



Bellarine Peninsula

HEALTHY CATERING GUIDE

Updated January 2024

bch

Bellarine
Community
Health

CATERING TIPS

- Always provide water as an option to drink
- Offer reduced fat milk and soy milk with tea and coffee
- Offer a range of hot drink choices including herbal tea and decaf coffee
- Fruit and vegetables should be included in most of the menu items
- Reduce the amount of processed meats offered
- Use multigrain, wholemeal, rye or other high fibre breads
- Reduced fat products should be used instead of full fat products, e.g. yoghurt, spreads, milk, cheeses
- Serve spreads and condiments separately and use salt reduced options
- Remember to order for special diets, e.g. vegetarian, gluten free
- Carefully consider whether catering is required and avoid over catering
- Be mindful of how waste is disposed; provide paper bags for people to take home leftovers and consider composting items which don't contain meat and dairy
- Reduce serving sizes; ask for mini slices/muffins, items to be cut in half or quarters
- Provide the option of fresh fruit, either cut or whole
- Avoid single use plastic plates and cutlery; serve catering with reusable/biodegradable alternatives

(Reference: City of Greater Geelong - *Geelong Healthy Catering Guide*, May 2023)



Remember to let the caterer know you are ordering from the Bellarine Healthy Catering Guide!

ABOUT

Bellarine Community Health has developed this Guide to help workplaces, schools, kindergartens and groups across the Bellarine Peninsula choose healthier catering options for meetings and events.

This booklet will provide you with local healthy catering options. The caterers in this booklet were given a list of menu items, and they identified which options they could cater. These catering items were in line with *Healthy Choices: healthy eating policy and catering guide for workplaces (2016)*.

The Healthy Catering Guide can be used as a resource for workplaces and schools attempting to meet the benchmarks for Healthy Eating within the Achievement Program. To learn more, visit the Achievement Program website.

Prices are not listed as they quickly become out of date. Contact details have been provided for you to contact the caterers for pricing details.

If you would like further information about this Guide please contact healthycommunities@bch.org.au.

HEALTHY FUNDRAISING

Food is often used for fundraising and can be a great way to bring people together. There are lots of options to help you fundraise in a healthy way. As well as supporting healthy eating, this shows your group that you care about health rather than profit alone, supports your healthy message and guidelines, and does not promote unhealthy products. With a bit of thought and planning, you can make sure your healthy fundraising will be popular and successful.

Some ideas include:

- Create a healthy cookbook with recipes from members of your group
- Try soup or smoothie days instead of a sausage sizzle, or try barbecued veggies
- Instead of chocolates, try selling plants, soaps, or dried fruit and nuts
- Try a non-food fundraiser like themed dress-up days
- Use healthy prizes in raffles and competitions

(Reference: Cancer Council - '*Healthy Fundraising*': Ideas to promote health while still making a profit, 2023; Healthy Eating Advisory Service - *Healthy Fundraising Ideas*, 2023)

CATERERS NEAR YOU

Within the Guide, caterers have been grouped by their location to make it simple to contact cafes and restaurants that are within a reasonable distance to your location.

Annie's Provedore: **Barwon Heads** - Page 5

Cafe Zoo: **Drysdale** - Page 7

GZ Cafe: **Drysdale** - Page 9

JR's Coffee Lounge: **Drysdale** - Page 10

Ironbark Catering: **Ocean Grove** - Page 12

Pasquini's Cafe: **Point Lonsdale** - Page 14

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Queenscliff General Store: **Queenscliff** - Page 16







Annie's Provedore

- 📍 2/50 Hitchcock Ave, Barwon Heads, VIC
- ☎️ (03) 5254 3233
- 🌐 www.anniesprovedore.com.au

Best way to place orders:

Website, email

How many days notice required to prepare a catering order?

2 business days

Types of catering

- Snacks/light meals
- Breakfast
- Lunch
- Dinner

Delivery on the Bellarine Peninsula?

No

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (gluten free, vegetarian, vegan, dairy free)

Locally sourced produce?

Yes

Breakfast Options

- Fruit platter
- Yoghurt
- Savoury muffins
- Muesli

Snack Options

- Fruit platters
- Cheese and nut platters
- Vegetable platters
- Muesli/fruit slice

Lunch Options

- Frittata with goats cheese
- Sandwiches and wraps: fillings include roasted vegetables, salmon, poached chicken, salad
- Mini spinach and cheese quiche
- Salads: roasted carrot and quinoa, rainbow beetroot, rocket and tomato, tomato and pesto cous cous

Dinner Options

- Pre-made heat your own meals available

Open 7 days: 6:30AM-4PM





Cafe Zoo

- 📍 23 High St, Drysdale VIC 3222
- ☎️ (03) 5251 5333
- 🌐 www.cafezoo.com.au
- ✉️ enquiry@cafezoo.com.au

Best way to place orders:

Phone, in store

How many days notice required to prepare a catering order?

2-5 Days

Types of catering

- Snacks/Morning Tea
- Lunch

Delivery on the Bellarine Peninsula?

Yes (fees may apply)

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (gluten free, vegetarian, vegan)

Locally sourced produce?

Yes

Snack Options

- Scones
- Savoury Muffins
- Mini Sandwiches
- Fruit Platter
- Trio of Dips

Lunch Options

- Sandwiches with wholemeal and multigrain bread: fillings include ham, chicken, salad, egg
- Wraps: ham, chicken, salad
- Soup: lamb and barley, pumpkin
- Salads

*Items from the full menu (available upon request) can be adapted for catering orders

Open 7 days: 7:30AM-3PM





GZ Cafe

📍 1/34 Murradoc Road, Drysdale VIC

☎ 3222 (03) 5251 5100

🌐 www.groundzerocafe.com.au

Best way to place orders:

Phone, in store

How many days notice required to prepare a catering order?

2-7 days

Types of catering

- Snacks/light meals
- Breakfast
- Lunch

Delivery on the Bellarine Peninsula?

Yes (delivery cost outside Drysdale/ Clifton Springs)

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (certified gluten free, vegetarian, vegan)

Locally sourced produce?

Yes

Breakfast Options

- Fruit platter
- Yoghurt
- Muesli
- Fruit bread
- Savoury muffins

Snack Options

- Fruit platter
- Cheese and nut platter
- Vegetable soup
- Lean meat skewers (e.g. chicken breast)
- Fruit muffins
- Trio of dips

Lunch Options

- Sandwiches: wholemeal, multigrain, rye
- Wraps: wholemeal
- Salads
- Vegetarian mini pizzas
- Rice paper rolls
- Vegetable soup
- Vegetable tart

Open Mon-Fri: 6:30AM-2:30PM

Sat: 8AM-12PM



JR's Coffee Lounge

📍 Shop 4/16 Wyndham Street, Drysdale

☎ (03) 5253 1133

@ marypoole@bigpond.com

Best way to place orders:

Phone

How many days notice required to prepare a catering order?

1 - 2 days

Types of catering

- Snacks/light meals
- Breakfast
- Lunch

Delivery on the Bellarine Peninsula?

Yes (local Drysdale area)

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (vegetarian, gluten free)

Locally sourced produce?

Yes

Breakfast Options

- Fruit platter
- Fruit bread
- Yoghurt
- Savoury muffins
- Muesli

Snack Options

- Fruit platter
- Lean meat skewers
- Wholemeal muffins
- Fruit platters
- Cheese and nut platters
- Vegetable soup
- Vegetable muffins

Lunch Options

- Sandwiches: wholemeal, multigrain, rye.
- Wraps: wholemeal
- Example fillings for sandwiches and wraps: roast chicken, tuna, beef, roast vegetables, salad.
- Salads
- Vegetable soup

Open Mon-Fri: 7:30AM-4PM

Sat: 7:30-2PM





Ironbark Catering (Driftwood Cafe)

- 📍 64D The Terrace, Ocean Grove
- ☎ (03) 5255 1832
- 🌐 www.thedrftwoodcafe.com.au
- @ driftwoodcafeog@gmail.com

Best way to place orders:

Phone, email

How many days notice required to prepare a catering order?

1 day minimum notice

Types of catering

- Snacks/light meals
- Lunch/ Dinner

Delivery on the Bellarine Peninsula?

Yes

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (gluten free, vegetarian, vegan) - additional costs may apply

Locally sourced produce?

Yes

Snack Options

- Caprese salad cups
- Zucchini fritters
- Corn fritters
- Grilled prawn skewers
- Tandoori chicken lettuce cups
- Lemon and chilli chicken sticks
- Beetroot cups

Lunch/ Dinner Options

- Lamb kebabs with flatbread
- Assorted pizzas
- Mexican burrito bowl
- Harvest bowl: chickpeas, quinoa, avocado, broccolini, tahini dressing
- Spring vegetable pasta

*Items from the full Driftwood Cafe menu (available online) can be adapted for catering orders

Open 7 days: 7:30AM-3:30PM



Pasquini's Cafe

📍 1/85 Point Lonsdale Road, Pt Lonsdale

☎ (03) 5258 1158

@ pasquinisptlonsdale@gmail.com

Best way to place orders:

Phone

How many days notice required to prepare a catering order?

2 days

Types of catering

- Snacks/light meals
- Breakfast
- Lunch

Delivery on the Bellarine Peninsula?

Yes. (Point Lonsdale & Queenscliff - others on request)

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (certified gluten free, vegetarian, vegan)

Locally sourced produce?

Yes

Breakfast Options

- Fruit platter
- Fruit bread
- Yoghurt
- Savoury muffins
- Muesli

Snack Options

- Fruit platter
- Vegetable soup
- Vegetable slice
- Muesli/fruit slice
- Fruit muffins

Lunch Options

- Sandwiches: multigrain, assorted fillings available.
- Salads
- Vegetable soup
- Vegetarian mini pizzas
- Vegetable slice (frittata)
- Vegetable tart

Dinner Options

- Pre-made, heat your own meals

Open 7 days: 7AM-4PM



Edina Waterfront Cafe



1A Harding Street, Portarlington VIC



3223 (03) 5259 1999



www.edinacafe.com.au

Best way to place orders:

Phone, email, online

How many days notice required to prepare a catering order?

1

Types of catering

- Snacks/light meals
- Breakfast
- Lunch
- Dinner

Delivery on the Bellarine Peninsula?

No

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (vegetarian, vegan, dairy free)

Locally sourced produce?

Yes

Breakfast Options

- Muesli
- Fruit bread

Snack Options

- Fruit platter
- Cheese and nut platter
- Vegetable soup
- Fruit muffins

Lunch Options

- Sandwiches
- Wraps
- Salads
- Vegetable soup

Open Mon-Fri: 8:30AM-3PM

Sat-Sun: 8:30AM-4:30PM



Queenscliff General Store

- 📍 43 King Street, Queenscliff, VIC
- ☎️ (03) 5258 3001
- @ queenscliffgs@gmail.com

Best way to place orders:

Phone, email

How many days notice required to prepare a catering order?

1-2 days

Types of catering

- Snacks/light meals
- Breakfast
- Lunch

Delivery on the Bellarine Peninsula?

Yes (generally cover Queenscliff/Pt Lonsdale area, extra cost to cover petrol for other locations)

Can orders be paid on invoice?

Yes

Options that cater for dietary requirements?

Yes (vegetarian, vegan, dairy free and gluten free available, however gluten free items are made onsite where regular food is made)

Locally sourced produce?

Yes

Breakfast Options

- Fruit platters
- Mini muffins
- Mini quiche
- Savoury scones

Lunch Options

- Beetroot tart
- Pumpkin & goats cheese Frittata
- Chicken rice paper rolls
- Assorted sandwiches
- Assorted Wraps

Snack Options

- Fruit platters
- Mini muffins
- Chicken skewers
- Finger sandwiches

Open Mon-Fri: 8:30AM-2:30PM



FOR MORE INFORMATION:

Healthy Eating Advisory Service

www.heas.health.vic.gov.au

The Healthy Eating Advisory Service aims to help organisations provide and promote healthier foods and drinks to improve the health of all Victorians. They also have healthy fundraising ideas: heas.health.vic.gov.au/schools/promoting-healthy-foods-and-drinks/healthy-fundraising-ideas

Nutrition Australia

www.nutritionaustralia.org

Promotes good health by encouraging diverse food intake and through the Healthy Eating Pyramid.

Eat For Health

www.eatforhealth.gov.au

Outlines information about the Australian Dietary Guidelines and provides advice about the amount and kinds of foods that we need to eat for health and wellbeing.

'Healthy Fundraising' (Cancer Council)

www.cancercouncil.com.au/wp-content/uploads/2010/11/09271_CAN3042_HealthyFundraising_FINAL.pdf-low-res-for-web.pdf

Cancer Council NSW provides a great resource to support and inspire healthy fundraising options.

Bellarine Community Health Dietetics

www.bch.org.au

Bellarine Community Health offers a dietetics service for individual nutritional advice.

If you are a caterer and would like to enquire about being included in future versions of this Guide please contact healthycommunities@bch.org.au

