Canapé MENU - Spring/ Summer 2015

Nourishing Nosh
delicious, nutritious, conscious eating

We take great pride in our food and service and aim to transform your event into a deliciously wonderful evening with the catering delivering a big wow factor, much joy and relief. The menu is extensive and aims to cater to many tastes, allergies and food intolerances so if you are feeling overwhelmed, please do not hesitate to phone and we can help guide you. Prices are based on 50 pieces of each canapé and larger numbers scale accordingly. I suggest you select one cuisine for culinary continuity and it will make drinks matching easier.

Canapes - Mediterranean/ Mod Oz	serves	Total
Cherry tomato & bocconcini bites with basil and balsamic vinaigrette	50	$100
Pastilla nash with St Agur blue, Daphinoise brie or manchego (or a mix)	50	$150
Grilled Red Capsicum and Meredith Valley Goats Cheese Bites with basil walnut pesto	50	$150
Italian Brushetta with basil pesto and medley of grape tomatoes or San Daniele prosciutto, vine ripened tomato, buffalo mozzarella & basil	50	$150
Frittata with seasonal vegetables (eg asparagus, sweet potato) fetta & pine nuts	50	$150
Bloody Mary Oyster shooters Shot glass of Tomato juice, worcestershire, tobasco, lemon and pepper with a freshly shucked oyster (Little Vodka bottle on the tray for self service)	50	$150 + $20
Fresh fig or pear, caramelised onion, rocket & bocconcini pizza with balsamic drizzle add prosciutto	50	$175 + $25
Rustic Sausage Rolls* with house red capsicum, tomato chilli jam also available in vegetarian green with tzatziki & jam	50	$175
Baked Fetta and walnut stuffed mushrooms wrapped in prosciutto on a bed of rocket	50	$175
Caramelised red onions & Meredith valley goats cheese tartlets with micro herbs (delicate bite sized morsels)	50	$200
Caramelised onion and goats cheese tarts (larger than above, quiche style	50	$200
Rustic Summer vegetable tart with seasonal roast vegetables & fetta	50	$200
Baked Prosciutto wrapped figs, rocket & Meredith Valley chèvre with balsamic drizzle	50	$200
Poached Chicken sandwich fingers with celery, apple, rocket & home made zesty mayonnaise on light wholemeal	50	$200
House Hot smoked salmon with pickled spanish onions, horseradish creme fraiche, dill & capers on little pikelets	50	$250
Pepper crusted rare roast beef with tomato jam, watercress & pickled radish on crispy potato cake	50	$250
Pulled pork sliders with apple & onion jam & leafy greens	50	$250
Shiitake mushroom patties with tahini yoghurt dressing & slow roasted tomatoes	50	$200
Freshly shucked Sydney Rock Oysters with Japanese Seaweed Salad, Pickled Ginger, Green Shallots, Black Sesame Seeds and Japanese Vinaigrette	48	$250
Fresh large seasonal King prawns with deliciously tangy seafood sauce or lime and coriander jelly	50	$250 MP
BBQ lamb cutlets with kumera & coconut mash, coriander & Asian style spicy tomato jam (or lamb fillet)	50	$250 MP

MP = market price *puff pastry is shop bought.

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Canapes - Asian	serves	Total
Japanese silken tofu with agedashi broth, shallots & bonito flakes in Asian spoons	50	$150
Grilled marinaded tofu on skewers with peanut sauce also available in chicken	50	$150 - $175
Japanese pork & shallot gyoza with ginger, soy dipping sauce	50	$175
Fragrant hand minced lemongrass prawn & fish bites with lemon pepper sauce also available in chicken	50	$175
Spiced Balinese chicken sates with lemon	50	$175
Asian style corn fritters with avocado salsa and tomato chilli jam	50	$175
Vietnamese rice paper rolls with nuoc nam chan - Tofu, bean, carrot and sesame seed; Cambodian rare roast beef salad; Tea smoked salmon, young coconut & herbs; Poached chicken, BBQ duck or Char sui Pork	50	$175 - $250
Sang Choy bau in cos lettuce leaves - tempeh & tofu, chicken & pork or prawn, prawn & scallop	50	$180 - 200
Sticky caramelised prawn and pork on betel leaves	50	$200
Seared scallops with chilli, ginger, soy & shallot in Asian spoons	50	$200
BBQ prawns with chili, garlic and ginger in lettuce cups with avocado	50	$200
Fresh large seasonal prawns with coriander & lime pesto	50	$250 MP
Pulled pork Vietnamese sliders with zesty aioli, pickled carrot, cucumber and coriander	50	$250
Fresh crab on betel leaves with young coconut, kaffir lime & coriander salad (also available with hot smoked salmon or seared scallops)	50	$250
Cambodian rare roast beef salad in noodle boxes (top up bowl available @ extra cost)	50	$300
Sticky black rice pudding with coconut caramel in picolo glasses	30	$120
Chinese honey and sesame seed cookies	50	$75

Something sweet	serves	Total
Middle Eastern orange cake with citrus spiced labne & pomegranate	50	$150
Mini Meringues with citrus labne, mango & berries	50	$150
Mini tartlets with lemon curd or chocolate mousse & berries	50	$150
Chocolate almond cake with chocolate ganache & berries	50	$100
Nourishing Nosh famous rose water flavoured nutty nougat slab	60	$120
Gingerbread cookies with lemon icing and crystallised ginger	50	$75
Hazelnut & orange chocolate truffles	50	$150

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Canapes - Middle Eastern	serves	Total
Persian vegetarian dolmades served chilled with yoghurt cucumber dip (2 halves per serve)	50	$175
Chickpea felafel with tahini yoghurt sauce and slow roasted tomato	50	$175
Fetta and spinach ladies fingers with smoky aubergine mayonnaise	50	$200
Aubergine and potato croquettes with zesty aioli	50	$200
Mini flatbread pizza with hummus, grilled red capsicum, olive and dukkah	50	$200
Mini flatbread pizza with lamb, hummus and mint	50	$200
Spiced chicken skewers with lemon and sumac and pomegranate vinaigrette (cumin, fennel, pepper, paprika, cinnamon, coriander, sumac)	50	$200
Chicken skewers with lemon, pomegranate, sumac and mint	50	$200
Tuna tartare with lemon, pomegranate, coriander & dukkah (in spoons)	50	$200
Zucchini & haloumi fritters with cucumber yogurt sauce	50	$200
Pepper crusted gravlax salmon on sourdough crisps with spiced labne	50	$225
Mini kebabs with slow cooked lamb shoulder, humus, garlic sauce and tabouli Felafel also available	50	$250

Allergies and food intolerances can be catered for so if you have any concerns regarding your guests' nutrition please do phone or email.

Chicken, eggs & most pantry staples (flours, seeds, nuts, dried fruit, grains are organic or carefully selected. Vegetables and fruit are pesticide and chemical free where possible. Artisan breads, cheese and dairy are used. Free range grass fed meat is used. Sustainable seafood is used where possible but the salmon is Tasmanian farmed.

Ingredients are seasonal to ensure quality and seasons vary so if a key ingredient is not available, a delicious alternative will be discussed.

Staff costs

Administration
Quoting complimentary
Administration: ordering/ shopping/ pack/ unpack/ delivery @ $45/ hour
Usually looking at a flag fall of around $200 depending on size & complexity of your party

On site
Caterer on site @ $50/ hour
catering assistant on site @ $35 - $40/ hour
waitstaff @ $18 - $40/ hour (Depends on availability and your requirements)
barstaff @ $25 - $40/ hour

I am happy for you to supply your own waitstaff to hand out canapés but please understand that I need my staff in the kitchen as they are experienced in the construction of the canapés and plating up.

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