

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)

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.

The EPICURE breakfast

on the table to start

please select two

fresh fruit plate

seasonal berries, fresh sliced melon

freshly baked mini muffins

apple, cinnamon & walnut, chocolate, peanut & banana

rhubarb & strawberry frangipane

toasted almonds

viennoiserie selection

viennese style pastries, croissants & pain au chocolate

spiced pear & tonka yoghurt

quinoa granola

hot dishes

please select one

mcg big breakfast

scrambled eggs, thick sourdough toast, crisp free range bacon, grilled chicken & herb chipolata, rösti potato, slow roasted roma tomato

'mollycoddled' eggs

two 63° poached eggs, shaved black forest ham, toasted english muffin, chive hollandaise, sautéed portobello mushrooms, wilted spinach

spiced tomato baked eggs

baked free range eggs, chorizo sausage, kasaundi spiced corn, wilted kale, slow roasted vine tomato, pumpkin & polenta bread, capsicum relish

mixed grill

free range eggs, smoked bacon, lamb rissole, pork sausage, grilled field mushrooms, red pepper relish

vegetarian florentine

two 63° poached eggs, wilted spinach, sourdough toast, pan fried mushrooms, rösti potato, blistered cherry tomatoes, hollandaise sauce (v)

additional items

complete your breakfast by adding an optional extra

crisp free range bacon
grilled chicken & herb chipolata
wilted baby spinach
pan fried mushrooms
house baked borlotti beans
rösti potato
fried hash browns
blistered cherry tomatoes

served continuously

coffee & tea

lavazza qualità oro premium arabica coffee, tea drop tea selection

fresh juice

apple, cranberry, orange

Breakfast Delights



continental breakfast

please select four items

fresh fruit platter

seasonal berries, fresh sliced melon

viennoiserie selection

viennese style pastries, croissants & pain au chocolate

freshly baked mini muffins

apple, cinnamon & walnut, chocolate, peanut & banana

doughnuts galore

variety of flavours & colours

spiced pear & tonka yoghurt

quinoa granola

petite smoked salmon muffins

cream cheese, dill & lilliput capers

croque monsieur croissant

smoked leg ham, gruyere cheese 'béchamel'
roma tomato, gruyere cheese 'béchamel', basil (v)

little egg & bacon pie

house-made tomato relish

breakfast jaffle

smoked ham & cheese
tomato, bocconcini & basil (v)

zucchini garden pea & ricotta frittata

red pepper chutney (v)

spinach & ricotta filo

filled flaky pastry, creamy 'italian style' cheese & buttered spinach (v)

savoury portuguese tartlet

kale, beans, creamy 'egg royal' mix (v)

served continuously

coffee & tea

lavazza qualità oro premium arabica coffee, tea drop tea selection

fresh juice

apple, cranberry, orange

stand up cocktail breakfast

please select seven items

sweet selection

freshly baked mini muffins

apple, cinnamon & walnut, chocolate, peanut & banana

rhubarb & strawberry frangipane

toasted almonds

coconut chia pudding

fresh seasonal fruit

apple crumble

rum soaked raisins & pecans

house made cookies

chocolate chip & peanut, white chocolate & macadamia

savoury cold selection

blt

little club sandwich, bacon, lettuce, tomato & egg

petite smoked salmon muffins

cream cheese, dill & liliput capers

sunrise skewer

watermelon, baby bocconcini & mint

fresh pita wraps, rolls & assorted sandwiches

cured & roasted meats, gourmet spreads & condiments, vegetarian options

avocado, olive toast

persian feta, lime & coriander salsa, heirloom tomato (v)

savoury hot selection

little egg & bacon pie

house-made tomato relish

breakfast jaffle

smoked ham & cheese

tomato, bocconcini & basil (v)

zucchini garden pea & ricotta frittata

red pepper chutney (v)

egg panini

free range egg & bacon

free range egg & wilted spinach (v)

savoury portuguese tartlet

kale, beans, creamy 'egg royal' mix (v)

served continuously

coffee & tea

lavazza qualità oro premium arabica coffee, tea drop tea selection

fresh juice

apple, cranberry, orange

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.

barn raised chicken is our preference at EPICURE. we source the best local barn raised 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

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.

chocolate

the chocolate for our desserts and sweets is of highest purity and quality.

We use only belgian and french made couvertures. conched from cacao beans sourced from around the world and grown 100% sustainably, we can assure your sweet experience will be like no other.