



Lettuce B. Frank

don't sugar coat it.



Frankly... life should be good.

WWW.LETTUCEBFRANK.COM.AU

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SWEET PLATTERS

(MIN 6 PEOPLE)

Price is per person for all platters

Morning Glory \$4.50

Daily house made Muffins, Cakes & Slices

Sweet Petites \$4.50

Petite Pastries & Slices

Cravings Platter \$4.50

Banana Bread, assorted Pastries & Cakes

Moorish Mini Muffins \$5.00

Variety of mini Muffins

Healthy Muffins \$4.90

Healthy oatbran muffins w a variety of fillings

Gluten Free Heaven \$5.50

Great selection of our Gluten free Cakes

Divine Paleo \$6.00

House made Paleo treats

Savoury Scones \$5.50

Baked fresh w Cheese& Herb, Feta w sundried tomato etc

Sweet Scones \$5.50

Served w fresh cream & berry compote

The Delectables \$5.50

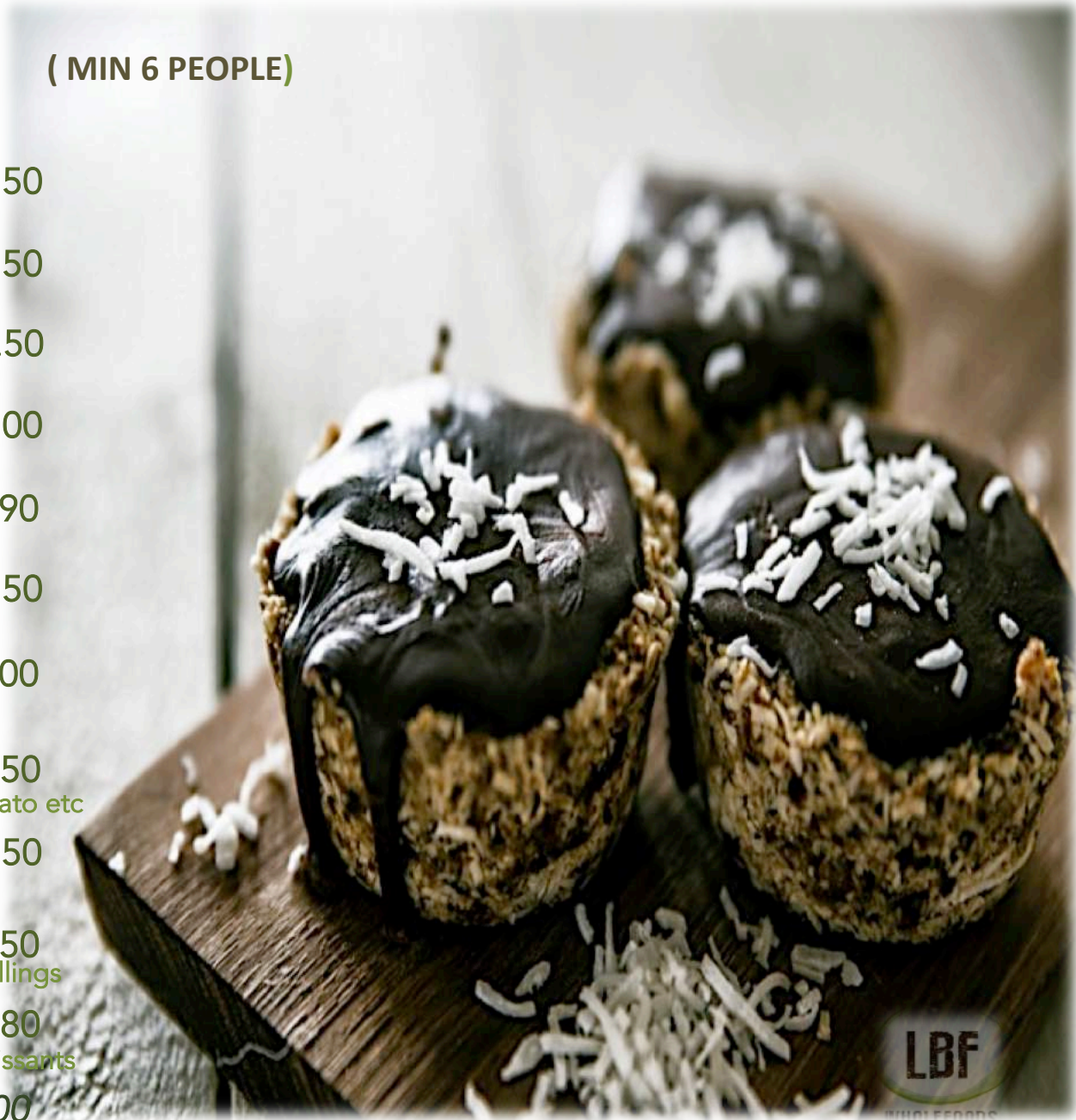
Petite mini Croissants oozing with different sweet fillings

Scones & Crosses \$5.80

Best of Both - A mix of Sweet Scones & petite Croissants

A Touch Of Fruit \$1.00

Add a side of Fruit to any of your platters



LBF

WHOLE FOODS

BREAKFAST PLATTERS

Savoury filled Mini Croissants	\$7.50pp
Mini Quiches	\$7.50pp
Bacon and Egg Sliders	\$8.50pp

BREAKFAST PACKAGES

The Kick Start Package \$14 pp

Kick start the day with an abundant breakfast of fresh baked Savoury Bagels or Croissants, a scrumptious Muffin & Yoghurt Pot topped with Muesli & Fruit

Mix It Up A Little \$16 pp

A selection of mini Muffins, filled Croissants or Bagels, Frittata bites
Pastries & Slices- served cold

Breakfast Basket \$16 pp

A mix of Muffins, Pastries, Fruit Bread, Savoury Croissants & Fruit Juice

(All prices do not include gst)



A Little Indulgence \$17 pp

Bacon & Egg Sliders, mini Quiches,
mini Muffins, Brownies & mixed
Pastries
with seasonal Fresh Fruit

FRUIT PLATTERS

Medium fruit platter (up to 6 ppl) \$42.00

Large fruit platter (up to 10ppl) \$64.00

(All prices do not include gst)





BREAD PLATTERS (MIN 6 PEOPLE)

Classic Sandwich Platter **\$5.00 each**
A wonderful assortment of traditional sandwiches including Ham, Cheese & Tomato, Egg & Lettuce, Zesty Tuna w Rocket & more

Gourmet Sandwich Platter **\$8.00 each**
Seeded, Rye & Country Style breads created with healthy gourmet fillings

Bagel Platter **\$5.50 each**
Savoury fillings including Salmon w Zesty Ricotta & Dill , Cheese & Tomato with Aioli, Scrambled Egg & Prosciutto w Rocket

Mini Rockin' Rollers **\$5.50 each**
A mix of petite mini Italian Rolls filled with delicious Savoury Fillings

The Wraps Platter **\$9.50 each**
Lebanese bread wraps filled with gourmet fillings

Tortilla Wraps **\$10.00 each**
A Selection of Sundried Tomato, Spinach & Plain Tortilla Wraps filled with classic & gourmet fillings

Wraps & Gourmet Sandwiches **\$9.50 each**
A Selection of Wraps & Gourmet Sandwiches

French Baguette Platter **\$9.50 each**
European style mini Baguettes with a wonderful array of delish fillings

Famous "Mix & Match" **\$9.50 each**
A stunning presentation of Sandwiches, Baguettes & Wraps

GLUTEN FREE WRAPS & SANDWICHES AVAILABLE \$12.00

(All prices do not include gst)



GRAZING PLATTERS

Afternoon Dips Platter Medium up to 6ppl \$45 Large - up to 10ppl \$70
Dips, Olives, seasonal Vegie Sticks w Dried Fruit & Nuts , Sourdough Crostini & Rice Crackers

Afternoon Grazing Plate Medium - up to 6ppl \$50 Large - up to 10ppl \$75
A wonderful array of Cheeses, Dips & Fruit w Nuts, Sourdough Crostini & Rice Crackers

Antipasto Delight Medium - up to 6ppl \$55 Large - up to 10ppl \$80
Sliced Meats & Cheese w Olives, Pickled Vegies, Fresh Vegies, Sourdough Crostini & Rice Crackers

Mediterranean Grazing Medium - up to 6ppl \$55 Large - up to 10ppl \$80
Marinated Feta, Chorizo Sausage, bite size Frittata, Cheeses, Smoked Ham, Pastrami, Olive Tapenade, Caramelised Onion Dip w Toasted & Fresh Bread

The Ol' Favourite Medium - up to 6ppl \$55 Large - up to 10ppl \$80
Our famous handmade Dips with a selection of Cheeses, Chorizo, Fruit & Crackers

The Big Game Platter Medium - up to 6ppl \$55 Large - up to 10ppl \$80
Pretzels, Corn Chips, house made Salsa, Mixed Nuts, Olives, Cheese, Chorizo, Dips w Turkish Bread Fingers & Crackers

Where's The Wine Platter Medium - up to 6ppl \$55 Large - up to 10ppl \$80
A great selection of Cheeses including Blue, Brie & Vintage w Grapes, Dried Fruits, Nuts & Crackers

The Picnic Table \$15.95 (min 12 people)
Station platters for your next function – Sliced Meats platter, chicken pieces, 2 salads & gourmet breads

(All prices do not include gst)



SALADS

Served in Large Bowls- serves up to 8ppl

Our Salads & Dressings are all made with the freshest ingredients
And sourced locally when possible.



Caesar \$55

Bacon, Egg, Parmesan, Croutons, Cos Lettuce w our famous house made Caesar Dressing

Chicken Caesar \$65

Chicken breast, Bacon, Egg, Parmesan, Croutons
Cos Lettuce w our famous house Dressing

Greek Salad \$65

Feta, Roma Tomatoes, Cucumbers, Red Onions &
Rocket (Balsamic & Olive Oil dressing)

Quinoa Tabouli \$75

Quinoa, Tomato, Parsley, Onion w Olive Oil &
Lemon

Moroccan Veg & Chickpea \$65

Roasted Vegetables w Chickpea & Moroccan Spices

Roasted Pumpkin w Feta \$65

Roasted Pumpkin, Feta, Pepitas, Sunflower Seeds, Rocket
w Sesame Seed Oil

Pesto Penne Salad \$65

Penne, Basil Pesto w Sundried Tomato & Olives

Thai Beef Salad \$70

Sirloin Beef, Tomatoes, Cucumber, Coriander, Thai Spices,
Capsicum, Mint & Lettuce

Goats Cheese, Walnut & Pomegranate \$75

Rocket, Goats Cheese, Roasted Walnut, Pear, Pomegranate
w Caramelised Balsamic Dressing

All salads available in Single serve \$14 per person
(min 4)



LUNCH BOX SPECIALS

Pre-packaged in our Eco Friendly
Carry Containers

OPTION 1 \$13.50PP

Sandwich, Apple, Muffin &
Juice

OPTION 2 \$16PP

Gourmet Wrap, GF Brownie, Fruit
piece & Orange Juice

OPTION 3 \$16PP

Gourmet Sandwich, Health Slice ,
Fruit piece & Orange Juice

OPTION 4 \$18PP

Grilled Chicken Salad Pot
Health Slice & Fruit

Gluten Free Bread Option Add
\$2.00

(All prices do not include gst)



SUSHI & RICE PAPER ROLLS

Medium serves up to 6 people \$32

Large serves up to 10 people \$55

Sushi & Nori Rolls

Selection of Sushi & Nori Rolls w Soy
Wasabi & Pickled Ginger

Rice Paper Rolls

Scrumptious Vietnamese Rice Paper Rolls, Vegetarian
& Chicken w a tangy Sweet Chilli dressing

Orient Xpress

Delightful Asian mix of fresh Sushi & Nori rolls w
Vietnamese Rice Paper Rolls



FINGER FOOD

Min 12 pieces Per Item

Mixed Savoury Tartlets	\$4.00
Lamb Skewers w Tzatziki Dip	\$4.00
Satay Chicken Skewers	\$4.00
Teriyaki Chicken skewers	\$4.00
Veggie Skewers w vegan dip	\$4.00
Peking Duck Pancakes	\$5.00
Feta & spinach pastries	\$4.00
Beef and Pine Nuts pastries	\$4.00
House made Sausage Rolls	\$4.00
House Made Meat Pies	\$4.00

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DRINKS



600ml Bottled Water \$2.50

Sparkling Water
300ml \$3.00
700ml \$7.00

Naked Life Sparkling Water 375ml \$4.20
Cola, Lemonade with Cucumber, Pomegranate
and Ginger and Lemon

Kombucha 375ml \$5.00
Original, Apple, Hibiscus, Lemon and Ginger and
Raspberry Lemonade

Parkers Juice 375ml \$4.20
Pineapple and Mint
Mango, Apple and Orange Juice
Guava

Cold Press Juice 330ml \$5.00
Orange, Green and Red

Softdrink 375ml \$4.20
1.25L \$6.00
Coca-Cola, Diet Coca-Cola, Lemonade and
Fanta

Organic Orange Juice 500ml \$4.20

Fruit Juice 2L \$5.95
Orange or Apple

Milk 2 Litre \$6.00
Full Cream or Skim

Nutty Almond Milk 1 Litre \$8.00

Coconut Water 1 Litre \$8.00



DISPOSABLE ITEMS

- Wine Glass – Disposable
\$0.50 per cup
- Champagne Flute – Disposable
\$1.00 per cup
- Cups – Disposable
\$0.35 per cup
- Cutlery Pack
Knife, Fork, Spoon & Napkin
\$0.90 per item
- Fork – Disposable
\$0.25 per item
- Knife – Disposable
\$0.25 per item
- Spoon – Disposable
\$0.25 per item



- Lunch Plate – Disposable
\$0.25 per item
- Napkin – Cocktail
\$0.10 per item
- Napkin – Luncheon
\$0.10 per item
- Plate, Napkin & Cutlery Pack -
Disposable
\$1.30 per item
- Plate & Cutlery Pack –
Disposable
\$1.00 per item
- Side Plate – Disposable
\$0.15 per item

DELIVERY CHARGES & SURCHARGES

ORDERS OF \$200 PLUS FOR CATERING
WITHIN ZONE 1 IS FREE

Delivery Charge - Zone 1

Within Wollongong city centre and under \$200
\$15.00 per order

Delivery Charge - Zone 2

2km to 5Km outside Wollongong city centre
\$25.00 per order

Delivery Charge - Zone 2

5km to 10km outside Wollongong city centre
\$30.00 per order

Delivery Charge - Zone 3

11-15 Km From Wollongong city centre
\$45.00 per order

SURCHARGES FOR OUTSIDE OF HOURS

EARLY MORNING DELIVERIES 15%
BEFORE 9AM

LATE DELIVERIES
15% AFTER 3PM

WEEKEND SURCHARGES
SATURDAY 15%
SUNDAY 25%

