



**EPICURE**  
Seasonal Menus  
Spring / Summer 2011-2012

# A Unique Philosophy For the Good Life

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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.

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## 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.

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## 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.

# Conference Menu



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## conference seminars

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### on arrival

tea & coffee 7.5

### morning tea

simply sweet option 9.5

sweet & savoury option 12.5

### lunch

working lunch 37.5

grazing lunch 47.5

plated 2 course lunch 62.5

### afternoon tea

simple end option 12.5

a bit of fun option 16.5

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## on arrival

7.5

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### tea & muffins (sweet or savoury)

genovese organic fair trade coffee – tea drop tea selection

freshly baked white chocolate and raspberry or zucchini & parmesan muffin

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## morning tea

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### simply sweet option – select one item

9.5

genovese organic fair trade coffee – tea drop tea selection

house made chocolate brownies

danish pastries

### sweet & savoury option – select two items

12.5

genovese organic fair trade coffee – tea drop tea selection

house made portuguese custard tarts

mini ham & swiss cheese croissants

selection of ribbon sandwiches

## **lunch option one – stand up canapé style**

### *the bakery*

a selection of soft bap, seed & rye rolls, mini tins & baby baguettes (2pp)  
with chef's selection of delicious fillings, including vegetarian, changing daily

### *the hot things*

*please select three items*

#### **pumpkin & pea empanada**

cashews – basil yoghurt (v)

#### **leek, pea & feta croquette**

parmesan – lemon aioli (v)

#### **free range chicken skewer**

malay style – lemongrass, coriander & traditional spices – house made peanut sauce (gfp)

#### **little chicken parmigiana**

cherry tomato – free range ham – mozzarella cheese

#### **mini lamb & rosemary chipolata**

beer glazed onion – soft baguette

#### **high country pork yakitori**

spring onion – japanese bbq glaze

#### **florentine quiche**

spinach – free range egg – feta (v)

#### **sesame crumbed blue eye**

sweet soy – chilli sauce

#### **beef & guinness pie**

tomato relish

#### **mini pizza selection**

assorted toppings including vegetarian

### *to finish*

#### **sliced fresh fruit**

seasonal local & tropical

#### **drinks**

fresh orange juice made from australian oranges (no concentrate) – hepburn springs mineral water –  
jugs of iced water

genovese organic fair trade coffee – tea drop tea selection

## **lunch option two – grazing style**

*a stand-up buffet lunch where all items can be eaten from a small plate or bowl simply with a fork allowing guests to move and mingle*

### *the bakery*

a selection of soft bap, seed & rye rolls, mini tins & baby baguettes (2pp)  
with chef's selection of delicious fillings, including vegetarian, changing daily

### *the stand up lunch items*

*please select two*

#### **vanilla cured ocean trout**

green bean, radish & watercress salad – vanilla bean dressing (gfp)

#### **baharat spiced & crumbed flathead fillets**

fine fattouche salad – lemon & yoghurt vinaigrette

#### **buttermilk fried free range chicken**

shoestring fries - chipotle mayonnaise

#### **moroccan spiced murray valley lamb fillets**

eggplant – mint & raisin couscous – cucumber raita

#### **soy lacquered roast wimmera duck**

lychee & egg noodle salad – crisp herbs – yellow bean soy dressing

#### **handmade meredith goat's cheese gnocchi**

roasted red & yellow cherry tomatoes – mount zero manzanilla olives – basil pesto (v)

#### **braised limestone coast beef**

mild green curry sauce – steamed coconut rice – chilli & thai basil salad (gfp)

### *to finish*

#### **fruit platter**

fresh seasonal selection

#### **drinks**

fresh orange juice made from australian oranges (no concentrate) – hepburn springs mineral water – jugs of iced water

genovese organic fair trade coffee – tea drop tea selection

# Conference Menu



## option three – 2 course traditional plated

*please select one entree and main **or** one main and dessert*

### *entree*

*please select one*

#### **roasted free range chicken salad**

avocado, tomato, red onion & parsley salsa – house made sesame grissini – whole egg mayonnaise – honey glazed prosciutto

#### **balsamic glazed limestone coast beef**

roasted rare – aged balsamic reduction – roasted beetroot & turnip – shaw river buffalo mozzarella – toasted hazelnuts – raspberry vinaigrette (gfp)

#### **sugar cured tasmanian salmon**

baby mint, chive & chervil salad – shaved red radish – yarra valley salmon roe – squid ink mayonnaise – saffron vinaigrette (gfp)

#### **honey roasted high country pork belly**

crisp skin – shredded chinese cabbage, bean shoot & cucumber salad – fried shallots – roasted peanut dressing

#### **spencer gulf prawn risotto**

slow roasted cherry tomatoes – saffron extra virgin olive oil – petite herbs (gfp)

#### **leek tarte tatin**

meredith ashed goat's cheese – endive, rocket & toasted walnut salad – cobram estate cabernet vinegar caramel dressing (v)

### *main course*

*please select one*

#### **char grilled limestone coast beef fillet medallion**

crisp potato wedges – steamed green asparagus – seeded mustard – classic béarnaise sauce

#### **roasted free range chicken breast**

preserved lemon butter – parsley bread pudding – handpicked green beans – light jus

#### **steamed tasmanian ocean trout**

carrot & cardamom puree – baby leek – tomato, orange, chive & endive salad – lemon vinaigrette (gfp)

#### **grilled murray valley lamb noisette**

roasted sweet potato – mount zero kalamata olives, tarago feta, cucumber & cherry tomato salad – oregano infused meredith yoghurt (gfp)

#### **polenta crusted cutlet of high country pork**

sweet corn puree – handpicked green beans – parsley shoots – light jus

#### **spiced butternut pumpkin & milawa goat's cheese cigar**

green herb couscous – roast eggplant – basil oil

### *bread & salad, shared at the table*

#### **leaf salad**

cucumber – cherry tomatoes – herb shoots – apple balsamic – extra virgin olive oil (v) (gfp)

#### **freshly baked sourdough rolls**

cultured australian butter – murray river salt

# Conference Menu

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## *dessert or cheese*

*please select one*

### **mango & passionfruit semifreddo**

passionfruit jelly – passionfruit & mango curd – bowen mango & kaffir lime salad

### **baked valrhona chocolate cheesecake**

fresh berry compote – raspberry coulis – pink moscato sorbet

### **sticky apricot pudding**

rosemary caramel sauce – vanilla bean ice cream – brandy snap tuile

### **lemon & woodside goat's curd tart**

vodka elderflower jelly – blueberry sorbet – blueberry sauce

### **raspberry & lemon frangipane tart**

rich pistachio mousse – strawberry compote – pistachio sherbet

### **organic gippsland yoghurt & vanilla panna cotta**

rose scented watermelon – candied almonds – mint

**or**

### **cheese to the table**

fine victorian cheese – blood plum paste – dried muscatels – strawberries – waterwheel wafer crackers & lavosh

## *accompanied by*

### **coffee & tea**

genovese organic fair trade coffee – tea drop tea selection

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## **afternoon tea**

*please select one item*

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### **house made scones**

thick cream – yarra valley berry conserve

### **white chocolate and raspberry muffins**

freshly baked house made

### **carrot & walnut cake**

cream cheese icing – toasted walnuts

### **chicken filo parcel**

tarragon – seeded mustard butter

### **little savoury quiches**

freshly baked

### **lamb and rosemary sausage roll**

chunky tomato relish

## *accompanied by*

### **coffee & tea**

genovese organic fair trade coffee – tea drop tea selection

# Conference Menu



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## a bit of fun

16.5

*please select two items*

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### **chocolate profiterole**

chocolate icing – vanilla crème patisserie

### **yoghurt friend**

lemon curd & kaffir lime

### **mini toasties**

tomato & shaw river buffalo mozzarella cheese

### **homemade beef & burgundy pies**

mild spiced tomato relish

### **house made shepherd's pies**

Moroccan spices – whipped potato top – tomato relish

### **coffee & tea**

genovese organic fair trade coffee – tea drop tea selection

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## some great additions

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### **continuous tea & coffee**

9.5

continuous all-day service during conference of freshly brewed genovese organic fair trade coffee & a selection of tea drop teas

### **continuous drinks**

9.5

continuous all-day service during conference of fresh orange juice made from australian oranges (no concentrate) & hepburn springs mineral water

### **cheese platter**

7.5

a selection of fine victorian cheese served with blood plum paste, dried muscatels and pears, waterwheel wafer crackers and lavosh

### **fruit platter**

7.5

fresh seasonal selection

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## post conference drinks

*duration for up to one hour - available when booked in conjunction with a full day conference package*

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### **canapés**

12

chef's selection of three canapés

### **dips platter**

8

tzatziki, hommus & baba ghanoush – vegetable crudités – spiced pita crisps

### **victorian cheddar**

8

fig paste – marinated mount zero olives – sliced sourdough baguette

### **tapas**

12.5

free range prosciutto – grilled chorizo – mount zero blonde kalamata olives – potato, caramelised onion & oregano tortilla – roasted red peppers – hand rolled rosemary grissini

## 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.