



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.

Morning & Afternoon Tea



for starters

7.5

biscotti jar

baked fresh - house made

coffee & tea

genovese organic fair trade coffee – tea drop tea selection

the sweet break

15.5

please select two items

warm brioche doughnut

house made – raspberry jam filling

extra rich chocolate brownie

chocolate & macadamia fudge

valrhona chocolate tart

golden shortbread – rich valrhona ganache

raspberry frangipane

lime crumble

warm white chocolate & berry scones

yarra valley preserve – clotted cream

the healthy option

15.5

please select two items

organic banana bread

walnuts – spices

breakfast trifle

low fat yoghurt – papaya & rockmelon – ginger syrup (gfp)

low fat muffins

blueberry & lime

brown rice nori hand rolls

salmon & avocado / cucumber & avocado (v) – reduced salt tamari (gfp)

the kick start

15.5

please select two items

flourless orange cake

cream cheese icing (gfp)

papaya & passionfruit salad

vanilla yoghurt – mint sprouts (gfp)

sweet muffins

white chocolate & raspberry – chocolate chip & caramel – blueberry & lime

tandoori free range chicken sandwich

multigrain loaf – watercress – coriander – yoghurt

smoked goulburn river trout sandwich

buttermilk loaf – crème fraiche – yarra valley caviar

tastes of the orient

15.5

please select two items

uramaki sushi

assorted fillings including vegetarian – soy & wasabi

vegetarian rice paper roll

crisp vegetables – peanut sauce (v)

pan-fried beef gyoza

sweet soy dipping sauce

chinese steamed buns

barbecue chicken – sweet char siu pork – black vinegar dressing

peking duck pancake

served warm – crisp vegetables – hoi sin sauce

the afternoon carb

22

please select three items

chicken & leek pie

free range chicken – green tomato relish

beef & guinness pie

angus beef – classic tomato sauce

house made shepherd's pie

moroccan spices – whipped potato top – tomato relish

thai duck sausage roll

house made chilli jam

braised leek & goat's cheese tart

slow roasted cherry tomato (v)

mini pizzas

house made – assorted toppings including vegetarian

the high tea

25

please select two savoury and two sweet items

savoury

cucumber finger sandwiches

cream cheese – chives – light rye (v)

(2 per person)

chicken caesar finger sandwiches

poached free range chicken – bacon – parmesan – caesar dressing – multigrain bread

(2 per person)

smoked tasmanian salmon finger sandwiches

lemon mascarpone – dill – rye & white

(2 per person)

little goulburn river smoked trout bagel

poppy seed bagel – crème fraiche – baby capers

rare roast limestone coast beef high tin

watercress – horseradish & beetroot relish – soft buttermilk high tin

sweet

traditional & fruit scones

yarra valley preserve – clotted cream

mini chocolate tart

crunchy shortbread – rich valrohna ganache

linzer slice

nut cake – house made raspberry jam

classic profiterole

vanilla crème patisserie – ganache icing

moist raspberry chocolate cake

rich chocolate icing – raspberry (gfp)

coffee & tea

all selections served with genovese organic fair trade coffee – tea drop tea selection

Morning & Afternoon Tea



additional items

the following items can be added to your menu selection

sweet muffins white chocolate & raspberry – chocolate chip & caramel – blueberry & lime	5.5
warm mini ham & cheese croissants shaved leg ham – maffra cheddar	6
sliced fresh fruit (v) (gfp) seasonal local & tropical	7.5
fine victorian cheese dried muscatels – quince paste – crackers & lavosh	7.5
orange, carrot, apple & ginger juice freshly pressed – to invigorate, aid circulation & alert the mind	5
mineral water mt franklin sparkling & still	5

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 farmhouse dairy and is located alongside 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 flavour, texture, appearance and aroma. they 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

daylesford and hepburn mineral springs co. hepburn springs is a resort town located in the middle of the largest concentration of mineral springs in victoria and is 48 km northeast of ballarat. the spring water comes to the surface under great pressure, forced through granite fissures collecting minerals on its way through.

the full **hepburn springs mineral water** product range is organic, their bottles are locally produced and beginning this year use wind energy for all their electricity.

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.