

SAMPLE LUNCH MENUS

Menus are a guide only. We will happily design a seasonally specific menu tailored to your group.

These menus are \$24.00 / head + GST (10%) = \$26.40 per person
The menus can be extended as required

Lunch Sample 1

Chicken schnitzel, coleslaw, dill and lemon mayonnaise rolled in flat bread spiral *(vegetarian alternative included)*

Individual Spanakopita with rainbow chard, spinach, mint, dill, feta and ricotta in hand rolled filo *(vegetarian, served warm)*

Nori rolls with black rice, avocado, miso sweet potato, cucumber and carrot ribbons, Enoki mushrooms and sesame tahini sauce *(gluten free, vegan)*

Raspberry tartlets

Seasonal fruit platters

Lunch Sample 2

Lebanese lamb, pine nut and pomegranate individual pizzas topped with natural yoghurt and fresh rocket *(served warm)*

Salad niçoise – waxy Nicola potatoes, cherry tomatoes, green beans, Kalamata olives, soft boiled egg dressed with tarragon olive oil *(gluten free, dairy free, vegetarian)*

Persian green pea, feta, fresh fennel, dill, mint and sumac frittata *(gluten free, vegetarian)*

Pot roasted ruby red quince tart

Seasonal fruit platters

Lunch Sample 3

House baked focaccia squares with roasted red pepper, sweet potato, radicchio, spinach and basil pesto *(vegetarian)*

Vietnamese shredded chicken and rice noodle salad with lime, coriander, julienne of carrot and snow peas topped with crispy dried shallots *(gluten free, dairy free)*

Miniature Mexican burritos with red kidney beans, white queso, fresh corn and coriander and lime salsa *(vegetarian, served warm)*

Rhubarb and vanilla tartlets

Seasonal fruit platters

Lunch Sample 4 – PLANT BASED MENU

Thai tofu, wild rice, lemongrass and lime purples *(vegan, served warm)*

House made pumpkin and saffron bread with fresh tomato, chargrilled eggplant, basil leaves, aioli *(vegetarian)*
(can be vegan if required)

Vietnamese rice paper rolls with coconut, lime and crunchy Asian greens *(gluten free, vegan)*

French apple and almond tartlets
(can be swapped to a vegan sweet if required)

Seasonal fruit platters

**These menus are \$30.00 / head + GST (10%) = \$33.00 per person
This can be extended as required for your group**

Lunch Option 5

Reuben sandwiches – fresh corned silverside, house made pickles, Gruyere and 1000 island dressing in house made baguette (*vegetarian version included*)

Inari - Japanese tofu pockets with sushi rice, radish, spring onions and mint topped with seaweed (*vegan*)

Chicken, leek, mushroom and tarragon pies topped with black sesame seeds and smoky paprika

Individual Catalan lemon and honey roasted eggplant tart layered with Manchego, ricotta and tomato passata (*served warm*)

'Buddha Bowls' with spicy roasted chickpeas, rocket, sweet potato, house pickled beetroot infused fennel drizzled with sesame tahini, lemon and pure maple syrup dressing (*gluten free, vegan*)

Caramelised Bosc pear and almond tarts

Seasonal fruit platters

Lunch Option 6

Coconut south Indian sambar chicken encrusted in fragrant roasted spices (*gluten free, dairy free*)

House baked sourdough pide with roast pumpkin, baked ricotta, radicchio, spinach, basil and sundried tomato and cashew pesto (*vegetarian*)

Truffled king oyster and swiss brown mushroom tart with thyme, parsley and sage in short crust (*vegetarian, served warm*)

Fresh fig salad with labne, caramelized walnuts, radicchio with walnut oil and balsamic vinaigrette (*gluten free*)

Vietnamese rice paper rolls with rare roast beef, chili mayonnaise, shallots, Wombok cabbage and mint (*gluten free, dairy free*) (*vegan, gluten free alternative included*)

Lemon curd tartlets

Seasonal fruit platters

OTHER MENU IDEAS

SALADS

(Served in individual cups with biodegradable wooden fork/chopsticks as appropriate)

Vietnamese shredded chicken and rice noodle salad with lime, coriander, julienne of carrot and snow peas topped with crispy dried shallots (*gluten free, dairy free*)

Salad niçoise – waxy Nicola potatoes, cherry tomatoes, green beans, Kalamata olives, soft boiled egg dressed with tarragon olive oil (*gluten free, dairy free, vegetarian*)

First of the season fresh fig salads with labne, caramelised walnuts, radicchio, spinach and a walnut balsamic vinaigrette (*gluten free, vegetarian*)

Basmati and wild rice pilaf with roasted chickpeas, fresh herbs, barberries, currants and pistachios, topped with natural yoghurt and sumac (*vegetarian, gluten free*)

Caramelized roasted vegetable salad with potato, red and yellow pepper, beetroot, carrot, red onion topped with aioli (*gluten free, dairy free, can make vegan if required*)

Japanese red and black rice, pickled ginger, avocado, fresh corn, pepitas and kale salad (*vegan, gluten free*)

Cypriot grain salad with puy lentils, freekeh currants, capers and a pomegranate molasses and lemon dressing napped with labne (*vegetarian*)

Winter Salad – purple and white cauliflower and broccoli tossed with lemon and cinnamon scented puy lentils, roasted flaked almonds and crumbled feta (*vegetarian, gluten free*)

Super Salad – quinoa, chickpea, beetroot, carrot, herbs, roasted pumpkin seeds and pomegranate with a date, lemon, fresh cauliflower and almond creamy dressing (*vegan, gluten free*)

'Buddha Bowls' with spicy roasted chickpeas, rocket, sweet potato, house pickled beetroot infused fennel drizzled with sesame tahini, lemon and pure maple syrup dressing (*gluten free, vegan*)

Mexican kale, quinoa, black rice and charred corn salad with coriander sprigs and lime chipotle dressing (*gluten free, vegan*)

Greek salad with cherry tomatoes, Lebanese cucumber, dried oregano, feta cheese and olives dressed with lemon and extra virgin olive oil (*vegetarian, gluten free*)

Thai noodle salad with snow pea shoots, carrot, Wombok cabbage, dried shallots and coriander in boxes (*vegan, gluten free*)

'Goddess Salad' – Julienned carrot, Wombok, Vietnamese mint, coriander and rice vermicelli topped with a lime, coconut and ginger dressing and pistachios (*gluten free, vegan*)

BREAD ROLLS + BAGUETTES + FLAT BREADS

Homemade Danish seed bread sandwiches with dill and chive cream cheese, soft boiled egg, celeriac remoulade and red cabbage sauerkraut (*vegetarian*)

Reuben sandwiches – corned silverside, beetroot pickle, Gruyere and 1000 island dressing in baguette – all house-made (*vegetarian version included*)

House baked sourdough pide with roast pumpkin, baked ricotta, radicchio, spinach, basil and sundried tomato and cashew pesto *(vegetarian)*

Mountain bread raps with tahini crusted eggplant, pomegranate molasses, labne, fresh mint, parsley and baby spinach *(vegetarian)*

Chicken schnitzel, coleslaw, dill and lemon mayonnaise rolled in flat bread spiral *(vegetarian alternative included)*

Focaccia "presents" with roasted red pepper, sweet potato, radicchio, spinach and basil pesto *(vegetarian)*

House made beetroot rolls with soft boiled egg, parmesan mayonnaise and snow pea shoots *(vegetarian)*

Pan bagna – Fresh style pressed baguette with roasted red pepper, eggplant, Gruyere cheese, basil leaves, olive tapenade and radicchio *(vegetarian)*

Pan bagna – Fresh style pressed baguette with gypsy ham, organic salami, basil leaves, Gruyere cheese and olive tapenade *(vegetarian alternative included)*

House made pumpkin and saffron bread with fresh tomato, chargrilled eggplant, basil leaves, aioli *(vegetarian)*

Cotoletta of chicken with aioli and spinach in house made baguette *(vegetarian alternative included)*

Cotoletta of eggplant with aioli, spinach and roasted red pepper in house made baguette *(vegetarian)*

Banh mi thit - Vietnamese style baguette with lime poached chicken fillet, chili mayonnaise, cucumber and fresh coriander sprigs *(vegetarian alternative included, dairy free)*

House-made poppy seed panini filled with prosciutto (or gypsy ham), salad greens, tomato, cucumber, red onion and basil mayonnaise *(vegetarian alternative included)*

House made walnut roll with Camembert and quince paste, peppered pear and roquette *(vegetarian)*

House made walnut roll with shaved gypsy ham, whole grain mustard and spinach *(vegetarian alternative included)*

House made pumpkin and saffron bread with roasted red capsicum and walnut muhammara, parsley leaves, fresh zucchini ribbons, smashed butterbean and rosemary *(vegan)*

House made olive and tomato baguette, filled with tapenade of cannelloni beans, roasted pepper and zucchini ribbons *(vegetarian, dairy free)*

Paper thin mountain bread with chargrilled eggplant, mint, labne, candied walnuts and spinach *(vegetarian)*

Paper thin mountain bread with gypsy smoked ham, camembert, basil, wholegrain mustard and roquette *(vegetarian alternative included)*

Flat bread with tandoori chicken, mango, mint and yoghurt *(vegetarian alternative included)*

MEATS

Tunisian roast chicken fillet marinated in a smoky paprika, mint, parsley and coriander chermoula. Topped with fresh lemon (gluten free, dairy free)

Roast chicken fillet filled with ricotta, feta and spinach and dusted with sumac (gluten free)

Spiralled tamarind and ginger chicken fillet with roasted eggplant (gluten free, dairy free)

Greek lemon scented chicken with oregano wrapped in house cured vine leaves (gluten free, dairy free)

Chicken fillet wrapped in prosciutto with sage and thyme (gluten free, dairy free, some with no prosciutto if required)

Sicilian chicken with currants, red pepper, rosemary sourdough bread crumbs, red onion and olive tapenade (dairy free)

Coconut south Indian sambar chicken encrusted in fragrant roasted spices (gluten free, dairy free)

Spiral Mediterranean chicken fillet with roasted eggplant, red pepper and basil (gluten free, dairy free)

Aegean chicken fillet wrapped in vines leaves (gluten free, dairy free)

ASIAN

Inari - Japanese tofu pockets with sushi rice, radish, spring onions and mint topped with seaweed (vegan, gluten free)

Nori rolls with black rice, miso sweet potato, carrot ribbons, Enoki mushrooms and sesame (gluten free, vegan)

Vietnamese rice paper rolls filled with pulled chicken, cucumber, Vietnamese mint and Szechwan pepper sauce (dairy free, gluten free and vegan alternative included)

Vietnamese rice paper rolls with marinated tofu, peanut satay sauce, Wombok cabbage and mint (gluten free, vegan)

Vietnamese rice paper rolls with rare roast beef, purple cabbage with chilli mayonnaise, dried shallots and coriander sprigs (dairy free, gluten free and vegan alternative included)

Vietnamese rice paper rolls with coconut, lime and crunchy Asian greens (gluten free, vegan)

PIES + EMPANADAS + SAUSAGE ROLLS

Moroccan lamb tagine pies with sweet potato mash dusted with sumac

Beef, Burgundy and thyme pies with vine fruit and tomato house made sauce

Chicken, leek, mushroom and tarragon pies topped with black sesame seeds and smoky paprika

Turkey and tarragon pies served with house made vine fruit chutney

Individual beef shepherd pies with potato mash and smoky paprika

Empanadas filled with chard, feta and beetroot in a Spanish wine and olive oil pastry

Italian pork and fennel sausage rolls with house made tomato and vine fruit sauce

Vegetarian sausage rolls with ricotta, walnut and fresh thyme, served with tomato vine fruit chutney

Mexican corn tortilla empanadas with spicy red kidney beans, quinoa, fresh corn, tomato, cumin, coriander and cheddar cheese (*gluten free, vegan*)

TARTS

Late Summer Roma tomato, fennel seed, feta and ricotta tarts (*vegetarian, served warm*)

Truffled king oyster and swiss brown mushroom tart with thyme, parsley and sage in short crust (*vegetarian, served warm*)

Persian spiced Zataar spiced eggplant, feta and tomato tarts with sesame seeds and fresh thyme (*vegetarian, served warm*)

Leek, fresh fennel and chèvre tart brushed with rosemary oil (*vegetarian, served warm*)

Mexican red kidney bean tortilla tarts with charred corn, sour cream and fresh salsa (*vegetarian, served warm*)

French Roma tomato tart with spelt pastry and Herbes de Provence (Rosemary, thyme, tarragon, orange peel, mint, lavender, raspberry leaf) (*vegetarian, served warm*)

Caramelised fennel and new seasons cherry tomato tarts with spelt pastry (*vegetarian, served warm*)

Caramelised Roma tomato tart with sea salt and rosemary oil (*vegetarian, served warm*)

Passaladiere – French onion, anchovy, olive and thyme tarts (*vegetarian, served warm*)

Rosemary scented polenta tart with ricotta, olive tapenade and red pepper (*vegetarian, served warm*)

Italian vegetarian mushroom bologna tarts with fresh ricotta topping (*vegetarian, served warm*)

PIZZETTA + BRIOCHE

Lebanese lamb, pine nut and pomegranate individual pizzas topped with natural yoghurt and fresh rocket (*served warm*)

Roasted Mediterranean vegetables with olive tapenade and buffalo mozzarella pizzetta (*vegetarian, served warm*)

Candied Roma tomatoes on brioche dusted with fennel powder and sea salt (*vegetarian, served warm*)

Caramelised beetroot, red onion, goats cheese and pine nut pizzettas (*vegetarian, served warm*)

STUFFED PEPPERS

Mexican red peppers stuffed with spicy red kidney beans, fresh corn, tomato, cumin and coriander (*gluten free, vegan, served warm*)

Roasted Panzanella mini red and yellow peppers with tomato, basil, sourdough croutons and Kalamata olives (*vegan*)

Greek style peppers stuffed with pumpkin, feta, mint and dill (*gluten free*)

FILO

Thai chicken, wild rice, lemongrass and lime purses (*served warm*)

Thai tofu, wild rice, lemongrass and lime purses (*vegan*)

Rustic ricotta and feta hand rolled filo presents dusted with sea salt and fennel powder (*vegetarian, served warm*)

Spinach, feta, mint, dill rustic hand rolled filo parcels (*vegetarian, served warm*)

Egyptian lamb, dried apricot and filo pinwheels (*served warm*)

Coconut curried vegetarian parcels with tomato fruit chutney (*vegan, served warm*)

Individual Spanakopita with spinach, mint, dill, feta and ricotta in hand rolled filo (*vegetarian, served warm*)

B'stilla – Moroccan chicken parcel with fragrant spices (*served warm*)

FRITATA + OMELETTE

Asparagus, mint and pea frittata with caramelized onion (*gluten free, vegetarian*)

Braised leek, green peas and mint frittata with caramelized onion (*gluten free, vegetarian*)

Individual Spanish omelette – potato wedges, fennel, sea salt, saffron and caramelized onion (*vegetarian*)

Spanish potato omelette topped with mascarpone, red pepper and caramelised purple onion (*gluten free, vegetarian*)

SWEETS (Highly seasonal)

Stoned apricot tarts with hazelnut frangipane

Fresh blood plum mascarpone tarts

Pot roasted ruby red quince tart

Rhubarb and hazelnut frangipane tartlets

Rhubarb and apple tartlets

Ballarat organic raspberry tartlets

French whole apple tarts

Caramelised Bosc pear and almond tarts

Passionfruit curd tartlets with fresh cream

Apple "butter" tarts with cream

Summer stone fruit and almond frangipani tarts

House-made chocolate and walnut brownie

Sri Lankan Christmas cake and home made mince tarts