



The Healthy Gourmet www.thehealthygourmet.com.au

Private Chef - 7 -9 pax - Burleigh Waters

05th July 2014

NO MUSTARD OR WORCHESTERSHIRE SAUCE

From \$780 to \$980 (depending on choices and number of guests)

Options

Vegan/Raw options

Entree:

Vietnamese spring rolls (vg)

Tamari Walnuts (vg/r)

*Eggplant, Sundry Tomatoes & Macadamia Ricotta Rolls (vg or made
with normal ricotta)*

Thai Coconut Soup (vg)

Cauliflower Rice (vg/r)

Carrot, Orange and Cumin Soup (cold or warm) (vg)

Mexican Sweet Potato & Quinoa Salad (vg)

Creamy Spiced Cauliflower & Kale Soup (vg)

Creamy Spiced Sweet Potato & Coconut Milk Soup (vg)

Mix Grains Soup (vg)

*Gluten Free & Vegan Garam Masala Veggie Patties & Garden Salad
(vg)*

Vegan Dahl Koftas & Tomato Chutney (vg)

Main:

Quinoa Paella (vg)

Kale, Quinoa, Orange & Roasted Almonds Salad (vg)

Raw Zucchini Pasta w Sundried Tomatoes & Capsicum Sauce (vg/r)

Chinese Eggplant over Cauliflower Rice (vg)

Creamy Pumpkin & Chickpeas Korma Curry & Steamed Rice (vg)

Capsicum & Tomato Curry Recipe (vg)

Cauliflower Couscous or Pilaf (vg/r)

Wild Rice & Nuts Salad (vg)

Moroccan Quinoa Couscous (vg)

Roasted Grains & Herby Haloumi Cheese Salad (vegetarian)

Warm Roasted Cauliflower, Chickpeas & Quinoa Salad (vg)

Dessert:

Raw Vegan Chocolate or Lime Cheesecake

Raw Cacao Bonbons

Raw Choc Chia Squares

Raw Ginger, Carrot & Orange Cake

Raw Vegan Chocolate Mousse Served with Raspberry Coulis

Raw Blueberries Topped with Banana Sauce

Fish/Chicken options:

Entree:

*Chilli & Garlic Squid served with Spinach & Cherry Tomatoes Salad &
Herbal Dressing*

Ginger & Shallots Scallops served with Rockets & Honey Lemon Dressing

Vietnamese Salad with Grilled Marinated Prawns

*Mustard & Spice Grilled Chicken Served w Spinach, Tomato & Blue Cheese
Salad & Balsamic Dressing*

Dill, Kaffir Lemon & Parsley Chicken & Veggies Clear Soup

Main:

Grilled barramundi with spicy banana, ginger & coriander salsa

Balsamic & Orange Chicken Breast with Pesto Mash Sweet Potato

Basil Grilled Prawns served with Home Aioli Pasta (GF)

*Roasted Chicken with Macadamia & Lemon Crust served with Greek Salad
& Balsamic Dressing*

*Creamy Pesto Home Made Fettuttini w Gamberi (prawns) all 'Olio e
Limone (GF)*

*Chicken Saltimbocca with Sautée Baby Vegetables & Grilled Mashed
Pumpkin*

*BBQ Picanha served with Cauliflower Mash; Tomato, Onion & Parsley
Vinaigrette Salad & Farofa
(Brazilian Couscous- like dish) (GF)*

Desserts:

Chocolate Soufflé with Raspberry Coulis

Raspberry, Orange & Mint Sorbet

Seasonal Fruit & Nut & Yogurt Salad with Blueberry Coulis

Grilled Banana served with ginger caramel sauce & Vanilla Ice cream

*Caprese Cake (W Almonds and Dark Chocolate) & Ice Cream and
Fresh Strawberries*