



EPICURE

Seasonal Lunch Menu

Autumn / Winter 2017

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-friendly product**

*(nfp) nut-friendly 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.

Lunch Menu



Plated Lunch

two course

duration 2.5 hours

including beverages

three course

duration 3 hours

including beverages

Entrée

please select one

additional alternating course

lemon myrtle cured ocean trout

crème fraîche, fried capers, beetroot reduction, potato crisps (gfp) (nfp)

chermoula roasted tasmanian salmon

cauliflower purée, honey & pomegranate dressing (gfp)

palm sugar glazed free range chicken breast

chilli, bean shoot & coriander salad, sweet & sour dressing, crisp rice noodles

creole spiced roasted chicken

roasted corn & red pepper salsa, lemon yoghurt (gfp)

air dried prosciutto

yarra valley persian feta, sourdough crisps, wild rocket, balsamic glaze (nfp)

roasted heirloom vegetable salad

organic black quinoa & pistachio, mt zero olive soil, red pepper essence (gfp) (vg)

Main Course

please select one

additional alternating course

'fish & chips'

macadamia & lemon crusted barramundi, rösti potato crisp, watercress & caper salad, beurre blanc

crisp skinned tasmanian salmon

grilled chorizo, white bean & pepper salsa, warm 'gazpacho' sauce

pan-seared chicken breast

kipler potato wedges, sugar snaps, mustard butter emulsion (gfp) (nfp)

slow roasted riverina lamb rump

mint pea crush, roasted sweet potato and beets, red wine jus (gfp) (nfp)

sticky soy glazed pork cutlet

coconut rice, broccolini, carrot ribbons, peanut, coriander & chilli salad, soy broth

char-grilled gippsland beef eye fillet

colcannon potato, edamame & broad beans, caramelised onion, jus (gfp) (nfp)

shaw river buffalo mozzarella & mushroom suppli

roasted heirloom pumpkin & red pepper, broad beans, napoli sauce, parmesan crisps (v) (nfp)

Lunch Menu



bread & salad, shared at the table

leaf salad

cucumber, cherry tomatoes, aged balsamic dressing (v)

freshly baked sourdough rolls

cultured australian butter & murray river salt

Dessert

please select one

additional alternating course

vanilla panna cotta

poached rhubarb, orange gel, dark chocolate soil (gfp)

lemon steamed pudding

vanilla ice cream, lemon curd, lemon balm

pear galette

caramel sauce, white chocolate mousse, honey & pistachio tuile

coffee brûlée tart

chocolate cream, freeze dried honey, basil sprouts

chocolate fudge cake

roasted peanut butter ice cream, caramel sauce

cinnamon & caramel parfait

apple compote, gianduja chocolate wire, crisp apple (gfp)

To Finish

coffee & tea

grinders coffee & a selection of temple teas

Beverages

your lunch menu includes a bronze beverage package

sparkling

morgan's bay sparkling cuvée

white wine

morgan's bay semillon sauvignon blanc

red wine

morgan's bay shiraz cabernet

accompanied by

carlton draught and cascade premium light
orange juice

mount franklin lightly sparkling, soft drinks

Silver Beverage Package Upgrade

sparkling wine

beachwood chardonnay pinot noir

white wine

please select one

tahbilk chardonnay

t'gallant juliet pinot grigio

mcperson sauvignon blanc

red wine

please select one

gapsted tobacco road merlot

gapsted tobacco road pinot noir

tahbilk shiraz

accompanied by

carlton draught and cascade premium light

orange juice

mount franklin lightly sparkling, soft drinks

Gold Beverage Package Upgrade

sparkling wine

seppelt the drives chardonnay pinot noir

white wine

please select two

sticks sauvignon blanc

seppelt the drives chardonnay

tahbilk reisling

red wine

please select two

t'gallant juliete pinot noir

seppelt the drives shiraz

moyston grampians cabernet sauvignon

beer

please select one

crown lager

fat yak pale ale

accompanied by

cascade premium light

orange juice

mount franklin lightly sparkling

soft drinks

Platinum Beverage Package Upgrade

sparkling wine

yellowglen vintage pinot noir

white wine

please select two

st huberts chardonnay
yarra ridge sauvignon blanc
brokenwood pinot gris
oakridge over the shoulder pinot grigio

red wine

please select two

st huberts cabernet merlot
seppelts moyston cabernet sauvignon
cambells bobbie burn shiraz
moorooduc devil bend creek pinot noir

beer

please select two

peroni
crown lager
fat yak pale ale

accompanied by

cascade premium light
orange juice
mount franklin lightly sparkling
soft drinks

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.

dairy

shaw river buffalo mozzarella is australia's only water buffalo farm house 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 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.