

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 \$5 p.p.
- Crackers, cheese, dips, dried fruit, nuts . . . \$7 p.p
- Cake, cookie & fresh fruit \$9 p.p
- Deluxe - Cake, cookie, fresh fruit, crackers, cheese, dips, dried fruit & nuts \$13 p.p

LITE & EASY LUNCH \$13.50

(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 \$20

(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.
- Hot Tex Mex Spud with The Happy Frog salads

NEED SERVING TRAYS OR CUTLERY?

We provide sustainable & compostable:

- Single serve trays - 0.25c each
- Cutlery & serviette - 0.35c each

LA DI DAH LUNCH \$24

(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
- Pattie's and a selection of Happy Frog gourmet salads (3) with delicious dipping sauces.
- Roast chicken served with fresh potato salad & greek salad.

CREATE YOUR OWN

Mix & match your favourite Happy Frog lunch combinations with our bulk buy deals.

Bulk Buy Deals:

- Happy Frog salad tray \$85 (20 serves)
- Vegetable frittata \$8.5 each (4 or more)
- Vegetable lasagna \$8.5 each (4 or more)
- Spinach & Fetta Pies \$8.5 each (4 or more)
- Risotto or Lentil Patties
with dipping sauces \$6.5 each (6 or more)
- Falafels (4 per serve) \$6.5 (6 or more serves)

TREATS

Choose from

- Brownie & strawberries platter \$65 (10 serves)
- Fresh fruit platter \$50 (10 serves)
- Surprisie snacks & treats selection - a range of chocolates, nuts, dried fruits ..\$65 (10 serves)

ANY SPECIAL REQUESTS?

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

THIRSTY? DRINKS

- 2 Lt bottled juice & cups \$10
(price per bottle, serves 8 to 10)
- Single serve organic soft drinks and juice
(price per bottle) \$6
- Fresh health juices & blended smoothies,
coffee & tea from the cafe menu (on request)

PERFECT PLATTERS

(feeds approx. 10-20)

STANDARD PLATTER \$70

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

GOURMET PLATTER \$90

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

FANCY PANTS PLATTER \$130

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

HOT STUFF PLATTER \$130

A selection of warm mini patties & pastries with frog house made dipping sauces.

TURN OVER FOR OUR 'THE HAPPY FROG'
SUPER SALAD BAR DESCRIPTIONS

SUPER SALAD BAR

House made using fresh & locally sourced produce

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

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

Asian (Vegan, 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, tofu & satay dressing.

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

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

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

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

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

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

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

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

Buddha Bowl (Vegan, GF) - Curried chickpeas, mushrooms, dried tomatoes, broccoli, avocado, tamari coated almonds & rocket.

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

Waldorf Salad (Vegan, GF) - Apple, celery, lemon juice, sultanas, walnuts & vegan aioli.

Fruit Salad* (GF, Vegan option) - Watermelon, rockmelon, honeydew, strawberries, blueberries, pineapple Served with yoghurt and nuts.



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.

**surcharge may apply to late orders*

DELIVERY FEES

COFFS HARBOUR CENTRAL CBD - \$30

COFFS HARBOUR JETTY, PLAZA, HOSPITAL - \$35

SAWTELL, TOORMINA, KORORA - \$40

**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!

WWW.THEHAPPYFROG.COM.AU