

SALAD

INDIVIDUAL PLATTERS FOR 6 P

		I	P	Qty
V SUPER GRAIN	Lemon truffled wild rice, quinoa, pearl barley, wild mushroom, parsley salad, Dried Cranberry, Pepitas, grilled zucchini and tomato, roasted pumpkin, lemon zest Add a poached egg +2 <input type="checkbox"/> Grilled Chicken +4 <input type="checkbox"/> Grilled halloumi +4 <input type="checkbox"/> Pulled pork +4 <input type="checkbox"/> Grilled lamb +5 <input type="checkbox"/> PER SERVING	12	70	-----
GF TROUT QUINOA	Smoked ocean trout, capers, snow pea tendrils, onion, beetroot, dill, beans, quinoa, ricotta, lemon zest, a poached egg	19	110	-----
V HALLOUMI	Grilled haloumi, rocket, grilled veges, tabouli, baby beetroot, fennel, pumpkin seeds, olive oil, balsamic dressing Add grilled chicken tenderloin +4 <input type="checkbox"/> PER SERVING	15	85	-----
CHICKEN MUSHROOM	Grilled chicken, sauteed portobello mushroom, spinach vinaigrette, kale, beetroot, aioli, dried portobello mushroom skins Add grilled halloumi +4 <input type="checkbox"/> PER SERVING	14	80	-----
GF THAI BEEF	Marinated beef, Lettuce, cucumber, coriander, fish sauce dressing	14	80	-----
COCONUT CHICKEN	Lettuce, cucumber, beetroot, coconut dressing			
CAESAR	Chicken breast, Cos lettuce, boiled egg, croutons, parmesan, caesar dressing			
GF CHICKEN AVOCADO	Chicken breast, Avocado, lettuce, Tomato, Cucumber, Poppy seeds	11	70	-----
GF ROASTED VEGE	Seasoned oven roasted vegetables, Lettuce, feta, quinoa, beetroot			-----
FALAFEL	Crispy Falafel, Kale, Pumpkin, Cucumber, Corn, Tomato, Crispy tortilla, labneh, Pistachio thousand island dressing.			-----
GF POTATO CHICKEN	Garlic Chicken, Cucumber, Capsicum, Roasted potato wedges, Kale, Rocket, Tomato	11	70	-----
CRISPY CHICKEN	Chicken Schnitzel, Cucumber, Capsicum, Carrot, Mix Lettuce, Quinoa, Spanish Onion,	11	70	-----

DRINKS

FRESHLY SQUEEZED JUICE	1L 13	Orange	-----	Herbal	-----	Green	-----	KOMBUCHA	330ml 5	-----
SPARKLING WATER	750ml 10	-----		COCONUT WATER	1L 9	-----				
HOUSE COLD BREW COFFEE	200m 6	-----		HOUSE BREWED ICED ROSE TEA	1L 12	-----				

DETAILS

DELIVERY PICK UP

FIRST NAME _____ LAST NAME _____ COMPANY NAME _____
 ADDRESS _____ LEVEL _____ CONTACT NO _____
 EMAIL _____ DELIVERY DATE _____ TIME _____

CREDIT CARD CASH

NAME ON CARD _____ CARD NO _____
 EXPIRY DATE _____ CVV _____ SIGNATURE _____

Please place order by 2:00pm the day prior your event and email us a scan.
 Minimum order \$100 and please call us for details of our free delivery area. Call us if you have not received a confirmation contact within 3 hours.

BREAKFAST DELIVERY 7:30AM – 11:00AM LUNCH 11:00AM – 12:00PM AFTERNOON 1:30PM – 3:00PM

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