



The Healthy Gourmet

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Menu Healthy Wrap Party – Hurley – 28 Feb – Casuarina

35 hungry teenagers

Option 1 - \$ 22 pp

2 choices of wraps – average 1.5 pp (cut in halves)

- Beef Koftas served with Mint Yogurt Sauce (GF) 1 pp
- Coriander Chicken & Banana Skewers (GF) 1 pp

Option 2 – 28.50 pp

3 choices of wraps – average 1.5 pp (cut in halves)

- Beef Koftas served with Mint Yogurt Sauce (GF) 1 pp
- Coriander Chicken & Banana Skewers (GF) 1 pp
- Thai Fish Kebabs (GF) 1pp

Please choose wraps from the selection below (all made with wholemeal wraps):

- ✓ Chicken, Lettuce, Avocado, Sundried Tomatoes, Carrots
- ✓ Tuna Salad, Rocket, Tomatoes, Carrots, Red Onions, Mayonnaise
- ✓ Salami, Spinach, Cream Cheese, Sundried Tomato, Black Olives
- ✓ Grilled Haloumi, Rockets, Tomatoes, Red Onions, Cucumber

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✓ Black Beans, Pico de Galo Salsa, Avocado, Sour Cream

✓ Smoked Salmon, Spinach, Red Onions, Cream Cheese, Avocado

✓ Turkey, Lettuce, Sundried Tomatoes, Avocado, Red Onions, Cream
Cheese