




SOUL

PLANT  BASED

BURGER

CATERING

HOW TO ORDER:

OPTION 1: Email your order to catering@soulburger.com.au and we'll get back to you within 12 hours of your email with a payable invoice.

OPTION 2: Order and pay via our website for immediate confirmation



Welcome to Soul Burger CATERING

Hey there - we're Soul Burger, the most delicious & sustainable catering option in Sydney.

We are the *perfect* option for Meat-Free Mondays & Future Fridays, allowing you to lean into sustainability with greener plant-based options!

And the best part is, there is *no taste* compromise. We have had glowing reviews from a range of tech and corporate firms who love the ability to serve their entire office with sustainable, inclusive options that everyone loves!

Vegetarian? Yep Vegan? Yep Meat-lovers? Yep (trust us, they tend to be our biggest fans!)

We can arrange the following:

- Cost-effective solutions where you can cater under **\$10 p.p**
- Delivery to your office in labelled boxes with 48 hours notice
- Gluten-free and Allergy-friendly options
- A range of different options ranging from sliders to canapes





Embrace the Green Evolution...

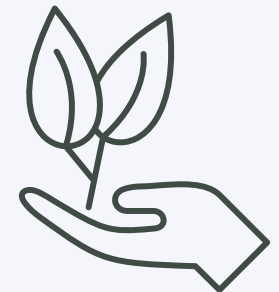
Step into the future of corporate catering and awaken your taste buds to a revolution that's as thrilling as it is responsible – completely plant-based catering. In a world where the buzzword is ESG – Environmental, Social, and Governance – embracing this vibrant culinary shift isn't just a choice; it's a declaration of your company's commitment to a better world.

Environmental Heroics on Every Plate

According to the United Nations, a staggering 14.5% of global emissions come from livestock production. Shifting to plant-based alternatives slashes this carbon footprint dramatically, aligning your company with global climate goals.

Serving Social Responsibility, One Dish at a Time

Moreover, embracing plant-based options reflects your company's sensitivity to diverse dietary needs. With an inclusive menu, you're not just catering to vegetarians and vegans; you're promoting a culture of respect and understanding. This fosters an environment where every employee feels valued and respected, boosting morale and fostering a more harmonious workplace.





OUR MENU (a snapshot...)

Slider Boxes (20 pack)

Box of 20 Sliders: \$160
(serves 10-12 people)

Mix and Match from the below to make a box:

- Cheese Burgers
- Southern Fried Chicken
- Chili Beef
- Battered Fish
- Hoisin Duck
- Satay Tofu



Sides Boxes

Box of Sides: \$70 (serves 8-12 people)

Grab a sides box to complement your slider box

- Nuggets and Fries Box
- Cauliflower Bites and Fries Box
- Just Fries Box (\$40)

Canapes (20 pack)

Falafel Canapes x 20: \$100

2x falafel balls, pickled turnips, drizzled with hummus and sprinkled with tabouli

Serves 20

Southern Fried Cauliflower Canapes x 20: \$100

2x cauliflower bites, diced shallots, drizzled with peri peri sauce on a bed of iceberg lettuce

Serves 20

Meatball Canapes x 20: \$100

2x marinated meatball canapes, plant-based parmesan dusted,

Serves 20

Southern Fried Chicken Canapes x 20: \$100

2x mini fried chicken pieces on a bed of slaw, with a dollop of aioli.

Serves 20

Churros Canapes x 20: \$100

3x mini churros drizzled with caramel sauce.

Serves 20

Sliders

All Sliders come in boxes of 20 and each can come in a gluten free bun option.

Cheese Burger Sliders

Baby cos, tomato, onion, smoked beefy patty, cheese, pickles, tomato relish & mustard mayo.

Southern Fried Chicken Burger Sliders

Crispy slaw, cajun seasoned fried patty, jalapeños, SB sauce and tomato relish.

Chili Beef Sliders

Baby cos lettuce, tomato, onion, smoked beefy patty, jalapenos, peri peri sauce and tomato relish.

Battered Fish

Baby cos , tomato, onion, battered fish fillet, aioli and tomato relish. Consider adding pickles.

Hoisin Duck

Crispy veggie slaw, marinated duck, aioli and peri peri sauce.

Satay Tofu

Crispy slaw, satay marinated tofu, tomato relish, fresh guac and aioli



Canapes

Crispy Fried Cauliflower Bites (2 pieces)

2x cauliflower bites, diced shallots, drizzled with peri peri sauce on a bed of iceberg lettuce



Southern Fried Chicken (2 pieces)

2x mini fried chicken pieces on a bed of slaw, with a dollop of aioli.



Falafel Bites (2 pieces)

2x falafel balls, pickled turnips, drizzled with hummus and sprinkled with tabouli.



Italian Meatballs (2 pieces)

2x marinated meatballs, plant-based parmesan cheese dusted,



Mini Churros (3 pieces)

Mini churros drizzled with caramel sauce.



Your Impact By Switching to Plant-Based Meals

Based on the Darwin Challenge, 100 people havin 1 meat-free meal means the below:

9800 toilet flushes of water has been saved

Supporting livestock takes a lot of water. Every meat-free day you have, you save the same amount of water as 98 flushes of the toilet. The average OECD citizen eating the average OECD amount of meat, requires 16 Olympic swimming pools of water to produce the meat that they will eat in their life.

10 Fish still splashing:

Every day you don't eat an OECD diet of meat you save approximately 1.043 fish/prawns per day. The average meat eater in an OECD country eats 30.000 aquatic organisms (fish, crustaceans, shellfish, etc) in their lives.

6 Chickens still clucking:

Every day you don't eat an OECD diet of meat you save approximately 0.064 of a chicken. The average person in the OECD eats 23 chickens per year.

491 m2 of Forrest has been saved

Global oxygen levels are dropping. 74% of this destruction is directly or indirectly for the livestock industry. Every meat-free day you have, you slightly reduce global demand for habitat destruction so you effectively save approximately 4.69 m2 of forest and woodland from being destroyed.

564 kilometers of GHG's avoided:

Most products create greenhouse gases in their production, use or disposal. Meats are no exception. Every meat-free day you have is the greenhouse equivalent of driving a car 5.64 km. If you and a friend have one meat-free day per week for a year, between the two of you, you save the equivalent amount of greenhouses as driving from London to Edinburgh.

4615 minutes of extra lifespan:

Compared to someone who eats 100 grams of processed red meats per day, someone who does not eat any processed red meat should extend their life by 46.15 minutes per meat-free day. After 32 meat-free days you should live a whole day longer.

3.7 hungry people fed

The hungry people of the world are in direct competition with chicken for the world's grain. Because a vegetarian diet uses less cereals, per meat-free day, you reduce global cereal prices a miniscule amount but approximately enough to raise 0.03677 of a person out of chronic malnutrition. It is extraordinary to think that after just 13 meat-free days, you have reduced the global price of cereals enough to raise one person out of chronic malnutrition





A Note From Our Founder

Amit Tewari

Founder & CEO

Getting plants on the menu is such an incredibly meaningful step for progressive companies in reducing their food-related carbon emissions.

Our mission at Soul Burger is to celebrate amazing plant based food, allowing our customers to enjoy everything they love about meat, and none of the things they don't!

By replacing a single animal-based meal for your office with a plant-based alternative, there is a tremendous flow-on impact that positively impacts our environment, your health, and animal welfare.

Your support goes beyond just enjoying our delicious offerings; it's a resounding endorsement of the transformative potential that plant-based food holds.

So thank you for choosing Soul Burger as your catering partner. We are honored to be part of your journey towards a greener, healthier, and more compassionate world. Should you ever need anything or have any suggestions, please do not hesitate to reach out.

We're here to ensure that every experience you have with Soul Burger is exceptional.