

CITY OF MELTON

# Healthy Food & Drink Guide



HEALTHY  
*Connected*  
COMMUNITY



Alongside physical activity, good nutrition plays an important role in maintaining health and preventing lifestyle-related conditions such as diabetes and heart disease. Melton City Council is committed to protecting, improving and promoting community health and wellbeing.

As outlined in our Municipal Public Health and Wellbeing Plan, Council supports an increase in access to nutritious, affordable and culturally appropriate foods with a particular focus on vulnerable communities. The Plan recognises that the environments in which we live, learn, work and recreate can strongly influence our health and wellbeing.

To support community members to consume healthier foods, it is essential to ensure that healthy options are available everywhere that food and drinks are supplied including facilities, events, programs and meetings.

## ABOUT THE GUIDE

The City of Melton Healthy Food and Drink Guide aims to support local businesses, services, institutions or community members to order healthy catering and promote healthy eating.







The Guide features healthy and environmentally friendly catering tips as well as healthy options menus from cafes and restaurants in the City of Melton. These businesses became involved voluntarily after responding to a community-wide invitation from Council. Their menus have been assessed by Nutrition Australia in accordance with the Victorian Government's Healthy Choices Guidelines. The Guidelines use a 'traffic light' rating system to classify food and drink into three categories according to their nutritional value.

Representatives from the cafes and restaurants featured in this Guide undertook Nutrition Australia training to make simple changes to their catering menus to help them serve healthier food and drink options that are still delicious and affordable.

## USING THIS GUIDE

To order catering from this Guide, you can contact the café or restaurant directly using the details provided at the top of each menu. Most are happy to offer alternatives for special dietary requirements.

## ICON LEGENDS

-  Green foods are full of nutrients, low in sugar, fat and salt and should be eaten regularly
-  Amber foods have some nutrients but can be high in sugar, fat or salt and should be eaten in moderation
-  Red are low in nutrients and are high in sugar, fat or salt, so should be only eaten occasionally and in very small serves.
-  Gluten Free
-  Dairy Free
-  Vegetarian

All prices within this handbook were correct at time of printing. Prices and availability are subject to change. Version 1.1 was last updated July 2015. Selected content courtesy of Healthy Together Geelong, Healthy Together Wyndham and Moonee Valley City Council. If you are a caterer and would like to be involved, please contact Melton City Council on 9747 7200.

## THE HEALTHY CHOICES GUIDELINES

The key to healthy eating is to enjoy a variety of nutritious foods from the core food groups, including:

- fruit, vegetables and legumes/beans
- grain foods, mostly wholegrain and/or high cereal fibre varieties
- lean meats and poultry, fish, eggs, tofu, nuts and seeds
- milk, yoghurt, cheese and/or alternatives, mostly reduced fat

The Healthy Choices Guidelines classify food and drink into three categories according to their nutritional value. Only menu items with a Green or Amber category have been included in this Guide.

### THE GREEN CATEGORY – BEST CHOICE

Green category food and drinks should be available at all times. These are the best choices because in general they are:

- excellent sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy density and help to avoid excess energy intake

Examples include water, multigrain and wholemeal breads, plain rice and noodles, wholegrain cereals, fruit and vegetables, reduced or low fat dairy products, lean meat and poultry, fish, eggs, legumes, nuts and seeds.

### THE AMBER CATEGORY – CHOOSE CAREFULLY

Amber category food and drinks should be selected carefully and consumed in moderation (large serves should be avoided). Although these items may provide some valuable nutrients, they can contribute moderate amounts of fat, added sugar or salt. Examples include regular fat milk, cheese and yoghurt, dried fruit, fruit juices and some oven baked meats and pastries.

### THE RED CATEGORY – RESTRICT OR LIMIT

Red category food and drinks are low in nutrients and high in sugar, fat or salt, and should be eat rarely and in very small serves. These items have not been included in this Guide. Examples include deep fried foods, lollies, chocolates, cakes, chips and soft drinks.

## HEALTHY CATERING TIPS

- Always provide plain water as an option to drink
- Offer reduced-fat or soy milk with tea and coffee
- Offer herbal tea, decaffeinated coffee and alternative sweeteners
- Include fruit and vegetables in most menu items
- Include vegetable items in all sandwiches, rolls and wraps
- Use multigrain, wholemeal, rye and other high fibre breads
- Include fresh or dried fruits, or vegetable sticks on cheese platters
- Keep processed meats to a minimum
- Serve spreads and condiments separately and use salt reduced
- Use reduced-fat versions of mayonnaise, cheese and other dairy products
- Reduce serving sizes by supplying mini items, pre-cut items or half serves
- Limit or do not serve foods high in unhealthy saturated and trans fats, salt and sugar (i.e. - red category foods)
- Order catering appropriate to the significance of the event, program or meeting and for the time of day
- Serve vegetarian and meat foods on separate trays
- Provide food that is culturally appropriate such as Halal or Kosher
- Ask attendees in advance about their dietary requirements and label food and drink items clearly

Melton City Council has worked closely with the businesses listed in this Guide to develop their healthy options menus. These businesses became involved voluntarily after responding to a community-wide invitation from Council. The Guide is not endorsing these businesses and recommends the use of the content as a guide only. Melton City Council provides no warranties in relation to the services of any of the catering providers listed and accepts no liability for loss or damage incurred as a result of the services provided.



## MEAL TIMES AND QUANTITIES

Ordering appropriate catering quantities can help individuals manage their energy intake and reduce waste. Even when green choices are provided, large portions can contribute to excess energy and weight gain. The following is a general guide:

Time of event	Suggested catering provision	Quantity
<b>Morning or Afternoon Tea</b>		
Less than 2 hours and / or less than 10 people	Tea, coffee and water Bowl of fruit	1 medium or 2 small pieces of fruit per person
More than 2 hours and more than 10 people	Tea, coffee and water Fruit platter or fruit bowl Muesli and yoghurt cups Low fat muffins platter Chips and dips platter	One platter per 10 people
<b>Lunch or Dinner</b>		
More than 2 hours	Sandwiches, wraps or rolls	1 sandwich, wrap or roll p.p.
	Bowls of soup	2 cups per person
	Rice paper rolls or sushi	2-3 per person
	Fresh chicken, beef or lamb	½ cup per person
	Low fat quiche or frittata	1 slice per person
	Bowl of salad or vegetables	1 cup salad per person ½ cup vegetables per person
	Fruit platter or fruit salad	1 cup per person
Water		

## TIPS FOR HEALTHIER BARBEQUES

- Use lean, uncoated and skinless meat such as lean sausages, hamburgers, kangaroo fillets or chicken breasts (skin off)
- Limit meat servings to the palm of an adult's hand size
- Reduce the amount of oil used for cooking or choose healthier options such as canola oil spray
- Barbeque vegetables such as corn, asparagus, capsicum, jacket potatoes and eggplant
- Use multigrain, wholemeal, rye and other high fibre breads without butter or margarine
- Always serve salads. Supply balsamic, lemon, mustard or herb based dressings on the side
- Use chutney or vegetable relish instead of sauces high in sugar

## TIPS FOR REDUCING WASTE

- Try to avoid over-catering. If you do, donate leftovers to a local food bank if possible
- Encourage people to bring their own plates and cutlery
- When disposable plates and cutlery are the only option, choose eco-friendly biodegradable and compostable products
- Choose food and drinks that are local, organic, fair trade or humane wherever possible
- Provide recycling and compost bins where possible
- Provide information and signage about the environmentally friendly and healthy aspects of the event, program or meeting.

## HELPFUL LINKS AND RESOURCES

### **Australian Dietary Guidelines**

[eatforhealth.gov.au](http://eatforhealth.gov.au)

### **Healthy Food Pyramid**

[nutritionaustralia.org/national/resource/healthy-eating-pyramid](http://nutritionaustralia.org/national/resource/healthy-eating-pyramid)

### **Healthy Choices: Healthy Eating Policy and Catering Guide for Workplaces**

[heas.healthytogethervic.gov.au/workplaces/healthy-eating-policy-and-catering-guide](http://heas.healthytogethervic.gov.au/workplaces/healthy-eating-policy-and-catering-guide)

### **Guidelines for serving healthier foods at meetings, functions and events**

[cancerCouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf](http://cancerCouncil.com.au/wp-content/uploads/2011/12/Healthy-Catering-Guidelines.pdf)

### **Guidelines and resources for catering and preparing foods**

[heartfoundation.org.au/information-for-professionals/food-professionals/Pages/catering-preparing-foods.aspx](http://heartfoundation.org.au/information-for-professionals/food-professionals/Pages/catering-preparing-foods.aspx)

### **Healthy barbeque tips**

[healthytogethervic.gov.au/healthybbq](http://healthytogethervic.gov.au/healthybbq)

### **Love Food, Hate Waste**

[lovefoodhatewaste.vic.gov.au](http://lovefoodhatewaste.vic.gov.au)

### **Minimising waste at public events**

[zerowaste.sa.gov.au/at-work/business-recycling-resources/reducing-waste-events-venues](http://zerowaste.sa.gov.au/at-work/business-recycling-resources/reducing-waste-events-venues)

### **Biodegradable catering products**

[goinggreensolutions.com.au](http://goinggreensolutions.com.au)

### **Fact sheets and recipes**

[heas.healthytogethervic.gov.au](http://heas.healthytogethervic.gov.au)  
[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)



# PIPES AND COMMUNITEA CAFES

Pipes Cafe, Caroline Springs Library,  
193 Caroline Springs Boulevard,  
Caroline Springs  
Ph: 9747 5327  
Open Monday to Friday

Communita Cafe,  
Melton Library and Learning Hub,  
31 McKenzie Street, Melton

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit Platter Small (5 people) \$23 Large (10 people) \$45	Freshly cut seasonal fruit	●	V
Veggie Sticks and Dips Platter \$45	Selection of vegetables sliced with an assortment of crackers, accompanied with dried fruit and dips.	●	V
Muffins Platter \$40 (serves 10)	Apple and cinnamon muffins cut into quarters	●	
<b>Lunch</b>			
Mixed Sandwiches and Wraps Platter Small (5 people) \$29 Large (10 people) \$58	Mixture of freshly made meat and vegetarian sandwiches and wraps	●	GF
Mixed Toasted Sandwiches Platter Small (5 people) \$33 Large (10 people) \$65	Mixture of toasted meat and vegetarian sandwiches	●	V GF
Preferably 3-4 days notice for catering orders. Vegetarian alternatives available. Delivery by negotiation. Prices subject to change			



# HEARTY N WHOLESOME DINER

1/255 High St, Melton VIC 3337

Ph: 9743 9277

Open 7 days 8am - 4pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit Platter: Small \$35 Large \$70	Assorted seasonal fruits	●	V
Dips and Cheese Platter: Small \$45, Large \$70	Assorted dips, cheeses, cold meats, crackers, fruit and vegetables	●	
Muffins platter: Small \$30, Large \$65	Assorted muffins cut in quarters	●	V
<b>Lunch &amp; Dinner</b>			
Mixed Sandwiches Platter: Small \$35, Large \$50	Ham Cheese and Salad	●	
Mixed Wraps Platter: Small \$40, Large \$60	Mediterranean Vegetable	●	V
	Chicken Avocado	●	
	Egg and Lettuce	●	V
	Tuna Salad	●	
Soups: \$5 per person incl. bread	Pumpkin Soup	●	V
	Minestrone Soup	●	V
	Chicken Sweet Corn Soup	●	V
Salads: Garden Salad \$30 Pasta Salad \$60, Potato Salad \$40 Coleslaw \$30	Garden Salad	●	V GF DF
	Pasta Salad	●	
	Potato Salad	●	
	Coleslaw	●	V GF DF
Vegetable Frittata: Small \$30, Large \$60		●	V
Mediterranean Quiche: Small \$25, Large \$45		●	V
Quiche Lorraine: Small \$25, Large \$35		●	
Beef Pastie: Small \$40, Large \$60		●	

Small platters serve 10-15 people, large platters serve 15-20 people. Vegetarian, Gluten and Dairy Free alternatives available. Preferably 3-4 days notice for catering orders. Free delivery in Melton only. Prices subject to change



# LITTLE GEMZ CAFE

415-429 High St, Melton VIC 3337  
 Ph: 9971 5700  
 Web: [littlegemzcafe.com.au](http://littlegemzcafe.com.au)  
 Open Monday to Saturday

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit Platter or Fruit Salad Small \$40 (serves 6-9) Medium \$50 (serves 9-13) Large \$60 (serves 14-18)	Assorted seasonal fruits	●	V GF DF
Veggie Sticks and Dips Platter \$60	Vegetable sticks and Tzatziki, Hommus, Three Olive and Spring Onion dips	●	V GF
Muesli, Yoghurt and Fruit Pots \$5.50 per pot (large)	Muesli, yoghurt, fresh strawberries and honey	●	V GF
Savoury Mini Muffins Platter \$2.50 per muffin (minimum of 12)	Including capsicum, herb and fetta and zucchini muffins	●	V
Assorted Homemade Sweets Platter Small \$40 (serves 9-11) Medium \$50 (serves 10-13) Large \$60 (serves 14-18)	Including apple and sultana muffins, zucchini cake and sweet potato and walnut cake	●	V
<b>Lunch &amp; Dinner</b>			
Assorted Gourmet Sandwiches or Wraps Platter Small \$50 (serves 7-11) Medium \$60 (serves 9-13) Large \$70 (serves 12-16) Assorted gourmet mini rolls \$2.50 each	Roast Beef Turkey Breast Roast Chicken Chicken Schnitzel (oven baked) Grilled Eggplant Grilled pumpkin Egg, lettuce and mayonnaise Falafel Tuna	● ● ● ● ● ● ● ● ●	V V V V V V V V V
Salads. From \$35 - \$50 (serves 8-10 people)	Garden vegetable salad Brown rice salad Lentil and chickpea salad Wholemeal penne, bacon and vegetable salad Pasta spirals chicken salad	● ● ● ● ●	V V V V V
Grilled Vegetable Platter \$50 (serves 8-10)	Asparagus, eggplant, capsicum, zucchini, cherry tomatoes and ricotta with homemade sauce	●	V
Korma curry vegetable mini pies \$2.50 Each (minimum of 12)		●	V

Preferably 3-4 days notice for catering orders. Vegetarian, Gluten Free and Dairy Free alternatives available. Delivery by negotiation (Melton only). Prices subject to change





# SIMPLY DISHY CAFE

42 Bakery Square, Melton VIC 3337  
 Ph: 9747 9287  
 Open Mon-Fri 9am - 3pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit Platters: Small \$60, Large \$75	Assorted seasonal fruits	●	V GF DF
<b>Lunch &amp; Dinner</b>			
Mixed Sandwiches Platters: Small \$65 Large \$85	Chicken Salad	●	
	Tuna Salad	●	
	Vegie burger	●	V
	Egg salad	●	V
Mixed Wraps Platters: Small \$45 Large \$75	Roast vegetable	●	V
	Thai chicken ball	●	
	Roast vegetable	●	V
	Vegie burger	●	V
Salads From \$45-\$60	Tuna pattie	●	V
	Pasta Salad	●	
	Chicken Caesar Salad	●	
	Chicken Waldorf Salad	●	
Savoury Slices: Small \$35 Large \$45	Sweet potato, spinach & ricotta slice	●	V
	Zucchini and bacon slice	●	
	Roast vegetable slice	●	V
	Creamy tuna slice	●	

Small platter/bowl serves 10-15 people, large platter serves 15-20 people.  
 Vegetarian, Gluten and Dairy Free alternatives available. Preferably 2-3 days  
 notice for catering orders. Pick Up only. Prices subject to change.



# STONE BAR AND GRILL

240 High St, Melton VIC 3337

Ph: 9743 1477

Web: stonebarandgrill.com.au

Open 7 days Mon-Fri 11am - 3pm & 5pm - late, Sat-Sun 8am - late

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit Platter: \$65	Assorted seasonal fruits served with honey and Greek yoghurt	●	V GF DF
Savoury Muffin Platter: \$40	Roast pumpkin, feta, zucchini, sundried tomato and bacon muffins	●	V
Morning Tea Box: \$12 p.p. (min 10)	Yoghurt and muesli cup, savoury muffin or quiche and bottle of water	●	
Lunch Box: \$15 p.p. (min 10)	Wrap, small fruit salad with yoghurt and bottle of water	●	
<b>Lunch &amp; Dinner</b>			
Mixed Sandwiches Platter: \$70	Roast beef	●	
Mixed Wraps Platter: \$75	Tandoori chicken	●	
	Chicken avocado	●	
	Chicken salad	●	
	Roast turkey	●	
	Grilled vegetable	●	V
	Ham cheese tomato	●	
	Curried egg and lettuce	●	V
Salads From \$30-\$35	Greek Salad	●	V GF
	Coleslaw	●	V GF
	Kale Caesar Salad	●	V
Homemade Gourmet Pastries Platter: \$70	Chunky beef pie	●	
	Beef and mushroom pie	●	
	Beef and onion pie	●	
	Sausage roll	●	
	Mini quiche	●	V
	Vegetable roll	●	V
	Vegetable pastie	●	V
	Spinach and ricotta turnover	●	V
Homemade Quiches Platter: \$40	Spinach & Feta Quiche / Quiche Lorraine	●	V
Satay Skewers Platter: \$60	Beef Satay Skewers	●	
	Chicken Satay Skewers	●	

All platters serve 10-15 people. Vegetarian, Gluten and Dairy Free alternatives available. Preferably 3-4 days notice for catering orders. Free delivery in Melton (other areas by negotiation)



# RED BEETLE CAFE

CS Square Shopping Centre, 3-15 Lake Street, Caroline Springs, VIC 3023  
 Ph: 9449 5003  
 Web: redbeetlecafe.com.au  
 Open Mon-Wed 7am-5pm, Thurs-Sat 7am-late, Sun 7am-5pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Fruit kebabs \$4.50pp		●	V GF DF
Fruit platter or fruit salad \$4.50pp		●	V GF DF
Muesli, yoghurt & fresh fruit cups (10oz) \$3.50pp		●	V
Lemon Poppy Seed Muffin \$5 each		●	V
Scones with jam and low fat cream \$3.50pp		●	V
Apricot slice \$4.50 each		●	V
Cheese and crackers platter \$4.50pp		●	V
Cheese and fruit platter \$6.50pp		●	V
Antipasto platter \$6.50pp		●	V
Homemade dips with bread \$3.50pp		●	V
<b>Lunch or Dinner</b>			
Salads from \$6.50 to \$9.50 p.p.	Grilled Chicken	●	V
	Calamari	●	V
	Haloumi	●	V
	Smoked Salmon Gluten Free	●	V GF
Sandwiches and Wraps from \$5.50 - \$7.50 p.p.	Chicken Avocado	●	
	Roast Beef	●	
	Salami	●	
	Tandoori Chicken	●	
	Turkey	●	V
	Vegetarian	●	V
	Chicken Mayonnaise	●	V
	Egg Lettuce	●	V
Ham, Tomato & Cheese Tuna	●		
Pastas from \$7.50 to \$9.50 p.p.	Napoli	●	V
	Atlantic Salmon	●	
	Amatriciana	●	
	Marinara	●	
	Pollo Vegetarian	●	V
Finger Food from \$2 to \$5.00 p.p.	Meatballs	●	
	Mini Beef Burgers	●	
	Mini Quiches	●	
	Rice Balls	●	
	Thai Fish Cakes	●	
	Chicken skewers	●	V
	Corn Fritters	●	V
Chicken and Vegetable Soup \$7 p.p.		●	

Preferably 2-3 days notice for catering orders. Vegetarian, Gluten and Dairy Free alternatives available. Delivery by negotiation. Prices subject to change



# PHO DELIGHT

Woodgrove Shopping Centre,  
533-555 High Street, Melton West VIC 3337  
Ph: 0412 046 335  
Open Mon-Wed 9am-5:30pm, Thurs-Fri 9am-9pm,  
Sat 9am-5pm, Sun 10am-5pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Lunch or Dinner</b>			
Rice Paper Rolls \$2.90 each	Chicken	●	
	Grilled Pork	●	
	Prawn	●	
	Tofu	●	V
Viet-Baguettes From \$6.20 - \$6.90	Chicken	●	
	Grilled Pork	●	
	Roast Pork Belly	●	
	Tofu	●	V
Vermicelli Noodle Salad From \$9.50 - \$10.50	Chicken	●	
	Grilled Pork	●	
	Roast Pork Belly	●	
	Tofu	●	V
Combos From \$13 - \$16	Baguette + two Rice Paper Rolls + bottle of water	● ●	
	Vermicelli Salad + two Rice Paper Rolls + bottle of water	● ●	

Preferably 3-4 days notice for catering orders. Baguettes and Vermicelli Salad can be divided in half Vegetarian alternatives available. Pick Up Only. Prices subject to change



# ZAMBRERO

Woodgrove Shopping Centre,  
533-555 High Street, Melton West VIC 3337  
Ph: 8746 5634  
Web: zambrero.com  
Open Mon-Wed 9am-5:30pm, Thurs-Fri 9am-9pm, Sat 9am-5pm, Sun 10am-5pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Nachos \$12.90	Crispy corn chips with meat, tomato salsa, guacamole and sour cream	● ●	
Chips and Dip \$8.00	Crispy corn chips tomato salsa, guacamole and sour cream	●	V
<b>Lunch &amp; Dinner</b>			
Burrito (12 inch tortilla) \$10.90	Choose a meat:	● ●	
Chikito (10 inch torilla) \$7.90	Vegetarian, Chicken, Pork or Lamb		
Taco (Hard or soft shell) \$5.00	Choose fillings:		
Dos Capas (A hard shell wrapped in a soft shell) \$6.00	<ul style="list-style-type: none"> <li>white jasmine rice or black organic rice</li> <li>refried pinto beans</li> <li>Tomato salsa, coriander and onion salsa, corn salsa, guacamole (extra)</li> <li>Lettuce, cheese, jalapenos, lime</li> <li>Sour cream and/or red chilli, verde, garlic and herb, chipotle, secret barbeque or basilo sauce</li> </ul>		
Bowl (no tortilla) \$10.90			
Black Rice Powerbowl (Black rice and amaranth seeds with extra meat) \$12.90			
Quesadilla	Chicken, tomato salsa and cheese melt	●	
Chicken \$8.00			
Tomato \$5.00	Tomato salsa and cheese melt	●	V

Preferably 3-4 days notice for catering orders, Vegetarian, Gluten Free and Dairy Free alternatives available. Pick Up Only. Prices subject to change



# SUSHI SUSHI

Caroline Springs Square Shopping Centre  
13-19 Lake Street, Caroline Springs  
Ph: 8348 5329  
Open Mon-Wed 9am-5:30pm, Thurs-Fri 9am-9pm, Sat 9am-5pm, Sun 10am-5pm

Woodgrove Shopping Centre  
533-555 High Street, Melton West  
Ph: 8746 5435

Lunch / Dinner Menu Items and Prices	Options	Type
Hand Rolls (White or Brown Rice) \$2.50 to \$3.00 each	Avocado Cucumber Avocado Vegetarian Fresh Salmon Smoked Salmon Spicy Salmon Teriyaki Chicken Tobiko Fresh Tuna Cooked Tuna Peking Duck Prawn and Avocado Soft Shell Crab	V GF V GF V GF GF GF GF GF GF GF GF GF GF GF
Inari (Tofu bags filled with sushi rice) \$1.50 to \$2 each	Plain Seaweed Seafood Squid Tobiko (caviar) Vegetable Squid	V V GF GF GF GF
Nigiri (Rice with fish on top) \$1.50 to \$2 each	Salmon Salmon Teriyaki Scallop Tamago Tuna Unagi (eel) White Fish	GF GF GF GF GF GF GF
Large Platters From \$30 to \$57 From 30 to 90 pieces	Mixed Hand Rolls California Rolls Futomaki Rolls	GF GF V GF
Small Boxes and Packs From \$6.50 to \$11.00 From 10 to 20 pieces	Maki Mixed Sashimi Mixed Sushi Prawn Sushi Salmon Sushi Salmon Tuna Sushi Beef Tataki Pack Bento Box Futo Inari Pack Tobiko Pack	GF GF GF GF GF GF GF GF GF GF
Salads Prices vary	Picked Octopus Salad Seafood Salad Seaweed Salad Squid Salad	GF GF V GF

Order online [www.sushisushi.com.au](http://www.sushisushi.com.au) or by phone. Preferably 2-3 days notice for catering orders.  
Pick Up Only. Some food items subject to availability. Prices subject to change



# MELTON CAFE KEBAB

296 High Street, Melton VIC 3337

Ph: 9743 9697

Open Mon-Thurs 10am-8:30pm, Fri-Sat 10am-9:30pm, Sun 11am-8:30pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Homemade Dips: Small \$3.50 Medium \$5 Large \$7.50 Extra Large \$30	Tzatziki Hummus Beetroot Capsicum Carrot Eggplant		
Turkish Bread: \$3.50 each (serves 4 people)			
<b>Lunch &amp; Dinner</b>			
Kebab Meats: \$10 per head or \$75 per tray (serves 15-20 people)	Chicken		
	Lamb		
Falafels: Wrap \$8 each Ball \$1 each			 
Salads: Small \$3.50 Medium \$5 Large \$7 Extra Large \$30	Garden Salad		 
	Tabouli		 
	Coleslaw		
Preferably 2-3 days notice for catering orders. Delivery in Melton for orders over \$150. Prices subject to change			



# NAGI CHARCOAL CHICKEN

268 High Street, Melton, VIC 3337

Ph: 9746 0688

Open 7 days 10:30am - 9:30pm

Menu Items and Prices	Options	Categories	
		Traffic Light	Type
<b>Morning or Afternoon Tea</b>			
Roast Chicken Whole \$11.90 Half \$6.30		●	
Salads Small from \$3.50 to \$4.40 Medium from \$5.00 to \$5.90 Large from \$6.50 to \$7.90	Garden	●	V
	Pasta	●	V
	Greek	●	V
	Chicken Caesar	●	
	Spicy Chicken	●	
	Seafood	●	
	Boiled Egg	●	V
	Potato	●	V
	Coleslaw	●	
Preferably 2-3 days notice for catering orders. Pick Up Only. Prices subject to change			





## CONTACTING COUNCIL

W [melton.vic.gov.au](http://melton.vic.gov.au)  
E [csu@melton.vic.gov.au](mailto:csu@melton.vic.gov.au)  
A PO Box 21, Melton VIC 3337  
F [facebook.com/healthymelton](https://www.facebook.com/healthymelton)

### Melton

Civic Centre  
232 High Street, Melton  
T 9747 7200  
F 9743 9970

### Caroline Springs

Civic Centre/Library  
193 Caroline Springs Blvd, Caroline Springs  
T 9747 7200  
F 9363 1491



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