

# CATERING

Platters | Serve up to 8 people

## SALADS From \$60 per platter

**Garden:** GF | V | DF | Mixed leaves, cherry tomatoes, cucumber, Spanish onion, olives | \$60

Add-ons: Tuna +\$10, Feta +\$10, Bocconcini +\$10

**Roasted pumpkin:** GF | Goats cheese, kale, figs, hazelnuts | \$70

**Grilled halloumi:** GF | Kale, avocado, cherry tomatoes, cucumber, Spanish onion, lemon dressing | \$70

**White Quinoa:** GF | V | DF | Kale, sultanas, onion, almonds, white vinegar, E.V.O.O | \$70

**Red Quinoa:** DF | Baby spinach, chicken schnitzel, radicchio, mustard dressing | \$70

**Farro:** Spelt barley, roasted vegetables, baby spinach, pomegranate, mixed sesame seed, basil pesto | \$70

**Beetroot:** GF | Roasted beetroot and pumpkin, rocket, baby spinach, goats cheese, walnuts, berry dressing | \$70

**Walnut:** GF | Grilled chicken, green apple, dry cranberries, mixed leaf, walnuts, feta, apple cider vinegar dressing | \$70

**Sensation:** Shaved broccoli, red cabbage, bacon bites, Parmesan, light mayonnaise | \$70

**Pasta Pollo:** Shredded chicken, Calamarata pasta, mixed leaves, sun-dried tomatoes, Parmesan and basil pesto | \$70

**Chicken Zucchini:** GF | Shredded chicken, steamed zucchini, baby spinach, sun-dried tomatoes, pine nuts, basil pesto and Parmesan | \$70

**Caprese:** GF | Heirloom tomatoes, mozzarella, mixed leaf, balsamic glaze | \$70

Add-ons: Prosciutto +\$10

**Green Bean Salad:** Slightly cooked green beans, cranberries, grape tomatoes, roasted sesame seeds | \$70

## PASTA From \$90 per platter | add \$10 for GF pasta

**Lasagne "Alla bolognese"** | Pork and beef ragu | \$90

**Oxtail Ragù** | Casarecce, tomato and pecorino romano | \$90

**Boscaiola Tortellini** | Pancetta, mushrooms and peas | \$100

**Chicken and Mushrooms Orecchiette** | With Cheese sauce | \$90

**Ricotta and Spinach Ravioli "Alla sorrentina"** | Fresh tomato sauce, basil and fresh burrata | \$100

**Gnocchi "Alla norma"** | Fresh tomato, Napoletana sauce, basil, eggplant, zucchini and ricotta salata | \$90

**Penne "Alla bolognese"** | Pork and beef ragù | \$90

Add tub of Parmesan cheese +\$10

Corner of Phillip and Bent Streets, Sydney | [info@eatalo.com.au](mailto:info@eatalo.com.au) or call 9241 2127

## PROTEINS From \$100 per platter

**Bistecca** | Hot | GF | A3+ Grade Steak, juniper, green peppercorns, garlic, rosemary, and tomato gratin. | for 6-8 people | \$120

**Roasted Chicken** | GF | Boneless chicken, 8 pieces, 300g. Optional seasoning :

a) Red quinoa, sweet paprika, aioli. | \$100

b) Honey, Dijon, seeded mustard, dill, sun-dried tomato, onion.

**House-made Polpette** | Pork and beef in Napoletana sauce with chili, garlic, parsley, and Parmesan. 9 pieces, 160g. | \$110

**Italian Arancini** | Beef and pork with rice, tomato, peas, Parmesan, and Fior di Latte cheese. 9 pieces, 160g. GF option available for an additional \$10. | \$100

**Lamb Shanks** | 5 pieces | With mash potato and gravy sauce. | \$120

**Roasted Salmon** | GF | Warm salmon with marinated veggies and spicy avocado-pistachio dressing. 7 pieces, 150g | Market Price

**Roasted Ocean Trout** | GF | Warm trout with marinated veggies and spicy avocado-pistachio dressing. 7 pieces, 150g. Market Price

## VEGETARIAN SECONDI Served Warm

**Veggie Arancini** | Porcini mushroom, rice, saffron, Parmesan and mozzarella | 9 pieces | \$100 | GF add \$10

**Veggie Schnitzel** | Eggplant Schnitzel baked with Napoletana sauce and fresh mozzarella | 7 pieces | \$100 | GF add \$10

**Roasted Seasonal Veggie | Broccoli and Cauliflower** | \$70

# CANAPÉS

From \$5 each | Minimum quantity is 10 of each

## VEGETARIAN

**Avocado Crostini** | Smashed basil and avocado with ricotta, roasted heirloom tomatoes and toasted pistachio | \$9

**Vegetable Skewer** | GF | Grilled seasonal veggies, Provolone and basil dressing | \$9

**Caprese Skewer** | GF | Bocconcini, heirloom tomato, sun-dried tomato and basil | \$9

**Mini Veggie Quiche** | \$5 each

## MEAT

**Beef Skewer** | GF | Sirloin beef with Gorgonzola sauce | \$13 each

**Chicken Skewer** | 100g | GF | Oven baked chicken, feta with basil pesto dressing and sun-dried tomato | \$12 each

**Lamb Slider** | Slow cooked pulled lamb in BBQ sauce with fried eggplant and fresh cabbage on a brioche slider bun | \$12 each

**Beef Tartare** | GF | Dijon mustard, spicy dressing served in cos lettuce | \$13 each

**Mini Beef Croquette | Mini Lamb Croquette** | \$7 each

**Mini Polpette** | House made mini meatballs with sugo sauce and Parmesan | \$7 each

**Mini Arancini** | Meat or Vegetarian | \$5 each | GF \$6 each

**Mini Pies | Mini Sausage Roll | Mini Quiche** | \$5 each

 @eatalocafe

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



[info@eatalo.com.au](mailto:info@eatalo.com.au) or call 9241 2127

Corner of Phillip and Bent Streets, Sydney

Prices effective from February 2025.

Next day delivery orders must be placed by 1:30pm the day before.  
Delivery fee of \$25 applies during peak times (8am-10am, 12pm-2pm).  
24-hour cancellation notice required.

# BREAKFAST

All platters serve 6-8 people.

## BREAKFAST BRUSCHETTA \$75 | 9 pieces

- Smoked salmon, herbed ricotta, and caramelized onion.
- Egg, prosciutto, cracked peppercorn, basil.
- Avocado spread, heirloom tomatoes, basil, feta cheese, dukkah, pomegranate, and sesame seeds.

## WARM SAVORY BREAKFAST \$75 |

- Bacon and egg wrap
- Sausage
- Toasted ham
- Vegetarian frittata
- Provolone and tomato croissants
- Tomato gratin

## BREAKFAST ANTIPASTO \$80 | Served cold

- Prosciutto
- Smoked salmon
- Halloumi
- Portobello mushrooms
- Boiled eggs
- Olives
- Seasonal salad

## BREAKFAST PANINI \$70 | Cut in 4 pieces

- Prosciutto and egg
- Bacon and egg
- Halloumi and egg
- Egg and tomato

## HEALTHY BREAKKIE POTS REGULAR \$12 each | MINI \$8 each

Minimum order 8 pots. Choose from a combination of:

- Toasted Seeded Greek Yogurt with honey
- Fruit salad
- Organic Granola
- Organic Bircher

## SEASONAL FRUIT PLATTER \$70 | Per platter

Add chocolate and/or yogurt \$7

# EATALO

# MORNING & AFTERNOON TEA

## SEASONAL FRUIT PLATTER \$70 | Per platter

Add chocolate and/or yogurt \$7

## MIXED SWEETS PLATTER Minimum order 6 pieces per tray

A selection of sweets and pastries. Mini cocktail pastries available on request.

Gluten Free (GF), Dairy Free (DF), and Vegan (V) options available.

Special requests for cakes and slices can be made with a minimum order of 6.

- **Portugese tart** | \$6
- **Protein Ball** | \$4.5 | Served whole
- **Banana bread** | \$7
- **Caramel slice** | \$7
- **Cookie** | Oat & cranberry | Triple choc chip | White chocolate, macadamia & caramel | \$7
- **Croissant** | Almond, Chocolate | \$7
- **Croissant** | Plain | \$6
- **Danish** | Mango or berry | \$7
- **Donuts** | Jam, Plain or Nutella | \$7
- **Muffins** | Apple & Blackberry or Bueberry & Ricotta Bran | \$7
- **Nutella scroll** | \$7
- **Berry cake** | GF | \$8
- **Carrot cake** | DF | \$8
- **Choc Macadamia Fudge Brownie** | GF | \$8
- **Hunka Muncha bar (Vegan)** | \$8 | Subject to availability

## ANTIPASTO PLATTER For up to 8 people

### Rustic Board | \$115

Bresaola, prosciutto, mortadella, antica sopressa, double smoked ham, marinated mixed veggies, olives, bread and grissini.

### Formaggio Board | \$115

Gorgonzola, goats cheese, ricotta, provolone, Parmesan and pecorino served with dried fruit, truffle honey dressing, bread and grissini.

### Pinzimonio | \$75

Carrots, cucumbers, red and yellow capsicum, fennel, radish and belga with three dippings.

Corner of Phillip and Bent Streets, Sydney | [info@eatalo.com.au](mailto:info@eatalo.com.au) or call 9241 2127

# CATERED SANDWICHES

Mixed bread selection: white sourdough, soy linseed, rye sourdough, Turkish, wraps.

**GF Bread option at no extra charge.** You can customize your sandwich with ingredients that suit your dietary and allergy requirements.

## VEGETARIAN from \$16 each

**Caprese** | Buffalo mozzarella, tomato and basil pesto | \$16

**Grilled Vegetables** | Goat cheese and balsamic glaze | \$16

**Egg Salad** | Spinach, tomato, Provolone and mayonnaise | \$16

**Roasted Zucca** | Roasted pumpkin, mushrooms, goats cheese, hazelnuts and baby spinach | \$16

**Grilled Halloumi** | Tomato, rocket, crushed pistachio and aioli | \$16

**Grilled Vegan Halloumi** | V | Plant-based Halloumi, tomato, rocket, crushed pistachio and avocado | \$19

**Vegan Schnitzel** | V | Plant-based Schnitzel, mixed salad, tomato and avocado | \$19

## MEAT from \$16 each

**Roast Beef** | Sun-dried tomatoes, pickles, Parmesan and horseradish | \$17

**Pulled Beef** | Carrots, roasted onion, cabbage, mixed leaves and aioli | \$17

**Pulled Lamb** | House-made coleslaw and roasted garlic | \$17

**Prosciutto and Egg salad** | Basil and salt & pepper | \$16

**Double Smoked Ham** | Provolone, tomatoes, mixed leaves and aioli | \$16

**Ham, Three Cheese** | Brie, provolone, Parmesan, mushroom and caramelised onion | \$16

**Chicken Schnitzel** | Tomato, mixed leaves and aioli | \$16

**Grilled Chicken** | Pesto with provolone, sun-dried tomatoes and mixed leaves | \$16

**Chicken Diavola** | Sweet paprika, avocado and aioli | \$16

**Chicken and Bacon** | Tomato, avocado, salad and aioli | \$16

**Spicy Chicken** | Avocado and spicy sauce | \$16

**Roasted Turkey Breast** | Cranberry jam, goats cheese and salad fillings | \$16

**Antica sopressa (Salami)** | Provolone, tomato and mixed leaves | \$16

## SEAFOOD from \$16 each

**Tonno e Carciofini** | Artichoke, capers, boiled eggs and aioli | \$16

**Tuna** | Avocado, rocket and aioli | \$16

**Smoked Salmon Bagel** | Seeded bagel with smoked salmon, boiled eggs, ricotta, avocado, rocket, capers and caramelised onion | \$18

**Smoked Salmon Avo** | Avocado, caramelised onion capers and rocket | \$18

 [@eatalocafe](https://www.instagram.com/eatalocafe)

[eatalo.com.au](https://www.eatalo.com.au)