

catering menu



POUNDS + OUNCES



We pride ourselves on the quality of food we create.

Let us help you take the stress out of organising food for your functions. We have an easy to order menu across a variety of cuisines that can be adjusted to suit all dietary requirements.

You can rely on our range to deliver the highest quality ingredients, all prepared fresh in store, especially for you.

Providing a range of fresh, healthy and delicious food is our bread and butter. We're too proud and caring to provide anything less than perfect to our valued customers.

We cater for private and corporate functions to suit any budget, and guarantee to provide you with delicious food, delivered by our friendly staff to you on time.

BREAKFAST

NOURISH BOX

SMALL (8 PIECES - CHOOSE 2 VARIETIES)

21

LARGE (24 PIECES - 4 VARIETIES)

62

- + Yoghurt, muesli, mixed berries (GF)
- + Raspberry chia pudding with toasted nuts & coconut (VE GF)
- + Mango chia pudding with toasted nuts & coconut (VE GF)
- + Seasonal fruit salad, coconut (VE GF)

MIXED BREAKFAST BOX

(20 PIECES) 59

- + Muffins
- + Petite danish
- + Mini croissants

HEALTHY SNACKS

- + Seasonal fresh fruit salad, muesli, honey, yoghurt (V GF) 5ea
- + Trail mix (VE) 4.8ea
- + Protein balls (GF) 4.2ea

SEASONAL FRESH FRUIT (VE GF)

- SMALL PLATTER 45
- LARGE PLATTER 82
- LARGE BOWL 38
- INDIVIDUAL SNACK SIZE 5.5ea

SWEET MUFFINS

- + Blueberry
- + Raspberry & white chocolate
- + Chocolate
- + Apple & cinnamon

4.9ea

DANISH

- + Maple pecan
- + Raspberry
- + Cinnamon swirl
- + Vanilla custard
- + Apple

2.9 ea

CROISSANTS

MINI 3.8ea LARGE 7.7ea

- + Ham, Swiss cheese
- + Cheese, tomato (V)
- + Swiss cheese, avocado, tomato (V)

BREAKFAST SLIDERS

4.7ea

- + Scrambled egg, bacon, caramelised onion, spinach, tomato relish
- + Bacon, egg, cheese, BBQ sauce
- + Mushroom, feta, rocket (V)

BREAKFAST TURKISH

8ea

- + Bacon, egg, smashed avocado, tomato relish
- + Bacon, egg, spinach, cheddar cheese, BBQ sauce
- + Mushroom, egg, cheese, spinach, hollandaise (V)

TOASTED BREAKFAST TORTILLAS

8ea

- + Bacon, egg, cheddar, spinach, BBQ sauce
- + Bacon, egg, spinach, hollandaise
- + Egg, spinach, cheddar cheese, tomato, hollandaise (V)
- + Mushroom, avocado, potato hash, spinach, tomato relish (VE)

BREAKFAST BAGELS

9.3ea

- + Bacon, egg, cheddar, BBQ sauce
- + Mushroom, spinach, avocado, relish (VE)
- + Smashed avocado & feta (V)

ALL INDIVIDUAL ITEMS REQUIRE A
MINIMUM ORDER OF 10 SERVES

(V) VEGETARIAN

(VE) VEGAN

(GF) GLUTEN FREE



BREADS

SANDWICHES

- + Roast chicken, avocado, fresh salad, mayonnaise
- + Roast chicken, coleslaw
- + Ham, fresh salad, tomato relish
- + BBQ pulled beef, fresh salad, honey mustard dressing
- + Egg, lettuce, mayonnaise (V)
- + Falafel, beetroot hummus, fresh salad, sprouts (V)

7.5 ea

GOURMET SANDWICHES

- + Roast chicken, avocado, fresh salad, pesto mayonnaise
- + Smoked salmon, brie, avocado, red onion, rocket, cream cheese
- + Ham, brie, caramelised onion, fresh salad
- + Avocado, cheddar, fresh salad, red onion, beetroot hummus (V)
- + Eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (V)

10 ea

FRESH BAKED BAGUETTES

- + Grilled chicken schnitzel, fresh salad, basil pesto mayonnaise
- + Roast chicken, avocado, fresh salad, pesto mayonnaise
- + Roast chicken, bacon, fresh salad, Caesar dressing
- + Ham, swiss cheese, fresh salad, honey mustard dressing
- + Roast pumpkin, caramelised onion, feta, Kalamata olives, rocket (V)

10.5 ea

TORTILLA WRAPS

- + Roast chicken, fresh salad, pesto mayonnaise
- + Tandoori spiced chicken, fresh salad
- + Ham, fresh salad, tomato relish
- + BBQ beef, coleslaw, honey mustard dressing
- + Falafel, fresh salad, hummus (VE)

9.2 ea

MIXED SANDWICH BOX

- + Tortilla wraps
- + Baguettes
- + Sandwiches
- + Gourmet Sandwiches

(16 pieces) 74



TOASTED TORTILLA WRAPS

11 ea

- + BBQ chicken, bacon, cheddar, spinach, mayonnaise
- + Chicken schnitzel, coleslaw, BBQ sauce, aioli
- + Beef meatballs, tomato sugo, spinach, mozzarella, lemon aioli
- + Roast pumpkin, eggplant, capsicum, caramelised onion, spinach, sundried tomato, hommus (VE)

TOASTED TURKISH BREAD

11.2 ea

- + Roast chicken, Swiss cheese, avocado, sundried tomato, pesto mayonnaise
- + Roast chicken, smashed avocado, tomato salsa, corn, mozzarella, sweet chilli
- + Slow cooked beef, tomato, rocket, caramelised onion, tomato relish, cheddar cheese
- + Pulled pork, ham, dill pickles, Swiss cheese, Dijonnaise
- + Grilled eggplant, zucchini, pumpkin, roast peppers, feta, lemon aioli (V)

BURRITOS

11 ea

- + Roast chicken
- + Slow cooked beef
- + Roasted sweet potato (V)

With avocado and tomato salsa, Cuban rice, mozzarella, spinach, sour cream, sweet chilli sauce

BAGELS

11 ea

- + Smoked salmon, red onion, rocket, cream cheese
- + Ham, cheddar cheese, tomato, Dijonnaise
- + BBQ beef, Swiss cheese, Dijon mustard, dill pickles
- + Beetroot hummus, grilled pumpkin, grilled eggplant, onion relish, rocket (VE)



MIXED MELTS BOX

(14 pieces) 77

- + Burritos
- + Toasted turkish bread
- + Toasted tortilla wraps

GLUTEN FREE OPTIONS AVAILABLE

ALL INDIVIDUAL ITEMS REQUIRE A MINIMUM ORDER OF 10 SERVES

(V) VEGETARIAN

(VE) VEGAN

(GF) GLUTEN FREE



HOT



MINI BEEF MEATBALLS

SMALL (APPROX 67 PIECES)

40

LARGE (APPROX 134 PIECES)

77

Marinated in our sweet chilli citrus sauce.

Served with tomato relish.

MINI SPRING ROLLS & SAMOSAS (V)

96 PIECES

67

192 PIECES

120

Served with chilli citrus sauce

CHICKEN WINGS

SMALL (APPROX 25 PIECES)

46

LARGE (APPROX 50 PIECES)

87

Served with sweet chilli citrus sauce.

CHICKEN NUGGETS

Served with assortment of sauces

12 PIECES

11.5

24 PIECES

22

48 PIECES

42

PARTY ROLLS

(20 PIECES) 40

Served with tomato relish

+ Pumpkin, spinach, four cheese rolls (V) + Sausage rolls

CLASSIC PARTY PASTRIES

SMALL (28 PIECES)

48

LARGE (56 PIECES)

89

Served with tomato or BBQ sauce. Includes:

+ Pumpkin, spinach, four cheese rolls (V) + Sausage rolls

+ Spinach, ricotta quiche (V) + Mini pies

+ Quiche lorraine

PIZZA

(60 pieces) 82

+ Ham, mushroom, spinach, Kalamata olives,
mozzarella, oregano

+ Ham, bacon, pulled pork, onion, mozzarella, BBQ sauce

+ BBQ Chicken, smokey BBQ sauce, mozzarella, oregano

+ Grilled eggplant, feta, roast peppers, spinach,
mozzarella, oregano (V)

+ Fresh tomato, basil, mozzarella (V)



SLIDERS

5 ea

+ Beef, cheese, lettuce, tomato, dill pickles, ketchup, aioli

+ BBQ Beef, dill pickle, coleslaw, honey mustard dressing

+ Pulled pork, coleslaw, chipotle mayonnaise

+ Grilled mushroom, brie, kale, caramelised onion,
balsamic, pesto (V)

QUICHE

2.5 ea

Choose from:

+ Quiche lorraine, bacon, mozzarella

+ Spinach, ricotta quiche (V)

+ Mediterranean vegetable quiche (V)

PASTA

5 ea

+ Beef lasagne

+ Spinach, ricotta lasagne (V)

+ Macaroni, four cheese bake (V)

BAKES

3.3 ea

+ Zucchini & bacon slice

+ Roast vegetable frittata (GF) (V)

SOUP

5 ea

Traditional recipes, made in house. Gluten free
and vegan options available. Minimum 10 serves.

Add fresh bread

1.6 ea

NOODLE & RICE BOXES

5 ea

+ Teriyaki chicken & rice (GF)

+ Teriyaki vegetable noodles (GF) available)

+ Chicken curry & rice

+ Ginger beef noodles

ALL INDIVIDUAL ITEMS REQUIRE A
MINIMUM ORDER OF 10 SERVES

(V) VEGETARIAN

(VE) VEGAN

(GF) GLUTEN FREE



COLD

FRESH SALAD

LARGE BOWL

INDIVIDUAL BOX

46

5ea

Choose from:

- + Chicken pesto pasta salad
- + Broccoli pesto pasta salad (V)
- + Greek salad (V) (GF)
- + Potato & bacon salad
- + Chicken schnitzel, avocado & spinach salad
- + Vietnamese chicken salad (GF)
- + Moroccan roast pumpkin salad (V) (GF)
- + Mediterranean falafel salad (VE)

COLD NOODLE & RICE BOXES

5ea

- + Miso Salmon Rice - brown rice, edamame, corn, radish, herbs, sesame seeds (GF)
- + Nourish Bowl - zucchini noodles, broccoli, tofu, broccoli, pickled cabbage, capsicum, radish, mint (VE) (GF)
- + Vegan Rainbow - zucchini noodles, broccoli, edamame, carrot, pickled cabbage, avocado, corn (VE) (GF)

HAND MADE SUSHI HAND ROLLS

3.8ea

With soy sauce, wasabi and ginger

- + Katsu Chicken + Miso Salmon
- + Fresh Tuna (GF) + Fresh Salmon & Avocado (GF)
- + Grilled Prawn (GF)

4 sushi pieces per hand roll

RICE PAPER ROLLS

3.8ea

With dipping sauce

- + Teriyaki Chicken + Chicken & Avocado (GF)
- + Hoi Sin Pork + Beef, Ginger, Coriander & Lime
- + Teriyaki Tofu (VE) + Teriyaki Mushroom & Coriander (VE)
- + Avocado & Cucumber (VE) (GF)



ANTIPASTO PLATTER

SMALL

49

LARGE

96

Ham, salami, chorizo, grilled mediterranean vegetables, olives, feta cheese, turkish bread

CHANGE TO GLUTEN FREE BREAD (GF)

8

HOUSE MADE DIPS PLATTER (V)

SMALL (CHOOSE 2 DIPS)

41

LARGE (CHOOSE 4 DIPS)

79

Made from scratch & served with crunchy vegetables & crackers. Select your dips:

- + Hommus (VE)
- + Beetroot hommus (VE)
- + Semi sundried tomato
- + Roast capsicum
- + Avocado

CHANGE TO GLUTEN FREE CRACKERS (GF)

8

GRAZING PLATTER (V)

SMALL (2 CHEESES)

46

LARGE (4 CHEESES)

87

Brie, camembert, blue costello, cheddar, house made dip, marinated olives, mixed dried fruit & nuts, crackers

CHANGE TO GLUTEN FREE CRACKERS (GF)

8

SEASONAL FRESH FRUIT (VE) (GF)

SMALL PLATTER

45

LARGE PLATTER

82

LARGE BOWL

38

INDIVIDUAL SNACK SIZE

5.5ea

ALL INDIVIDUAL ITEMS REQUIRE A MINIMUM ORDER OF 10 SERVES

(V) VEGETARIAN

(VE) VEGAN

(GF) GLUTEN FREE



SWEET BITES

PETITE TARTS

(24 PIECES) 84

Flavours may include:

- + Apple pie
- + Lemon meringue pie
- + Fruit tart
- + Custard tart
- + Pecan tart

SLICES SERVED CUT IN HALF

4.6ea

- + Caramel
- + Chocolate fudge brownie
- + Salted caramel
- + Macadamia fudge brownie
- + Lemon
- + Hedgehog

Ask about our vegan options (VE)

GLUTEN FREE SLICES (GF)

5ea

- + Caramel slice
- + Chocolate fudge brownie
- + Nut slice
- + Nutella fudge brownie

PROTEIN BALLS (GF)

4.2ea

COOKIES

2.5ea

- + Anzac
- + Chocolate chip
- + Double chocolate

GLUTEN FREE COOKIES (GF)

4.2ea

- + Triple chocolate
- + Cranberry & white chocolate

CARROT CAKE

(20 PIECES) 50

LOAVES

Toasted, cut in halves and served with butter

- + Banana bread
 - + Gluten free banana bread (GF)
 - + Orange & almond (GF) (GF)
 - + Date & honey (GF)
- 5.3ea
6.4ea
6.5ea
6.5ea

CELEBRATION CAKES

Custom made with 48 hours notice.

Please ask in store for flavours and sizes. Vegan and gluten free available (VE) (GF)

ALL INDIVIDUAL ITEMS REQUIRE A MINIMUM ORDER OF 10 SERVES



BEVERAGES

DRINKS PACKAGES

MINIMUM OF 10 SERVES

- + Single origin batch brew coffee & organic loose leaf tea 4pp
- + Single origin batch brew coffee, organic loose leaf tea & orange juice 5pp

ESPRESSO COFFEE Individual coffees

RRP

BOTTLED DRINKS

- + Water 1.5L 6
- + Juice 2L 8
- + Soft drink 2L 6
- + Individual bottles RRP

COLD BREW COFFEE 2L

30

GROUP PACKAGES

RISE & SHINE SERVES 12

14.2pp

- + Fresh fruit
- + Mini croissants
- + Petite danish
- + Orange juice

ASIAN FEAST (GF) SERVES 10

11.2pp

- + Chicken curry & rice
- + Vegetable noodles
- + Assorted rice paper rolls
- + Assorted sushi hand rolls

LIGHT LUNCH SERVES 20

12.8pp

- + Sandwiches
- + Tortilla wraps
- + Classic party pastries

BURGER PARTY SERVES 10

12.6pp

- + Sliders
- + Chicken Nuggets
- + Fries

ITALIAN FESTA SERVES 20

16pp

- + Antipasto platter
- + Homestyle pasta
- + Traditional pizza
- + Fresh salad

EQUIPMENT & STAFF

Your order will be supplied with disposable napkins, plates, cups and/ or cutlery, as required. Please see pricing below for reusable and additional items, if preferred.

GLASSWARE

+ All purpose (each)	1
+ Wine & Sparkling (each)	1.5

CROCKERY

+ Serviette & plate (each)	1
+ Tea/coffee (each)	1

CUTLERY (each)	1
----------------	---

SERVING UTENSILS (each)	1
-------------------------	---

+ Tongs, Knives, Serving spoons etc.

TABLES

+ Trestle table	29
+ Trestle cover	30

SERVICE EQUIPMENT

+ 20 litre hot water urn	25
+ Percolator - 12 cup	17.5
+ Percolator - 100 cup	55
+ Chaffer Dish	35
+ Hot Box	150

STAFF

Hourly rate per staff member

+ 7am - 7pm	30
+ 7pm - 7am	45
+ Weekend	45
+ Public Holiday	60

TERMS & CONDITIONS

DELIVERY

Delivery is free for orders over \$100 within a 5km radius.

Our staff will collect any hired or re-usable items after your function, event or meeting has concluded. Please specify an appropriate time to do so, as we hate to interrupt. If you require any assistance with setting, packing or cleaning up in addition to your catering order, or require delivery outside of these terms, please contact our friendly staff.

ORDER TIMES

We will always be happy to meet any catering needs you have, however some items may require 48 hours notice to supply. It is advised to place your order as early as possible to ensure we have everything ready for you on the day. If you are unable to place your order in advance please speak to our friendly staff regardless.

We will always be able to assist.

CHANGES / CANCELLATIONS

We understand your catering requirements may change

unexpectedly. Notice of any changes or cancellations must be given 24 hours before the event (48 hours for larger orders). Charges may be applicable due to stock loss or labour charges.

BROKEN / MISSING EQUIPMENT

Any broken or missing equipment will be charged to your account at the cost of replacement.

PAYMENT TERMS

We accept Credit Card or Direct Debit (EFT) payment. Please contact our friendly staff to arrange payment.

We make all of our fresh, delicious food right here
at Pounds + Ounces. We would be delighted to
create something special for your event, meeting
or function, regardless of budget.

Please do not hesitate to ask if you
have a unique request!

POUNDS + OUNCES

poundsources.com.au

hello@poundsources.com.au
K Block - Royal Hobart Hospital
Campbell Street Entrance

