



Gourmet Lab

CATERING MENU

BREAKFAST

- ✓ **House baked Granola** served with Greek yogurt and berries 9
- ✓ **Toasted Bagel** with cream cheese (plain / herb / sun dried tomato) 9
 - Salmon Bagel** herb cream cheese, avocado, cucumbers and arugula 14
- ✓ **Carrot Cake/Brownie/Seasonal Baked Goods** 5

LUNCH

BAGEL SANDWICHES


- ✓ **Vegetarian** - herb cream cheese / hummus (vegan), avocado, roasted peppers pickled red onions and arugula 11
- Turkey** – herb cream cheese, roasted peppers, pickled onions and arugula 12
- Prosciutto** - sundried tomato cream cheese, roasted peppers and arugula 14
- Salmon** - herb cream cheese, pickled red onions, avocado, cucumbers and arugula 14

SOUP / SALAD

- ✓ **Mixed Greens Salad** with seasonal vegetables, balsamic and olive oil 12
 - Add sous vide chicken breast +7
- ✓ **Soup** – choice of Lentil/ Cream of Mushroom/ Roasted Tomato/Vegetable 12
 - Served with slice of sourdough bread

HOT MEALS

Chili Con Carne- slow simmered beef with tomatoes, beans, onions, garlic and warm spices. Topped with Greek yogurt, chives and cheddar dish served with rice and slice of sourdough bread 25

 **Vegetarian Chili** – 3 types of beans simmered with tomatoes, onions, garlic and warm spices. Topped with Greek yogurt, chives and cheddar cheese served with rice and slice of sourdough bread 23

Butter Chicken - Tender chicken simmered in velvety tomato cream sauce with aromatic spices, served with rice and slice of sourdough bread 28

DESSERT

Carrot Cake / Brownie / NY Style Cheesecake 5

BEVERAGES

Coke / Coke Zero / Still Water / Sparkling Water/ Lemonade 4

- *Prices indicated are per portion*
- *2.6% VAT is not included*
- *We are happy to accommodate any requests*
- *We are flexible with smaller orders, however for larger orders we require 48 hours*

Please contact us at gourmetlabch@gmail.com or by phone at 079 951 3364 for any questions or tailored offer for your group