

**2018 canapé menu** - Choose to eat delicious, nutritious, consciously prepared dishes with your friends & family. I've listed some popular menu options but you are welcome to select your own dishes. 4 - 6 canapé choices will provide you with a lovely variety. GF/ DF/ Vegan/ nut free options available. Please ask.

Mediterranean style Canapés				Menu 2				Menu 3			
Menu 1	pieces	total		Menu 2	pieces	total		Menu 3	pieces	total	
<b>Antipasto skewers</b> - grilled vegetables, Artisan salami/ prosciutto, Cherry tomato & bocconcini, basil balsamic reduction	50	\$200.00		<b>Caramelised red onions &amp; Meredith valley goats cheese tartlets</b> with micro herbs (add egg custard)	50	\$225 \$250		<b>Beetroot Gravlax salmon</b> twirls with citrus labne & edible flowers (add baguette crisps, dill & pickled radish)	50	\$250	
<b>Large, fresh seasonal prawns</b> with deliciously tangy seafood sauce or lime and coriander jelly	50	\$250		<b>Virgin Mary Oyster shooters</b> Tomato juice, tobacco, Worcestershire, lemon & pepper with a freshly shucked oyster (add Little Vodka bottle on the tray for self service)	50	\$150+ \$30		<b>Rustic Italian bruschetta, Brasserie Bread</b> sourdough with basil pesto & tomato medley or San Daniele prosciutto, vine ripened tomato, buffalo mozzarella & basil	50	\$200 + \$50	
<b>House Hot smoked salmon</b> with pickled onions, dill & capers, horseradish creme fraiche on little pikelets/ tartlets	50	\$250		<b>Prosciutto wrapped blanched asparagus</b> , pear, parmesan & rocket with balsamic vinaigrette	50	\$250		<b>Silky chicken liver pate</b> , sticky cranberry, on spiced croûte, with port jelly & rosemary leaves	50	\$200	
<b>Baked Prosciutto wrapped figs</b> , rocket & Meredith Valley chèvre with balsamic drizzle - seasonal	50	\$250		<b>Frittata Bites</b> with seasonal vegetables (eg asparagus, sweet potato) pecorino & pine nuts	50	\$150		<b>Baked Fetta &amp; walnut stuffed mushrooms</b> on a bed of rocket add prosciutto	50	\$200 + \$50	
<b>Shiitake mushroom patties</b> with tahini yoghurt dressing & slow roasted tomatoes	50	\$250		<b>Rustic beef &amp; pork sausage rolls</b> with house made red capsicum, tomato & chilli jam	50	\$175		<b>Pepper crusted rare roast beef</b> with tomato jam, watercress & pickled radish on crispy potato cake	50	\$250	
<b>Pulled pork sliders</b> , aioli, seasonal relish & slaw on Brasserie Bread brioche bun	50	\$250		<b>BBQ lamb cutlets</b> with kumera & coconut mash, coriander & Asian style spicy tomato jam	50	\$250 MP		<b>Fresh fig or pear, caramelised onion, rocket &amp; bocconcini pizza</b> with balsamic drizzle + prosciutto	50	\$200 +\$25	
Asian style Canapés				Menu 5				Menu 6			
Menu 4	pieces	total		Menu 5	pieces	total		Menu 6	pieces	total	
<b>Freshly shucked Sydney Rock Oysters</b> with Japanese Seaweed Salad, pickled ginger, green shallots, black sesame seeds and Japanese vinaigrette	48	\$250		<b>Fresh crab salad on betel leaves</b> with young coconut, Makrut lime leaf & coriander salad (or hot smoked salmon/ prawns or seared scallops)	50	\$250		<b>Large, fresh seasonal prawns</b> with coriander & lime jelly or nuoc nam chan & herbs	50	\$250 MP	
<b>Rice paper rolls</b> Tofu, bean, carrot, seeds; Cambodian rare roast beef salad; Tea smoked salmon or duck, young coconut & herbs; Poached chicken, BBQ duck, pulled pork & slaw	50	\$250		<b>Green Mango* salad</b> with crispy shallots & peanuts served in mini noodle boxes with chop sticks (*&/ or papaya) add prawns/ chicken	50	\$250 \$300		<b>Sang Choy bau</b> in cos lettuce leaves - pork & prawn: pork & chicken; prawn & scallop; tempeh & tofu; BBQ duck	50	\$200- \$250	
<b>Grilled Yakitori chicken &amp; seasonal vegetable skewers</b> ; shiitake mushrooms, aubergine, capsicum	50	\$200		<b>Chilled creamy cucumber &amp; Avocado soup</b> shots with coriander, fish sauce, coconut (or almond) milk & chilli +Vodka	50	\$150 +\$50		<b>Fragrant hand minced lemongrass prawn &amp; fish bites</b> with lemon pepper sauce (available in chicken)	50	\$200	
<b>Pulled pork Vietnamese sliders</b> with zesty aioli, pickled carrot, cucumber and coriander	50	\$250		<b>Seared scallops</b> chilli, ginger, soy & shallot in Asian spoons <b>Sticky caramelised prawn and pork</b> on betel leaves	50 50	\$250 \$250		<b>Grilled marinated tofu</b> on skewers with peanut sauce <b>Grilled marinated chicken sate</b> with peanut sauce	50	\$150 \$200	
<b>Asian style corn fritters</b> with avocado salsa	50	\$200		<b>Hot tea smoked duck salad</b> in crisp won ton baskets	50	\$250		<b>Okonomiyaki</b> (Japanese omelette) with vegetables, Tonkatsu sauce & Japanese mayo	50	\$175	
<b>Organic Turmeric BBQ chicken skewers</b> with mango salad	50	\$200.00		<b>Spiced Balinese chicken sates</b> with lemon	50	\$200		<b>Cambodian rare roast beef salad</b> in noodle boxes	50	\$300	
Middle Eastern style Canapés				Menu 8				Dessert			
Menu 7	pieces	total		Menu 8	pieces	total		Dessert	pieces	total	
<b>Seared medium rare tarator salmon bites</b> with yoghurt sauce & walnut, herb & chilli crumble <b>Tartator sweet potato</b>	50 50	\$250 \$175		<b>Middle Eastern platter</b> - humus or babaganoush, grilled seasonal veg e.g. red capsicum, cauliflower, turkish bread, dukkah, olive oil	50	\$250		<b>Date, nut &amp; coconut tartlets</b> with chocolate avocado or mango mousse, Mini Nice cream cones	50	\$200	
<b>Persian vegetarian dolmades</b> served chilled with yoghurt cucumber dip (2 halves per serve)	50	\$200		<b>Zucchini &amp; haloumi fritters</b> with cucumber yoghurt sauce	50	\$200		<b>Walnut &amp; prune pastilla nash slice</b> with creamy St Agur blue, Daphinoise brie or manchego (or a mix)	50	\$200	
<b>Lamb wraps</b> , slow cooked lamb shoulder, cucumber tzatziki, tomato, mint & leafy greens	50	\$250		<b>Seared lamb fillet with dukkah</b> & lemon on roast sweet potato	50	\$250 MP		<b>Mini sweet shortcrust tartlets</b> with lemon curd & berries or chocolate mousse & berries	50	\$250	
<b>Chickpea felafel</b> with tahini yoghurt sauce*, slow roasted tomato & hummus or babaganoush	50	\$200		<b>Spiced caramelised onion, chickpea &amp; lentil nosage Rolls*</b> with tzatziki & tomato chilli jam	50	\$150		<b>Mini Meringues</b> citrus labne, mango & berries, Hazelnut & orange chocolate truffles, Nutty rosewater nougat	50	\$200	
<b>Chicken skewers</b> with lemon, pomegranate, sumac, mint	50	\$200		<b>Mini flatbread</b> pizza with lamb, hummus and mint	50	\$250		<b>Gingerbread cookies</b> lemon icing crystallised ginger	50	\$150	

Contact us on 0401 370 379 or [louise@nourishingnosh.com.au](mailto:louise@nourishingnosh.com.au) visit [www.nourishingnosh.com.au](http://www.nourishingnosh.com.au) for photos. Organic eggs, chicken, grass fed free range pork, beef and lamb. Most pantry items organic. All sauces, pastries etc made from scratch. Prices decrease as canapé numbers increase. GST/Staff/ admin/ delivery charges apply. Please contact us for a quote.