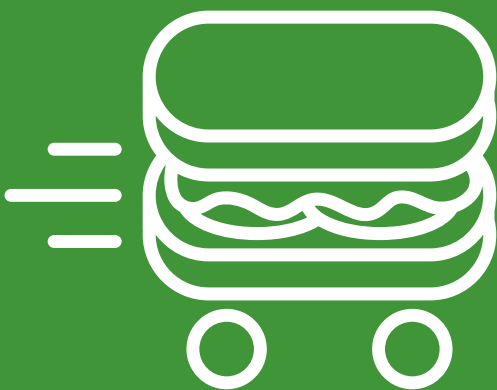


Catering



MYO
make your own

We bring a world of taste to your door

Whether it's a group order for you and a few of your colleagues or a larger function marking a special occasion at the office, MYO can cater for all your lunchtime requirements. Want to order a healthy feast for your office meeting, or just a tasty option for a training session, whatever you're after, we'll make your lunches the way you want them made.

We'll create individual lunch bags or sandwich platters with a choice of oven-fresh breads, wraps and rolls. Our gourmet sandwich combinations are creative, chef-inspired and made with the finest ingredients.

On a health-kick? 'Crunch your lunch' by ordering one of our healthy fresh premium salads.

For a quick lunch on the go try our famous house soups, each served with a fresh roll.

MYO make only the freshest of sandwiches from our huge variety of in-store fillings. Choose from succulent deli-style meats and fresh crispy veggies - topped off with a choice of tasty condiments - including tangy pickles, chutneys and relishes; delicious mustards; sweet and spicy sauces; and creamy mayonnaise.

At MYO, we believe that you can't be too fussy about what you eat, whether it's a healthy choice or something with an extra indulgence. So check out our catering menu and place your order today.

MYO Lunch Bags

MYO lunchbags are the ideal way to provide individual packed lunches for your guests. Perfect for meetings, seminars and training events, with no mess and the option to have lunch anywhere.

Each lunch bag includes a sandwich or salad, a drink and a piece of fruit.

\$11 per person (minimum of 6 people)

Choose a sandwich or salad:

Traditional

Gourmet

Vegetarian

Something Special*

*If you require something specific from our vast range.

Choose a drink

600mL Water

500mL GV Juice

600mL Coke/Diet Coke/Coke Zero

Choose a piece of fruit

Orange

Apple

Banana

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

MYO Catering Box

(minimum of 6 people)

The staff at MYO can create unique catering boxes for you. Choose from a combination of the following range of sandwiches, salads, and wraps for you and your guests and let MYO make it for you.

Drinks are available with your order.

Let Us Choose for You

If you are finding it hard making a choice. Let the staff at MYO choose for you. Just let us know your preferences and we will make a perfect selection.

Gourmet Sandwiches

Served on multigrain, white, or wholemeal sliced bread or freshly baked rolls.

\$7.80pp

Gourmet 1

Thinly sliced ham, swiss cheese, goan cuisine's tomato kasundi & English spinach.

Gourmet 2

Sliced chicken breast, mayonnaise, sun-dried tomatoes, grated carrot and cos lettuce.

Gourmet 3

Sliced breast of chicken, sliced avocado, cucumber, English spinach & snow-pea sprouts.

Gourmet 4

Prime roast beef, dijon mustard, sliced beetroot, cucumber & alfalfa.

Gourmet 5

Prime roast beef, char-grilled vegetable relish, sliced egg, swiss cheese & snow-pea sprouts

Gourmet 6

New York style pastrami, melanzani, relish, carrot & roasted capsicums.

Gourmet 7

Smoked salmon, cream cheese, red onion & capers.

Gourmet 8

Salami, melanzani relish, tomato, swiss cheese & cos lettuce.

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

Traditional Sandwiches

Served on white or wholemeal bread.

\$6.80pp

Traditional 1

Sliced ham, seeded mustard, pickle, iceberg lettuce & cucumber.

Traditional 2

Sliced ham, tomato chutney, cheddar cheese & english spinach.

Traditional 3

Sliced roast beef, horseradish, mushroom, iceberg lettuce & carrot.

Traditional 4

Sliced roast beef, fruit chutney, cheddar cheese, iceberg lettuce & tomato

Traditional 5

Diced chicken, pineapple pieces, egg mayonnaise & alfalfa sprouts.

Traditional 6

Diced chicken, egg mayonnaise, carrot & english spinach.

Traditional 7

Salami, melanzani, alfalfa & cucumber.

Traditional 8

Tuna, curried egg, grated carrot & alfalfa sprouts.

Vegetarian Sandwiches

Served on multigrain and wholemeal bread.

\$6.80pp

Vegetarian 1

Curried egg, tomato, lettuce, carrot & cucumber.

Vegetarian 2

Cheddar cheese, tomato, spring onion, carrot & iceberg lettuce.

Vegetarian 3

Tomato, fruit chutney, beetroot, onion & iceberg lettuce.

Vegetarian 4

Mesculin mix, carrot, red onion & tomato relish.

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

Wraps

Served on 10 inch tortilla wraps

\$7.20pp

Wrap 1

Sliced ham, tomato chutney, cheddar cheese and english spinach.

Wrap 2

Sliced roast beef, fruit chutney, cheddar cheese, iceberg lettuce and tomato.

Wrap 3

Mayonnaise, English spinach, cheddar cheese and red capsicum.

Wrap 4

Diced chicken, mayonnaise, carrot and english spinach.

Wrap 5

Tuna, mayonnaise, spring onions, iceberg lettuce.

Wrap 6

Curried egg, tomato, lettuce, carrot and cucumber.

Wrap 7

Salami, melanzani, alfalfa & cucumber.

Wrap 8

Cream cheese, tomato, spring onion, carrot and iceberg lettuce.

Additional MYO options

Soup

A selection of MYO's famous house soups served in a 12 oz cups with a fresh bread roll.

*Soups are subject to seasonal availability, not all soups are available everyday.

\$6.00pp (min of 6 people)

Chicken Corn & Chive Chowder

Minestrone

Mixed Mushroom

Pea and Ham

Potato and Leek

Pumpkin

Tomato & Basil

Vegetable and Beef

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

Gourmet Salads

\$7.80pp (min of 6 people)

Greek

Rocket

Nutty Noodle

Mixed Bean

Spinach

Honey Carrots

**Mediterranean
Bean**

Bean Shoots

Pizza Salad

Pumpkin and Feta

Traditional Salads

\$6.80pp (min of 6 people)

Caesar

Potato and Egg

Continental Pasta

Coleslaw

**Asian-style
Coleslaw**

Couscous

**Rocket and
Pear**

**Broccoli and
Mustard**

Raw Vegetables

Moroccan Rice

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

MYO Assorted Platters

New York Deli Platter

Pastrami, salami, ham and roast beef, served with pickles, sun-dried tomatoes and melanzani.

\$78 per platter
(serves 8)

Mediterranean Platter

Hot salami, dukkah, olive oil, sun-dried tomatoes, kalamata olives, feta, char-grilled capsicums, and melanzani.

\$78 per platter
(serves 8)

Cheese and Fruit Platters

Cheese and Crackers

A selection of Australian cheeses including camembert, aged cheddar and blue, with fresh fruit and water crackers.

\$60 per platter
(serves 8)

Gourmet Cheese Board

A selection of three of Australia's finest cheeses accompanied by rye bread, lavash, water crackers and dates or figs.

\$65 per platter
(serves 8)

Cheese and Fruit Platter

A selection of brie and cheddar cheese, water crackers and slices of fresh fruit.

\$60 per platter
(serves 8)

Fruit Platter

Freshly sliced fruit, including kiwifruit, mandarins, oranges, delicious red apples, watermelon, bananas and other fruit in season.

\$60 per platter
(serves 8)

*Menu items subject to availability.
All products & prices based on ordering 12 noon the day prior.

Drinks

Bottled Water

GV Juice

Nutrient Water

**Coke/Diet Coke/
Coke Zero**

Capi

Nudie Juice

Ice Tea

2L Fruit Juice

*Menu items subject to availability.

All products & prices based on ordering 12 noon the day prior.

How to Order

Stay healthy and stay put! We'll make delicious lunches the way you want them made and bring them right to you!

Place your catering order with your local MYO store by phone or fax. Alternatively you can use the online order form on our website.

www.myo.net.au

***Delivery fee may apply if more than 500m from your local MYO Store**

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