa

- Tomato, Herbs & Onion Stuffed Fish cooked on BBQ or baked, served with Brazilian Vinaigrette Salad (tomato, onion, caps, parsley vinaigrette)

- Ginger & Shallots Scallops served with Rockets & Mustard Sauce

- Shallow Fried Thai Herbal Prawn or Scallops (Lemongrass, Kafir Lemon Leaves, Ginger and more)

### Chicken:

- Mustard & Spice (Cumin, Paprika, Turmeric and more) Roasted Chicken
- Chicken Stroganoff
- BBQ Chicken Skewers served w Chimichurri Sauce
- Panang Chicken

### Beef, Veal & Lamb:

- BBQ Whole Rump Sliced – Brazilian Style- served with Vinaigrette Salad and Farofa (Brazilian Style Couscous – Gluten Free)
- Home Made Beef Lasagne
- Grilled Eye Fillet Served w Balsamic Glazed
- Saltimbocca Veal or Chicken (Pan- fried Veal Fillets rolled up with Sage and

*Prosciutto)*

*-Macadamia & Lemon Myrtle Crust Rack of Lamb*

*-Baked Carbonara Pasta*