



EPICURE
Seasonal Menus
Spring / Summer 2011-2012

A Unique Philosophy For the Good Life



EPICURE does more than just serve food, stage events, and offer the best possible produce. our philosophy runs much deeper.

favouring local suppliers, we're always aiming to reduce our carbon footprint by supporting home grown, environmentally sustainable produce. it's a food philosophy that we feel very strongly about.

it goes to the heart of the epicurean philosophy—creating happiness through good food, good wine, good friends—in a way that does no harm. this approach means we are constantly researching suppliers who produce food of exceptional quality using humane methods.

we use free-range poultry and free-range smallgoods wherever possible, and we never use cage-reared eggs. all seafood is australian, farmed or wild. our philosophy also extends to the sourcing of specialty local dry goods such as nuts, grains, and vinegars, as well as local mineral water, 100% australian orange juice and a fair trade coffee blend.

this approach has helped us to create exciting seasonal menus that revolve around fresh local produce when it's at its best. so whatever time of year your event is being held, you'll be guaranteed an outstanding meal.

our chefs combine this ethical approach with their great passion and extensive experience. they draw inspiration from food trends from around the world and bring this to all of their dishes. good food with an ethical approach, not only creates a great event, it's a key ingredient in the good life.

menu key

(v) vegetarian (may contain egg, dairy products and/or honey)

(vg) vegan (contains no animal products)

(gfp) gluten-free product*

(nfp) nut-free product*

*although this dish is prepared with gluten or nut-free products, we cannot guarantee it is 100% gluten or nut-free as the dish is prepared in kitchens that also use gluten products and nuts.

special requests

if any of your guests have particular dietary requirements, please advise us as soon as possible prior to your event.

note

due to the seasonal nature of this menu, some items may not always be available.

while we will endeavour to provide your desired selection, we may need to make substitutions from time to time.

on the table to start

fresh juices

orange – apple – grapefruit

on arrival

breakfast 'trifle'

mascarpone cream – raspberry compote – toasted muesli (v)

freshly baked pastries

assorted danishes – little croissants – australian cultured butter – house made jams (v)

hot dishes

please select one

eggs benedict or florentine

eggs benedict with shaved free range ham or florentine (v) with wilted english spinach
toasted english muffins – chive hollandaise sauce – sautéed mushrooms – roasted roma tomatoes

big aussie breakfast

two poached eggs – thick sourdough toast – crisp free range honey bacon – grilled lamb and rosemary chipolatas – house baked beans – sautéed mushrooms – house made tomato relish

scrambled eggs

crisp ciabatta toast – potato & sweet corn roesti – wilted spinach – grilled chorizo – roasted cherry tomatoes – chives

smoked trout

poached eggs – thick sourdough toast – crisp potato hash – dill hollandaise – tomato, lime & avocado salsa – yarra valley salmon caviar

vegetarian breakfast

two poached eggs – vienna toast – pan fried mushrooms – bubble & squeak fritter – wilted spinach – whipped ricotta – house baked beans (v)

spinach and mushrooms on toast

toasted seed loaf – grilled field mushrooms – wilted spinach – house baked beans – potato & sweet corn roesti – yarra valley persian feta (v)

pancakes*

warm buttermilk pancakes – king island vanilla yoghurt – cinnamon poached apricots & nectarines – pure maple syrup served to the table (v)

**please note that for this option, the on arrival freshly baked pastries will be replaced with mini ham & cheese or tomato & cheese toasted sandwich rounds*

served continuously

coffee & tea

genovese organic fair trade coffee – tea drop tea selection

continental breakfast

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from the buffet

muesli trifle

vanilla infused yoghurt – raspberries – pistachio muesli (v)

fruit platter

sliced seasonal & tropical fruit (v) (gfp)

freshly baked pastries

assorted danishes – little croissants – australian cultured butter – house made jams (v)

warm breakfast rolls

free range egg & bacon – free range egg & wilted english spinach (v)

served continuously

coffee & tea

genovese organic fair trade coffee – tea drop tea selection

fresh juices

orange – apple – grapefruit

modern healthy breakfast

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a tasty, nutritious breakfast, low in saturated fats and added sugars and complete with omega 3 oils for healthy brain function, high in antioxidants, protein and fibre with sustained energy to get you through the day.

on arrival

freshly pressed juice

orange, carrot, apple & ginger – to invigorate, aid circulation & alert the mind

served to the table

five grain porridge

banana – pecan – lavender honey

poached stone fruit salad

served individually – low fat vanilla yoghurt – mint (gfp)

served individually plated or buffet style

pea & haloumi frittata

grilled mushrooms (v)

house made bake beans

sourdough toast – roasted vine cherry tomatoes – thyme (v)

sweet corn fritter

smoked river trout – tomato, lime & avocado salsa

served continuously

coffee & tea

genovese organic fair trade coffee – tea drop tea selection

stand up cocktail breakfast

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please select seven items

sweet

raspberry frangipane

lime crumble (v)

warm brioche doughnut

house made – raspberry jam filling

individual chocolate flourless cake

rich ganache – gold leaf (v) (gfp)

yoghurt friand

lemon curd – kaffir lime

caramel banana cake

caramel ganache – roasted walnuts (v)

flourless orange cake

rich chocolate icing (v) (gfp)

cold

spanish tortilla

crushed potato – crisp chorizo – thyme – milawa capricornia cheese (warmed)

mini breakfast blt baguette

crisp pancetta – cherry tomato – avocado – mayonnaise

crisp potato roesti

hot smoked salmon – whipped lemon ricotta – lilliput capers (gfp)

smoked goulburn river trout

zucchini & goat's cheese fritter – avocado cream – baby watercress

meredith goat's curd tartlet

nectarine – celery shoots (v) (gfp)

breakfast bruschetta

tomato & basil – crisp free range prosciutto – sourdough crostino

hot

mini croissant

shaved leg ham – bechamel – tomato – cheese

corned beef hash cake

house made tomato relish

sweet corn fritter

avocado – spanish onion & chilli salsa (v)

free range bacon & egg pie

hot water pastry – tomato relish

mushroom fricassee tartlet

shiitake – swiss brown – enoki – milawa ashed chevre (v)

Breakfast Delights



toasted focaccia

free range prosciutto – shaw river buffalo mozzarella – basil pesto

breakfast pizetta

shaved leg ham – parmesan – fried quail egg

lamb a& rosemary chipolata

soft baguette roll – green tomato relish

toast cup

scrambled free range egg – yarra valley salmon caviar – chive tips

baked bean & chorizo quesadilla

cannellini beans – free range chorizo

served continuously

coffee & tea

genovese organic fair trade coffee – tea drop tea selection

fresh juices

orange – apple – grapefruit

meat & poultry

high country pork is barn raised and the pigs are free to roam within a eco shelters that are designed to keep them clean and healthy. although they do not have access to an outdoor range, animals in this system can move around freely while benefiting from protection from predators, cold winters and the harsh australian sun. we do not use any cage reared pork on any of our menus.

free-range chicken is our preference at EPICURE. we source the best local free range chicken which both supports local producers and means the chickens are **reared in the most humane way possible**, living as nature intended.

our **smallgoods and cured meats** are exclusively made for us by a local italian family business in carlton. they exclusively use free range pork for our products, cured in the traditional italian way without the use of moisture, artificial enhancers or humidity controls.

fish & seafood

spencer gulf & west coast prawn fisheries pride themselves on being at the forefront of fisheries management in australia and have set a benchmark in achieving an **ecologically sustainable industry**, adopted as a role model not only in australian state and national fisheries, but internationally as well.

yarra valley salmon specialises in producing farmed salmon grown using the pristine waters of the rubicon river one hour from melbourne. experts claim this salmon is the closest in appearance and flavour to a wild atlantic salmon due to the cleanliness of the water and the fact that the fish are constantly swimming against the flow of the river.

yarra valley salmon caviar is highest quality salmon roe produced in australia. the farmed fish are gently milked in the most humane way before being released back into the water.

we use only **australian seafood** on our menus, ordered in fresh from the footscray market daily. australian fisheries are administered according to the principles of **ecologically sustainable development** (esd) and australia is a world leader in sustainable fisheries management both wild caught and aquaculture systems.

aquaculture refers to raising fish, prawns, oysters, and other marine or freshwater foods under controlled conditions in water, either in ponds on shore or contained in net cages located in bays or in the open ocean.

eggs

green eggs are produced in the most humane way. freshness and quality are the most important things, along with the happiness and welfare of the hens and environmental sustainability. the eggs are handled with extreme care and are delivered direct from green eggs **within 48 hours** of being laid.

we choose not to use **cage reared eggs** in any part of our business, it is incredibly inhumane. they are caged for life without exercise while constantly drained of calcium to form egg shells, battery hens develop the severe osteoporosis from intensive confinement known as caged layer fatigue. calcium depleted, millions of hens become paralysed and die of hunger and thirst inches from their food and water.

dairy

shaw river buffalo mozzarella is australia's only water buffalo farm house dairy and is located along side the shaw river near the small coastal town of yambuk in victoria's southwest. the cows are milked daily with an average milk production of 8 litres per cow. the milk is porcelain white and has a smooth sweet taste. it contains twice the milk solids of cow's milk, about 30% more calcium and has high levels of antioxidants. we use shaw river buffalo mozzarella as preference over any other local product.

tatura butter is an excellent victorian produced butter. tatura milk was established in 1907 and is located at tatura 20km west of shepparton. tatura is supplied by approximately 330 local dairy farms and majority of the supplying farms are located within a 30km radius of the factory.

meredith dairy is a small specialist farmhouse dairy situated half way between ballarat and geelong in victoria. all meredith cheeses are hand made using french farmhouse methods and mostly french derived cultures. we use meredith cheeses throughout our menus because of their unique in flavour, texture, appearance and aroma and are truly world class.

tarago river cheese company is located high on a hill looking down on the beautiful tarago river and reservoir in victoria's gippsland, just over an hour from melbourne. a family owned and run company; it is a joint venture between the jensen and johnson families. we choose tarago cheese because of its superior consistent quality the traditional processes.

yarra valley dairy is a small family business started by mary and leo mooney in 1995 on their dairy farm in one of the most picturesque wine regions of australia. the property carries 200 top quality cattle. they are milked in a herringbone milking shed twice daily, in early morning and late afternoon, after which they are led to a fresh pasture to feed overnight. the milk is run from the milking shed directly to the cheese factory. non animal rennet is used and is vegetarian and gm free.

olives

yellingbo is melbourne's closest olive oil producer, a family operated business from three bridges farm, a small family run estate. the award-winning **yellingbo gold extra virgin olive oil** is made using only traditional methods from the first cold pressing of handpicked olives.

mount zero olive grove, a family owned business, is one of the oldest olive groves in australia with a total of 6000 spanish manzanilla and gordal olive trees. mount zero olives is a located three hours west of melbourne, on the northern edge of the grampians national park. their success is due to an uncompromising commitment to sustainable organic/biodynamic agriculture.

beverages

at EPICURE we only use genovese organic fair trade coffee. fair trade certification promotes healthier working conditions for all aspects of farming and production as a large proportion of the world's coffee is produced in underprivileged countries. buying direct from the growers at a higher price than standard ensures growers a guaranteed a minimum fair price for their coffee.