



Platters • Light lunches
Hot meals for business meetings
Breakfast and lunch snack packs

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📞 083 441 50 58

THE BREAKFAST SELECTION

Breakfast Wraps Delicious wraps filled with fried onions, tomatoes, scrambled eggs, bacon, cheese, ham, chicken strips (30 pieces)	R460 exc.	The Morning Tea Time Platter Scones served with grated cheese, butter, jam and cream (25 scones cut in halves – 50 halves)	R390 exc.
The Healthy Breakfast Platter Mini yoghurt tubs, bran muffins, mini sandwich triangles on lo gi bread, fruits, butter pads and strawberry jam (40 pieces plus fruits)	R340 exc.	Croissant Breakfast Platter Croissants filled with scrambled eggs, bacon, egg mayo, ham and cheese (30 pieces)	R415 exc.
The Continental Basket Danishes, muffins, croissants & scones served jam and butter (50 pieces)	R340 exc.	OPTIONAL Full croissant platter with Smoked Salmon, cream cheese and gherkins	R500 exc.
Just Quiches & Sandwiches Sandwich quarters and assorted quiches (50 pieces)	R340 exc.	Cocktail Quiche Platter Chicken & mushroom, ham & cheese and spring onion and feta quiches (60 pieces)	R410 exc.
Muffin Platter Assorted cocktail size muffins served with jam & butter (50 pieces)	R300 exc.	The Parisian High Tea Platter Baby quiches, sandwich quarters, assorted danishes and scones, jam and butter (60 pieces)	R395 exc.
Fruits & Muffins Platter Assorted cocktail muffins and seasonal fruits (40 pieces plus fruits)	R320 exc.		

SWEET SENSATION SELECTION

The Zero-Guilt Sweet Selection Absolutely to die for: Low-carb / sugar free and gluten free; choc chip cookies / vanilla cookies / peanut butter milk and chocolate cups / salted caramels and caramel swirls – This platter is so delicious it is hard to believe that it's ALL GUILT FREE!	R550 exc.	French Pastry Platter Assorted French Danishes (40 pieces)	R440 exc.
Sweets Delight Platter Lamingtons, chocolate brownies, pasteis de nata, doughnuts, cake pops and cupcakes (60 pieces)	R409 exc.	The Mad Hatters Tea Party Platter Delectable mini tarts: milk tarts, lemon meringues, coconut tarts, pasteis de nata & cupcakes (50 pieces)	R490 exc.

*Please enquire about custom made dessert platters and full cake options.
Tarts made to order.*

THE LIGHT LUNCH/SANDWICHES & WRAP PLATTERS SELECTION – IDEAL FOR THE WORKING LUNCH

The 3 Peppers Famous Wrap Platter Assorted fillings: Sweet chili chicken & feta, beef & feta, falafels & hummus, roast veggies, crumbed fish (30 halves)	R465 exc.	Assorted Sandwich Platters Small – 40 quarters Medium – 60 quarters	R250 exc. R345 exc.
The Fabulous Wrap Platter Assorted fillings: Crumbed chicken with 1000 island sauce, chicken & bacon & feta, beef & haloumi, spicy mince & cheddar, tuna mayo & gherkins, falafels & hummus (30 halves)	R465 exc.	The Scrumptious Croissant Platter Cocktail croissants with sun dried tomato feta spread & rocket, cream cheese with feta & cucumber, salami with pesto, mozzarella cheese & rocket (30 pieces)	R415 exc.
Just Chicken Wraps Delicious chicken wraps: Wasabi and mayo, sweet chili & Feta, schiracha mayo & haloumi with chicken strips, crumbed chicken wraps & chicken mayo & peppadews (30 halves)	R 465 exc	Banting Wraps Platter (Gluten Free) 96 HRS NOTICE Low Carbs perfect for banting – sweet chili chicken and feta (4 wraps – 8 halves) Cauliflower or Zucchini wraps (depending on availability from supplier)	R360 exc.
The Delicious Veggie Wrap Platter Falafels & hummus, roast veggies & feta, haloumi & avo wraps, feta & salad wrap with tzatziki (30 halves)	R445 exc.	Combo Sandwich & Savoury Snack Platter Assorted sandwich quarters & sausage rolls, samoosas, meatballs & spring rolls (70 pieces) <i>Please Note: Avo Subject to Availability</i>	R380 exc.
The Frenchi Platter LO gi French health soft baguettes with assorted fillings (10 baguettes cut in halves – 20 halves)	R395 exc.	The Assorted Mini Rolls Platter Cocktail paninis, continental rolls, Portuguese rolls & health rolls with: egg mayo, salami mozzarella cheese & pesto mayo, ham, cheese & Dijon mustard, tuna mayo & gherkins, chicken mayo & peppadews, cheese and tomato, cream cheese and onion marmalade (28 rolls)	R360 exc.
The Portuguese Platter Chicken and beef cocktail pregos marinated the traditional Portuguese way! (30 rolls)	R420 exc.		

We outsource Halaal platters from a certified halaal caterer for all our clients requiring strict halaal catering. 72 hours notice Monday to Friday. Unfortunately our Halaal caterer does not deliver on the weekends.

ON THE HEALTHY SIDE OF LIFE SELECTION

Meze Platter

Olives, dolmades, feta, ham, salami, mozzarella, cocktail tomatoes, roasted veggies, falafel balls, cucumber slices, pita breads and a Mediterranean dip (70 pieces)

R420 exc.

The Low-carb / Gluten Free Cheese Platter

Delicious guilt-free low-carb nachos, sesame seed crackers, pitas with an assortment of cheeses, cold meats and dips

R525 exc.

The Big Cheese Platter

A delicious variety of cheeses such as blue cheese, Camembert, cream cheese, sweet chili dip, mozzarella slices, olives and crackers

R450 exc.

Crudites Platter

Seasonal veggies served with a cream cheese onion marmalade dip & Tzatziki dip

R330 exc.

Low-carb Mini Rolls & Bagel Platter

Scrumptious low-carb mini rolls and bagels with assorted fillings (30 pieces)

R450 exc.

The Low-carb Chicken / Beet Pregos

Cocktail size chicken and beet pregos served on delicious low-carb rolls

R480 exc.

The Low-carb Mini Burgers & Hotdogs

Assortment of cocktail size beet burgers and hotdogs

R480 exc.

Fruit Platter

Selection of seasonal fruits

R340 exc.

THE VEGETARIAN & VEGAN SELECTION

The Ultimate Vegan Sandwich Platter

Assortment of low-carb mini rolls with vegan fillings: Vegan chicken mayo, cheese and tomato/roast veggies/hummus and cucumber (30 pieces)

R480 exc.

Vegan Snacky Platter

Bruschettas topped with hummus and roast veggies, chicken nuggets, falafels, baby potatoes, falafel burgers and a dip (50 pieces)

R440 exc.

Vegan Burgers & Hot-dog Platter (45 pieces)

Mini hamburger buns with roasted brinjals, Falafel burgers & Frys hot dogs (45 pieces)

R440 exc.

Vegan Wraps (10 halves)

Roast veggies, falafel and hummus, avo & sundried tomatoes (10 halves)

R310 exc.

The Exec's Vegetarian Platter

Baby quiches, cheese phyllos, cheese sesame pies, mini garlic butter potatoes, cheese and corn croquettes, spinach phyllos, springrolls, risolles, samoosas & a dip (70 pieces)

R430 exc.

The Mediterranean Veggie Platter

Dolmades, jalapeño stuffed feta, mini pizza bites, hummus, pita breads, Roast veggie bruschettas, olives, feta, haloumi and falafel balls (80 pieces)

R420 exc.

The Veggie Delight Platter

Baby spring onion & feta quiches, samoosas, cheese sesame pies, spinach phyllos, cheese puffs, veggie spring rolls & a dip (65 pieces)

R410 exc.

THE SNACKY SELECTION

The Snacky Platter

Spring rolls, sausage rolls, samoosas, meatballs, cheese grillers, chicken kebabs, veggie bites, rissoles & a dip (90 pieces)

R405 exc.

The Ceo's Choice Platter

Beef croquettes, beef kebabs, mince phyllo pastries, chicken spring rolls, sausage rolls, chicken wings, rissoles, meatballs, cheese grillers & a dip (75 pieces)

R455 exc.

Combo Snacky & Pastry Platter

Cocktail quiches, sausage rolls, rissoles, meatballs, cheese grillers, cheese balls, cheese sesame pies & a dip (75 pieces)

R405 exc.

The Cheeky Chicken Platter

Chicken kebabs, chicken drumsticks, spicy chicken wings, chicken schnitzel, chicken spring rolls, chicken pregos, chicken pies & a dip (60 pieces)

R500 exc.

The Pastry Platter

Springrolls, chicken pies, boboetie pies, sausage rolls, beef samoosas, cheese sesame pies, quiches, risolles, cheese puffs & a dip (75 pieces)

R405 exc.

The Almighty Meaty Platter

Beef kebabs, chicken kebabs, meatballs, Boerewors bites & cocktail sausage skewers with Rosa tomatoes & Dijon mustard dip (80 pieces)

R470 exc.

The Nibble Party Platter

Biltong, dry wors, nuts, grissini sticks, pretzels, olives, chips and dip

R400 exc.

The Budget Platter

Sausage rolls, samoosas, meatballs, spring rolls & a dip (100 pieces)

R360 exc.

The Proudly South African Platter

Spicy chicken wings, boeries with chakalaka, curried mince pies, bbq ribs, cheese grillers (50 filling pieces)

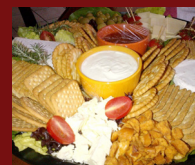
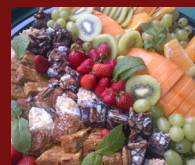
R455 exc.

Just Sausage rolls & Meatballs Platter

Sausage rolls and meatballs served with a bbq dip (80 pieces)

R350 exc.

Please enquire about our range of low-carb products.



PLEASE ENQUIRE ABOUT OUR:

Home Meals Menu | Hot Lunch Menu for Business Lunches | Breakfast & Lunch Packs for Team Building/Trips | Our Just Health Food Products

Credit Card Payment – By Prior Arrangement Only

*TERMS AND CONDITIONS

- Prices are excluding VAT.
- Small – half size platters available for selected platters at 60% of full platter prices – please enquire.
- 48 Hours NOTICE on all orders.
- 24 hours NOTICE on a small selection of platters – please enquire on which platters we can assist with – should you need to order with 24 hours NOTICE. For this variety, ORDER needs to be confirmed 10am the previous day. 72 hours NOTICE for all orders for Saturdays
- Catering for large groups more notice period required.
- Trading hours: Monday to Friday 8am to 4pm, Saturdays 8am to 12pm, Sundays and public holidays closed.
- Ingredients may vary according to season and stock availability.
- Deliveries Monday to Friday 8am to 4pm – fees do apply.
- 50% Cancellation fee may apply for orders canceled 24 hours prior for special ordered items.
- 100% Cancellation fee may apply for orders canceled on day of delivery.
- Payment methods accepted: cash or EFT upon receipt of invoice.
- C.O.D. clients – order will be confirmed on receipt of payment proof.