***NB For your convenience this is a Word Document so you can complete on line and then email or fax electronically or print then fax.***

**MENU SUGGESTIONS**

Breakfast

* Selection of tropical fruits, muesli, yoghurt, juice, tea or plunger/expresso coffee.
* Bakery items eg croissants, breads and preserves.
* Eggs, bacon, pancakes and other ingredients for cooked breakfasts if you desire.

Lunch

* Lunch at Bedarra is usually light, as breakfast often happens late in the morning after a swim and relax!
* Selection of smoked salmon, leg ham or fresh tuna (for that great nicoise!)
* Fresh salad ingredients.
* Array of cheeses and condiments.
* Wholegrain breads, lavosh or crackers.
* Or if you prefer have a late BBQ of Coral trout and a crisp white wine then skip dinner!

Pre Dinner

* Selection on antipasto, cheeses, dips and crackers.

Dinner

* On the first night indulge in the freshest seafood platter; Tassie oysters, Blue swimmer crab (or muddies if you prefer!), prawns and bugs. Suggested plain and simple with advocado salad, lime mayonnaise and a chilled white wine!
* Fragrant Indian chicken curry, with traditional accompaniments.
* Local Coral Trout, plain grilled on the BBQ.
* Thai Beef Salad made from fresh lemon grass, coriander, lime juice, chilli and rare eye fillet make a great light dinner. Or if you prefer have the fillet roasted in traditional style.
* Simple penne pasta with tomato, fresh basil and shaved Parmesan.
* Aussie BBQ with gourmet sausages, spring lamb cutlets, marinated chicken with couscous on the side.
* Mushroom risotto or Asian stir fry.
* Mexican favourites or homemade pizzas.

Beverages

* The island water is great!
* Wines, beer, spirits etc.

**BEDARRA BEACH HOUSE FOOD ORDER FORM**

|  |  |  |  |
| --- | --- | --- | --- |
| **ITEM** | **ORDER** | **ITEM** | **ORDER** |
|  |  |  |  |
| **Fresh Herbs** |  |  |  |
|  |  |  |  |
| Basil x 1 |  | Mint x 1 |  |
| Parsley x 1 |  | Fresh Chillies – red x 1 |  |
| Parsley – flat leaf x 1 |  | Garlic x 1 |  |
| Coriander x 1 |  | Ginger x 1 |  |
| Lemon Grass x 1 |  |  |  |
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| **Salad Items** |  |  |  |
|  |  |  |  |
| Rocket x 1 |  | Roma tomatoes x 4 |  |
| Iceberg lettuce x 1 |  | Tomatoes x 4 |  |
| Mixed leaves (bag) x 1 |  | Vine ripened tomatoes x 4 |  |
| Cos lettuce x 1 |  | Cherry tomatoes x 1 |  |
| Butter lettuce x 1 |  | Cucumber x 1 |  |
| English or Baby Spinach x 1 |  | Capsicum – red x 1 |  |
| Avocado x2 |  | Celery x 1 |  |
| Shallots x 1 |  |  |  |
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| **Vegetables** |  |  |  |
|  |  |  |  |
| Green beans – 500gm |  | Zucchini |  |
| Snow peas – 250gm |  | Carrots x 4 |  |
| Broccoli x 1 head |  | Sweet potato x 2 |  |
| Asian greens egBokchoy, Patchoy x 2  |  | Washed potato – small bag |  |
| Eggplant x 1 |  | Corn cobs |  |
| Asparagus x 1 |  | Onions x 4 |  |
| Mushrooms – 250gm |  | Red onion x 1 |  |
| Asian mushrooms – 250gm |  |  |  |
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| **Fruit** |  |  |  |
|  |  |  |  |
| Bananas – not ripe x 6 |  | Strawberries Punnet x 1 |  |
| Pineapple – rough leaf sweet x 1  |  | Kiwi Fruit x 6 |  |
| Grapefruit x 4 |  | Red Papaya x 1 |  |
| Oranges x 6 |  | Water melon – small x 1 |  |
| Apples x 4 |  | Honey Dew melon x 1 |  |
| Limes x 4 |  | Mangoes |  |
| Lemons x 4 |  | Stone fruit in season |  |
| Passionfruit x 6 |  | Tropical fruit in season |  |
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| **Seafood** |  |  |  |
|  |  |  |  |
| 1kg Cooked King Prawns |  | 400gm Smoked Salmon |  |
| 12 Fresh shucked oysters |  | Green prawns Shelled/tailon |  |
| 2 Cooked & halved Bugs |  | Bug meat – green |  |
| 2 Coral Trout or Red Emperor fillets |  | Squid suitable for stir fry |  |
| 2 Tuna Steaks |  | Cocktail sauce |  |
|  |  | Tartare Sauce |  |
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| **Butcher** |  |  |  |
|  |  | 12 x eggs – fresh range |  |
| 1 x Whole Eye Fillet - small |  | Cooked Chicken |  |
| Rib Fillet |  | Beef mince – lean |  |
| 6 x Lamb Cutlets |  | 8 x Sausages – lean pork thin |  |
| 6 x Chicken Breast – halves |  | 8 x Bacon rashers |  |
| Lamb leg – diced lean |  | 500gm Leg Ham off bone |  |
| Lamb leg – boned |  | Turkey Breast |  |
| Lamb Fillet |  | Fresh Chicken – corn fed |  |
| Chicken Thighs |  | Continental Frankfurts |  |
| Chicken Mince |  | Selection cured meats eg salami, prosciutto etc |  |
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| **Bakery** |  |  |  |
|  |  |  |  |
| Sliced bread – grain |  | Rolls (par Bake) |  |
| Loaf bread – unsliced |  | Lebanese bread |  |
| English muffins |  | Lavosh bread |  |
| Crumpets |  | Croissants – pack 3 |  |
| Cibatta (par Bake) |  | Hamburger buns – pk 6 |  |
| Turkish (par Bake) |  | Baguettes |  |
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| **Chilled Products** |  |  |  |
|  |  | Fresh Parmesan  |  |
| 1 x 2litre Milk – Mungalli light |  | 1 x Light cottage cheese |  |
| Long life milk x 3L |  | Selection Speciality Cheeses |  |
| 1 x 250gm Butter or Olive Grove |  | * Blue Costello
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| 1x5oomlNaturalYoghurt(JalnaSkim) |  | * Smoked
 |  |
| Mungalli Creek Rainforest Honey Yoghurt |  | * Fetta Mungalli Creek
 |  |
| 1 x Lite Sour Cream |  | Goats Cheese |  |
| Flavoured Yoghurt |  | Brie |  |
| 1 x Fresh OJ |  | Semi dried tomatoes |  |
| Long life juice |  | Maggie Beer Quince Paste |  |
| 1 x 250gm Tasty Cheddar |  | Maggie Beer Pate 120gm |  |
| Frozen Asian / Stir fry vegie mix |  | Selection Dips-Hommus etc |  |
| Frozen Chips Frozen Chips – oven bake |  |  Olives – Black, Kalamata |  |
| Frozen Peas |  | Fruche |  |
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| **Dry Goods** |  |  |  |
|  |  |  |  |
| Balsamic Vinegar |  | 1 x Creamed corn |  |
| Paul Newmans salad dressing |  | 1 x Sweet corn |  |
| Cardini Caesar salad dressing |  | 1 x Beetroot |  |
| Cardini Caesar salad croutons |  | Vegetable Stock – liquid |  |
| Mayonnaise |  | Chicken Stock – liquid |  |
| Light quality Olive Oil |  | 1 x Smoked Oysters |  |
| Canola Oil (750ml) |  | Selection of indiv serve jams |  |
| 1 x Salt – small shaker |  | Peanut Butter |  |
| Sea Salt |  | Honey |  |
| Black Pepper |  | 1 x Natural Muesli |  |
| Chickpeas |  | Pine Nuts |  |
| Three Bean Mix |  | Pesto – Basil |  |
| Kidney Beans |  | Selection of herbs and Spice |  |
| Breadcrumbs |  | 1 x Lavazza Coffee – Plunger |  |
| Plain Flour – small |  | 1 x Twinings Tea |  |
| Canned Tomatoes |  | Herbal and Fruit Teas |  |
| Tomato Paste – sachets |  | Milo |  |
| Tomato Soup |  | 1 x Raw Sugar single sachets |  |
| Tomato Puree |  | Cadbury Favourites |  |
| 1 x Baked Beans |  | 1 x Pancake Mix (Shake up)  |  |
| Spagetti – tinned |  | Maple Syrup |  |
| Tuna in Springwater |  | Chocolate Cake Mix |  |
| Capers |  | Sultanas/Prunes |  |
| Anchovies |  | Dried Apricots |  |
| Potato Chips |  | Cashews/ Peanuts |  |
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| **Asian Products** |  |  |  |
|  |  |  |  |
| 1 x Green Curry Paste |  | Chilli Paste or Sambal |  |
| Red Curry Paste |  | Oyster Sauce |  |
| Coconut milk – lite |  | Hoi Sin Sauce |  |
| 1 x Bamboo Shoots |  | Sesame Oil |  |
| Baby Corn Spears |  | Jasmine Rice |  |
| Hot Chilli Sauce |  | Hokkien Noodles |  |
| Sweet Chilli Sauce |  | Rice Noodles |  |
| Soy Sauce |  |  |  |
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| **Mexican Products** |  |  |  |
|  |  |  |  |
| Refried Beans |  | Taco Dinner Kit |  |
| Burrito Dinner Kit |  |  |  |
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| **Indian Products** |  |  |  |
|  |  |  |  |
| 1 x Madras Curry Paste |  | Sharwoods Mango Chutney |  |
| 1 x Mild Curry Paste |  | 1 x Lime Pickle |  |
| Curry Powder |  | 1 x Pappadams |  |
| 1 x Tandoori Paste |  | Basmati Rice |  |
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| **Condiments** |  |  |  |
|  |  |  |  |
| Hot English Mustard |  | Heinz Tomato Sauce |  |
| Grain Mustard |  | Horseradish Cream |  |
| Dijon Mustard |  |  |  |
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| **Rice and Pasta** |  |  |  |
|  |  |  |  |
| 1 x Penne Pasta |  | Arborio Risotto Rice |  |
| Spagetti |  | Cous Cous |  |
| White Longrain rice |  |  |  |
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| **Biscuits and Crackers** |  |  |  |
|  |  |  |  |
| Water Cracker – Plain |  | Vita Wheat |  |
| Water Cracker - Selection |  | Choc Chip Cookies |  |
| Quality Wafer Crispbread |  | Corn Thins |  |
| Rice Crackers x 2 selected |  |  |  |
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| **Paper Products** |  |  |  |
|  |  |  |  |
| Toilet Paper |  | Tissues – Cube |  |
| Paper Towels – Large White |  | Dinner Napkins – Large Plain |  |
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| **Other** |  |  |  |
|  |  |  |  |
| Mosquito coils |  | Dishwashing Liquid |  |
| Gladwrap |  | Omomatic – Front Loader |  |
| Foil |  | T lights |  |
| 1 Pack Wooden Skewers |  | Toiletries - toothpaste, deodorant etc |  |
| 1 x Large Heavy Duty Garbage Bags |  | Condoms |  |
| 1 x Large Kitchen Tidy Bags - Roll  |  | Tampons, Sanitary Napkins  |  |
|  |  | Blockout Sun Screen Insect Repellent Spsray |  |
| **Beverage** |  |  |  |
|  |  |  |  |
| Cascade Premium Lager |  | Scotch |  |
| Vodka |  | White Wine |  |
| Gin |  | Red White |  |
| Rum |  | Australian Sparkling Wine |  |
| Beer/ nominate brand |  | Peach Tea Cordial |  |
| French Champagne |  | Sparkling Mineral Water |  |
| Tonic |  | Cranberry Juice |  |
| Soda |  | Pineapple Juice |  |
| Coke |  | Lime Juice Cordial |  |
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