



PICK A PACKAGE - IT'S ALL GOOD!

MORNING & AFTERNOON TEA

(price per person)

A little bit naughty but very nice! A selection of fresh fruit, cheeses, nibbles, yummy Happy Frog home baked cookies, cakes and sweet things!

Choose from:

- Fresh fruit platter \$3 p.p.
- Crackers, cheese, dips, dried fruit, nuts \$4 p.p.
- Cake, cookie & fresh fruit \$5 p.p.
- Cake, cookie, fresh fruit, crackers, cheese, dips, dried fruit & nuts \$7 p.p.

LITE & EASY LUNCH \$8

(price per person, minimum order 10 people)

Beautiful food for those on a budget. Bang for your buck!

Choose from:

- Platter of mixed sandwiches or/
- Platter of mixed wraps or/
- Platter of mixed turkish rolls or/
- Fabulous Happy Frog salad tubs.

MUNCH MUNCH LUNCH \$12.50

(price per person, minimum order 6 people)

Guaranteed to satisfy the tummy monsters.

Choose from:

- Lunch in a box - Touch of Asia or/
- Lunch in a box - Middle East Magic or/
- Vegetable lasagne & garden salad or/
- Vegetable frittata & garden salad.

LA DI DAH LUNCH \$15

(price per person, 6 pax min.)

For those of you who want just a little bit more!

Choose from:

- Asian noodle box with roasted chicken or/
- Pattie's and a selection of Happy Frog gourmet salads with delicious dipping sauces or/
- Mini nachos, falafels, tabouli, tortilla wrap, Happy Frog salads & dipping sauces or/
- Roast chicken served with honey roasted veges & greek salad.

CREATE YOUR OWN

Mix & match your favourite Happy Frog lunch combinations.

Options include

- Happy Frog salad tray \$45 (10 serves)
- Vegetable frittata XLarge ... \$45 (8 serves)
- Vegetable lasagne XLarge .. \$45 (8 serves)
- Risotto, chickpea or lentil patties x 6 with dipping sauces \$28 (12 serves)
- Falafels or quinoa croquettes x 24 with dipping sauces \$28 (12 serves)

TREATS

Choose from

- Brownie & strawberries platter \$30 (10 serves)
- Fresh fruit platter \$30 (10 serves)
- Surprisie snacks & treats selection - a range of chocolates, nuts, dried fruits .. \$40 (10 serves)

THIRSTY? DRINKS

- 2 Lt bottled juice & cups \$6.50 (price per bottle, serves 8 to 10)
- Single serve organic soft drinks and juice (price per bottle) \$4
- Fresh health juices & blended smoothies from cafe menu (on request)

PERFECT PLATTERS

(feeds approx. 10)

STANDARD PLATTER \$30

- Deli cheese
- Crackers
- Dried fruits
- Mixed nuts
- Olives

GOURMET PLATTER \$45

- Deli cheese
- Crackers
- Dried fruits
- Mixed nuts
- Olives
- Pesto feta
- Fresh fruit
- Carrot & hummus

FANCY PANTS PLATTER \$70

- Deli cheese
- Crackers
- Dried fruits
- Mixed nuts
- Olives
- Pesto feta
- Fresh fruit
- Carrot & hummus
- Fancy cheese
- Deli meats selection

HOT STUFF PLATTER \$70

- Warm falafels
- Warm quinoa croquettes
- Warm mini pastries
- ~ ALL WITH A SELECTION OF FROG SAUCES ~

TURN OVER FOR OUR 'THE HAPPY FROG'

SUPER SALAD BAR SELECTION

ANY SPECIAL REQUESTS?
We can cater for those with special dietary requirements such as gluten free & vegan.

SUPER SALAD BAR

House made using fresh & locally sourced produce

Red (v, GF) - Carrot, beetroot, red kidney beans, sultanas and sesame soy dressing with a sprinkle of dukkah.

Vegan Pasta (v) - Penne pasta, semi dried tomatoes, onion, spinach and mushrooms with mustard soy aioli.

Asian (v, GF option) - Fresh coleslaw with sesame soy dressing, nuts and crunchy noodles.

Greek (GF) - Feta, marinated olives, tomatoes, cucumber, onion and capsicum with olive oil vinaigrette.

Gado Gado (GF) - An Indonesian salad of green beans, eggs, peanuts and tofu with satay dressing.

Soba Noodle (v) - Japanese noodles, spicy radish, rocket, sesame seeds with ginger sesame dressing.

Thai (v, GF) - Rice vermicelli noodles, pea shoots, spring onions, carrot, celery, capsicum, red onion and coriander.

Quinoa Tabouleh (v option, GF) - Quinoa, fresh parsley, mint, celery, cucumber, capsicum with a citrus, honey dressing.

Broccoli & Cauliflower (v, GF) - Steamed broccoli and cauliflower, onion, capsicum with a lemon, pepper and olive oil dressing.

Local Brown Rice (v, GF) - Chemical-free Yamba grown brown rice, peas, corn, capsicum and onion with a soy and sesame oil dressing.

Rocket & Pear (GF) - Rocket, pear, shaved parmesan with a lemon juice dressing.

Green Power (v, GF) - Broccoli, rocket, peas, spring onion, beans, baby spinach & celery with a vegan cashew dressing & a sprinkle of dukkah.

Rainbow (v, GF) - Carrot, corn, beetroot, spinach, strawberries & blueberries with nuts & a ginger tahini dressing.

Moroccan Chickpea (v, GF) - Roasted beetroot & pumpkin, chickpeas, sultanas, spinach & sunflower seeds with a Middle Eastern dressing.

Sunshine Salad (GF) - Potato, sweet potato, baby spinach, corn, sun dried tomatoes, macadamia nuts, basil, parmesan cheese with olive oil and lemon zest.

Vegan Potato Salad (v, GF) - Potatoes, onion, mint, soy aioli and vinegar.



VEGETARIAN • CAFE • GROCERY • FRUIT&VEG

HOW TO ORDER:
PHONE TO PLACE YOUR ORDER
CALL 66 516 518

GENERALLY WE REQUIRE:
2 DAYS NOTICE FOR NUMBERS UNDER 50
7 DAYS NOTICE FOR NUMBERS OVER 50
Need catering urgently? Call & enquire.

DELIVERY FEES

COFFS HARBOUR CENTRAL CBD - \$20
COFFS HARBOUR JETTY, PLAZA, HOSPITAL - \$25
OTHER - \$ PLEASE ENQUIRE

16 PARK AVENUE,
COFFS HARBOUR NSW
66 516 518



HOURS: MONDAY TO FRIDAY 7.30 TO 6PM
SATURDAY 8AM TO 3.30PM

WWW.THEHAPPYFROG.COM.AU

Please note - prices are subject to change



HAPPY CATERING MENU



The Happy Frog is everything you know & love about our cafe delivered straight to your door! (with some added extras).

Got a special event? Big or small we're all over it! High quality, scrumptious food perfect for:

Workshops • Parties • Event Launches
Corporate Catering • Training Days
Spontaneous Surprises • Anything really!

Enjoy! Let us take care of it!

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