

CORPORATE CATERING MENU

BREAKFAST / BRUNCH (Minimum order 10 serves per item)

Price per item

Croissant, preserves & butter (v)	6.00
Ham, cheese & tomato croissant (v available)	8.00
Coconut, ginger & pineapple muesli cups, spiced yoghurt (v)	8.00
Danish pastry assortment (45g) (v)	5.50
BLT; Turkish, bacon, lettuce, tomato & relish (nf)	8.50
ALT; avocado, lettuce & tomato (v)(nf)	8.50
Smoked salmon bagel, cream cheese, red onion, dill & capers (nf)	9.50
Bacon & egg English muffin	10.00
BBQ corn cakes, capsicum relish (2 per person) (vg)(df)(gf)(nf)	6.00

BREAKFAST PACKAGES PER PERSON (Minimum order 10 serves per option)

Option 1: Assorted Danish pastries (v), seasonal fruit platter (vg)(gf)	11.00
Option 2: Coconut, ginger & pineapple muesli cups, spiced yoghurt, BLT; Turkish, bacon, lettuce, tomato & relish: (nf) or ALT; avocado, lettuce and tomato focaccia (v)(nf)	16.00
Option 3: Assorted Danish pastries (v), seasonal fruit platter (vg)(gf), Croissants; ham, cheese & tomato or semi dried tomato & Yarra Valley Persian feta (v)	19.00

MORNING & AFTERNOON TEA / LUNCH SELECTIONS (Minimum order 10 serves per item)

SWEET

Petit four slice assortment (v)	4.00
Chocolate peanut slice (vg)(gf)	4.50
Spiced vegan carrot & sultana mini muffin (vg)(df)(gf)	4.00
Chocolate & fruit muffin (v)(nf)	4.50
Danish pastry assortment (45gm) (v)	5.50
Gluten free Danish pastry (30gm) (v)(gf)	5.00
Pear & raspberry bread, muesli crumble, maple butter (v)(gf)	7.50
Petit friands (2 per person) (v)(gf)(contains nuts)	5.00
Banana bread, wrapped butter (v)(gf)(nf)	4.50
Freshly baked lemonade scones with cream & jam (v)(nf)	4.00
Chocolate brownie (v)(gf)(contains nuts)	4.50
Lemon tart (medium) (v)(nf)	6.50
Salted caramel doughnuts (v)	6.50
Jam doughnuts (v)	6.50
Chocolate cupcake (vg)(df)(gf)	4.50
Allergen free cookie (vg)(df)(gf)(nf)	6.00

www.essentialcatering.com.au Email: info@essentialcatering.com.au (03) 9761 4188

Dietary & Allergen Notice Our kitchen uses a variety of ingredients, including gluten, dairy, nuts, shellfish, soy, and eggs.

Whilst we take care with dietary requests, we cannot guarantee dishes are free from allergens.

SAVOURY

Price per item

Rosemary & Yarra Valley feta buttermilk scones, paprika butter (v)(nf)	5.00
Pumpkin, sage & lemon arancini, grated pecorino, basil aioli (v)	4.50
Sundried tomato, basil & brie quiche (v)(nf)	5.50
Savoury pumpkin, feta and spinach muffin (v)(nf)	5.00
Traditional Ivans beef pies with tomato relish	5.00
Pork & fennel sausage roll; caramelized onion & tomato relish	4.50
Moroccan vegan wellington (vg)(df)(gf)	6.00
Vegan lentil & chickpea curry pot pie (vg)(df)(gf)	6.00

LUNCH SELECTIONS (Minimum order 10 serves per item)

Gourmet sandwiches 4 points (nf)	9.80
Gourmet sandwiches gluten free 4 points (gf)(nf)	11.00
Gourmet wrap (1 wrap cut in half)(nf)	10.50
Gourmet baguette (1 baguette cut in half)(nf)	11.00
Quiches: Classic Lorraine with smokey bacon & cheese (nf)	5.50
Smoked salmon, caper, chervil (nf)	5.50
Sundried tomato, basil & brie (v)(nf)	5.50
Chicken schnitzel sliders, sriracha mayo & coleslaw (nf)	9.00
Smoked salmon bagels, cream cheese, red onion, dill & capers (nf)	8.50

LUNCH BOXES (Minimum order 10 serves per option)

Wrap Lunch Box : Gourmet wrap, chocolate & fruit muffin and piece of fruit	16.50
Baguette Lunch Box : Baguette, chocolate & fruit muffin and piece of fruit	16.50
Slider Box : Chicken schnitzel sliders, chocolate & fruit muffin and piece of fruit	16.00
Vegan & Gluten Free Lunch Box : Falafel, quinoa, radish, edamame, chilli citrus dressing, chocolate cupcake and piece of fruit (vg)(gf)	19.00

POKE BOWLS (Minimum order 10 serves per item) (includes disposable fork & napkin)

Yakitori chicken, edamame, carrot, cabbage, radish and seasoned rice (gf)(df)(nf)	16.00
Sesame crusted salmon, edamame, carrot, cabbage, radish and seasoned rice (gf)(df)(nf)	18.00
Soy braised mushroom & tofu, edamame, carrot, cabbage, radish and seasoned rice (vg)(gf)(nf)	15.00

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INDIVIDUAL SALAD

(Minimum order of 10 per salad, served in disposable cups) (includes disposable fork & napkin)

Cambodian beef salad, gem lettuce, lime and chilli dressing (gf)(df)(nf)	14.50
Rosemary baked chicken, pear, rocket, sherry mayo (gf)(df)(nf)	11.50
Wasabi & black sesame chicken, soy mayo, coleslaw (gf)(nf)	11.50
Crispy prosciutto, cos, green beans olives, salsa verde (gf)(df)	12.00
Baked Tasmanian salmon, soba noodles, green beans, cherry tomatoes, Thai dressing (df)(nf)	14.50
Roasted cauliflower, spinach, caramelised onion & almond salad with tahini dressing (vg)(df)(gf)	11.00
Roasted pumpkin, sweet potato salad with capsicum, chickpea and sumac yoghurt (v)(gf)(nf)	11.00
Falafel, quinoa, radish, edamame, chilli citrus dressing (vg)(df)(gf)(nf)	11.00

BEVERAGE SELECTIONS (Minimum order 10 per item)

	Price per item
Orange juice (300ml)	6.00
Orange juice (2L)	14.00
Apple juice (300ml)	6.00
Apple juice (2L)	13.00
Soft drink cans (375ml) (varieties; coke, lemonade, solo, coke zero)	3.50
Soft drink (1.25L) (varieties; coke, lemonade, solo, coke zero, lemon lime & bitters)	8.50
Capi mineral water (250ml) (glass bottles)	
(varieties; blood orange, pink grapefruit, lemon, sparkling, ginger beer)	6.00
Capi still water (250ml) (glass bottle)	4.75
Still water (600ml) (plastic bottle)	5.75

FINGER FOOD PLATTERS – 30 pieces per platter (unless stated differently)

COLD PLATTERS

Delivered in disposable platters ready for you to serve

Price per platter

Potato rosti, Tasmanian smoked salmon, crème fraiche (gf)	170
Goats cheese tartlet, capsicum pearls, baby basil (v)(gf available)	170
Peppered beef crostini, wasabi cream	160
Rosemary & Yarra Valley feta scones, paprika butter (v)	140
Seasonal fruit platter (Serves approx. 10) (vg)(gf)	68
Trio of house made dips (3 x 200gm) with Turkish bread platter (Serves 10) (v)	54
Antipasto platter to include olives, cured meats, bocconcini, marinated vegetables, dips and grilled Turkish bread (Serves 10-15 people)	135
Australian Cheese Platter: Tarago River brie, Maffra cheddar, Gippsland Blue, goats cheese, dried fruits, water crackers and fruit loaf (Serves 10-15 people)	100
Premium sushi collection (80 pcs) - Sushi Maki pcs - Teriyaki Chicken (16), Tuna (16), Veggie (16), Nigiri Salmon (20), Nigiri Tuna (12)	180
Cocktail rice paper rolls, sweet chilli + lime (60 pieces) (gf)	210
Combination sushi and cocktail rice paper rolls (64 pieces sushi + 30 mini rice paper rolls)	210

HOT PLATTERS

Delivered cold in foil containers ready to go in the oven. (Approximately 10 - 15 minutes to heat in a moderate oven)

Pumpkin, sage & lemon arancini, grated pecorino, basil aioli (v)	120
Sundried tomato, basil & brie quiches (v)	150
Lamb, currant and Aleppo pepper polpette, roasted capsicum (gf)(df)	120
Traditional Ivan's beef pies with tomato relish	150
House made pork, thyme & sage sausage rolls with tomato relish	135
Essential fried chicken, panko crust & chipotle spiked mayo	150
Pumpkin & almond samosa, coconut-mint raita (vg)(df)	135
Sriracha macaroni cheese bites platter (v)	135

DESSERT PLATTERS

Delivered in disposable platters ready for you to serve

Price per platter

Chocolate & fruit muffins (v)	120
Freshly baked lemonade scones with cream & jam (v)	110
Lemon tarts (medium) (v)	150
Petit four slices (v)	120
Chocolate brownies (v)(gf)	120

Doughnut platter, 30 pieces (v) <i>10 salted caramel, 10 jam, 10 lemon curd</i>	170
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Boutique mini cupcake platter, 36 cupcakes (6 varieties) (v) Vanilla cupcakes topped with buttercream icing; <i>Strawberry, Green Tea, Chocolate, Passionfruit, Vanilla and Caramel.</i>	180
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Boutique mini dessert selection, 30 pieces (6 varieties) (v) <i>Lemon Basil, Raspberry Tonka Cheesecake, Cashew Tart, Praline Blackberry, Chocolate Cherry and Lychee Jasmine (varieties subject to availability)</i>	180
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Pure bliss sweet assortment, 96 pieces (v) <i>Delicious coffee yoyo's, traditional style yoyo's, petite florentines, jam hearts, Viennese eclairs, jam fanes, Anzacs, honey & almond, lemon daisy, choc coconut & almondines</i>	148
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Bakers basket; <i>10 pain au chocolat, 5 almond croissant (cut in half), 10 mini cherry Danish (v)</i>	150
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(gf) gluten free (df) dairy free (v) vegetarian (vg) vegan (nf) nut free
All prices are inclusive of GST.