

Catering menus

Summer 2023-2024

Wafu uses seasonal organically, locally grown vegetables as possible.

Wafu's standard meals are free from gluten, dairy & tree nut and are primarily organic produce.

Unfortunately, all of ingredients are increasing prices. Wafu tries to coordinate good balanced meals.

One of the biggest challenges is to allow everyone to enjoy waste-free meals while supporting a varied diet. With the increase in individual serving options, it is not easy to offer each person a meal with different amount and preference. Store meals into a fridge (below 5 °C) straight away to eat later as next meal. It is great choice for NO-foodwaste and point of food safety.

Wafu chooses environmentally friendly method. Finding suitable sauce containers is not easy, and Wafu tries to use minimum containers. Salad vegetables marinated in home-made sauce. By doing so, you also can expect a salt reduction effect. Please enjoy the taste of seasonal vegetables.

In order to reduce the risk of bacterial growth even a little, Wafu may change the balance between warm dishes and cold dishes. The meals are designed for balanced energy levels and intestinal health.

Please note, we change using vegetables because these vegetables come from mainly local farmers. So send text message or email Yukako to make sure if there is necessary to replace.

Minimum order for free delivery:

1km radius from Wafu Kitchen (Alexandria) : \$150

5km radius : \$250

15km radius : \$500

Payments: Please deposit directly to Wafu's accounts.

BSB:032023 ACC:212328 Name: Wafu Pty Ltd Reference: your full name / Invoice number from Wafu

Ordering cut off times :

Orders must be paid and received by 12noon, 2 working days prior to the day that delivery is required.

FAILURE TO CANCEL YOUR ORDER IN TIME WILL INCUR FULL ORDER CHARGES.

Cancellations can be made up to 48hours in advance.

Only for large orders, please understand that we might ask you to be responsible for the cost if the ingredients have been purchased.

When you are in a hurry and need a platter, please contact Yukako (0418592684) with a text message. Yukako can also take advantage of Wafu Kitchen's Wafu's dishes and pack them on a platter for last-minute needs.

All price are included GST

Vegan

Vegetarian

Salmon

Chicken

POPULAR

Assorted Sharing platter

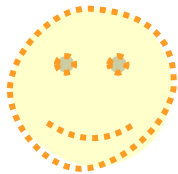
Minimum 10people

\$23.00pp(small) / \$25.50pp(standard) / \$27.50 extra protein



Breakfast

\$17.50pp Minimum 10people



- ✓ or no **OBENTO** (rice ball, grilled protein, simmered vegetable dish, pickles, seaweed)
- ✓ or no **Wafu's style, happy gut meal** (rice porridge with fresh herbs, simmered dish, pickles)
- ✓ Seasonal **FRUIT** platter / **QUINOA & CHIA** Parfait in coconut yoghurt & fresh fruit

Healthy Salad platter

\$40-75

Serve 6+



Extra vitamin & mineral

- ✓ Sweet potato or pumpkin, seeds, quinoa & fresh herb mixed in vegan mayonnaise
- ✓ Seasonal blanched greens, buckwheat & mashed tofu in black sesame sauce
- ✓ Tofu & seasonal raw vegetables in sweet miso dressing
- ✓ SOBA noodle, quinoa, tofu, chickpea & seasonal raw vegetables in soy dressing
- Salmon sashimi, seasonal raw vegetables & quinoa in soy or miso dressing
- Chicken, seasonal raw vegetables & quinoa in soy dressing

Assorted brown rice Rolled Sushi

\$40-75

Approx. 72pcs



Street food style snack

from \$22.50 pp

Minimum 8people

- or no Assortment KUSHI (Raw, grilled or deep-fried dishes on skewers)
- or no Assortment KUTSU (Bread crumbled, deep-fried bite balls)
- or no OKONOMIYAKI, JAPANESE SAVOURY PANCAKES with vegetables + protein with homemade BBQ sauce & homemade vegan mayonnaise.

Party foods

from \$27.50pp

Minimum 15people

On skewer

- Fresh or Grilled Tofu cubes & vegetables with miso sauce
- Sashimi & raw vegetable / Yakitori (grilled chicken) & vegetables / Yaki sakana (sustainable & seasonal fish) & vegetables

Bite size Snack (cold)

- Gomaee greens (Blanched greens with sesame dipping sauce) / Vegetables with miso sauce

Bite size Snack (warm)

- or no Yaki onigiri (grilled rice balls with nutty sauce)
- or no Crispy Kakiage tempura (lightly battered & deep fried) mixed vegetables with tofu or salmon
- or no Sweet potato, salmon or chicken katsu (rice crumbled & oven baked)
- Tofu nugget (oven baked)
- Karaage chicken (marinated & deep fried)
- Fish cake (deep fried salmon balls)

Snack size bowls

- or no Teriyaki tofu, salmon or chicken on rice & vegetables
 - Grilled tofu, salmon or chicken with miso sauce on rice & vegetables
 - Tempura vegetable or vegetables & salmon on rice
 - Curry with tofu, salmon or chicken on rice
 - Yakisoba style Stir fried rice noodle & vegetables with tofu, chicken or salmon
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