



Grounded
AT ECHO

CATERING MENU

CATERING

PLEASE NOTE:

ALL PRICES ARE SUBJECT TO CHANGE. ALL PRICES INCLUDE 15% VAT.

FULL PAYMENT IS REQUIRED AT LEAST 24 HOURS BEFORE ARRANGED COLLECTION TIME.

DUE TO A LIMITED CAPACITY KITCHEN, PLEASE NOTE THAT THE CONFIRMATION OF YOUR CATERING ORDER DEPENDS ON DEMAND AT THE TIME OF ORDERING

BAKED GOODS

- WHOLE CARROT CAKE (SERVES 12) R 375
- WHOLE LEMON AND RASPBERRY CAKE (SERVES 12) R 340
- WHOLE OLD SCHOOL CHOCOLATE CAKE (SERVES 12) R 280
- WHOLE GLUTEN FREE BEETROOT CHOCOLATE CAKE (SERVES 12) R 340
- WHOLE CHEESECAKE (SERVES 12) R 470
- WHOLE BANTING CHEESECAKE (SERVES 12) R 470
- MINI TARTLETS (6) (SALTED CARAMEL/ WHITE CHOCOLATE/
CHOCOLATE/ MILK TART) R 140
- BAKED CHEESECAKE POPS (24) R 215
- BROWNIES (8) R 230
- WHOLE MILK TART (SERVES 6) R 150
- DECONSTRUCTED LEMON TARTLETS (16) R 170
- WHOLE VEG QUICHE (SERVES 4-5) (ROAST VEG, FETA/ BUTTERNUT,
CARAMELIZED ONIONS, FETA/ SPINACH, BALSAMIC TOMATO, FETA.) R175
- WHOLE MEAT QUICHE (SERVES 4-5) (BACON, BABY MARROW,
SUNDRIED TOMATO/ BUTTERNUT, BILTONG, FETA/ PULLED PORK,
BUTTERNUT, SAGE, FETA/ HAM, MUSHROOM, RED ONION. R 225



CATERING

PLEASE NOTE:

ALL PRICES ARE SUBJECT TO CHANGE. ALL PRICES INCLUDE 15% VAT.

FULL PAYMENT IS REQUIRED AT LEAST 24 HOURS BEFORE ARRANGED COLLECTION TIME.

DUE TO A LIMITED CAPACITY KITCHEN, PLEASE NOTE THAT THE CONFIRMATION OF YOUR CATERING ORDER DEPENDS ON DEMAND AT THE TIME OF ORDERING

BREAKFAST ITEMS

- CROISSANTS (12) R 375
- CHOCOLATE AND ALMOND CROISSANTS (6) R 260
- CATERING MUFFINS BRAN BANANA/ APPLE, CARROT AND GINGER (6 LARGE OR 12 MEDIUM) R 180
- CATERING MUFFINS WHITE CHOC, ORANGE AND CRANBERRY/ CHEESY MARMITE (6 LARGE OR 12 MEDIUM) R 220
- MINI GRANOLA AND FRUIT CUPS (6) R 225

CANAPÉS AND BITES

- BACON WRAPPED CAJUN CHICKEN BITES (16) R 245
- BACON AND DATE BITES (12) R 145
- CRUDITÉ PLATE WITH HUMMUS DIP (SERVES 6-8) R 180
- ZUCCHINI ROLLS WITH SUNDRIED TOMATO AND COTTAGE CHEESE (6) R 95
- BRINJAL, TOMATO, MOZZARELLA AND BASIL WRAPS (12) R 205
- CURRIED MINCE WRAPS WITH AVO (12) R 320
- CHICKEN MAYO WRAPS (12) R 315
- CREAM CHEESE AND CUCUMBER CROSTINI (12) R 120



CATERING

PLEASE NOTE:

ALL PRICES ARE SUBJECT TO CHANGE. ALL PRICES INCLUDE 15% VAT.

FULL PAYMENT IS REQUIRED AT LEAST 24 HOURS BEFORE ARRANGED COLLECTION TIME.

DUE TO A LIMITED CAPACITY KITCHEN, PLEASE NOTE THAT THE CONFIRMATION OF YOUR CATERING ORDER DEPENDS ON DEMAND AT THE TIME OF ORDERING

DIPS, DIPPERS AND CONDIMENTS

- MEDITERRANEAN CHICKPEA BOWL (470G, CHICKPEAS, OLIVES, FETA, BASIL PESTO, SUNDRIED TOMATOES AND LEMON) R 125
- HERBY CROUTONS (24) R 70
- CHEESE STRAWS (24) R 105
- HERBY FLAT BREAD DIPPERS WITH PECORINO (16) R 70
- LOW CARB HERBY FLAT BREAD DIPPERS WITH FETA (16) R 95

VEGETABLES AND SALAD

- MIXED ROASTED VEGETABLES (2.5KG) R 300
- HERB GARDEN SALAD WITH PECORINO AND LEMON DRESSING (413G) R 135
- BRINJAL SLICES WITH HERBS, SUNDRIED TOMATO AND YOGHURT (1.1KG) R 160
- CURRIED COUS COUS WITH BRINJALS, LEMON AND CORIANDER (760G) R 110
- BROCCOLI SALAD (1.2KG, WITH MAYO, CHEESE, APPLES, CASHEWS AND DRIED CRANBERRIES) R 290
- SWEET POTATOES WITH WHOLEGRAIN MUSTARD DRESSING (1.2KG) R 185
- PEAR SALAD (900G, WITH PEARS, AVO, PECANS AND DRIED CRANBERRIES) R 190
- ROAST VEG WITH BLACK GARLIC YOGHURT AND SEED MIX (2KG) R 265
- BEETROOT, AVO AND PEA SALAD (1.2KG) R 215



A little bit about *Grounded*

Welcome to Grounded!

Here's a little more about who we are.

Product integrity and business transparency is at the very heart of our business. It is our vision to generate sustainable social profit alongside financial profit through social entrepreneurship and ethical business practices. To this end, we use quality ingredients, charge reasonable markups and pay fair wages. We also actively engage in our community and invest in our team members' personal and professional development to bring you a product that you can enjoy; knowing that you are engaging in positive change for South-Africa and its people.

We created Grounded at Echo and Grounded at Work because we believe that coffee was made to share, to inspire conversation and to grow community. Our hope is that there will be spaces where you can dream, create, connect, collaborate and become part of a bigger conversation that makes a positive difference in our beautiful country.

Thank you for being part of this positive change.

GROUNDING AT ECHO

