



EPICURE

Seasonal Morning &
Afternoon Tea 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.

Beverage Service

coffee & tea

half hour break
grinders coffee & a selection of temple teas
add house biscuits, cookies & biscotti

continuous service, half day, up to 4 hours
grinders coffee & a selection of temple teas

continuous service, full day
grinders coffee & a selection of temple teas

juice & water

half hour break
orange juice, mount franklin sparkling

continuous service, half day, up to 4 hours
orange juice, mount franklin sparkling

continuous service, full day
orange juice, mount franklin sparkling

Breaks

select one item

half hour break, select one item from the menu,
served with grinders coffee & a selection of temple teas

select two items

half hour break, select two items from the menu,
served with grinders coffee & a selection of temple teas

select three items

half hour break, select three items from the menu,
served with grinders coffee & a selection of temple teas

Morning & afternoon tea items

sweet

classic carrot cake

cream cheese icing, walnuts

vanilla slice

crisp pastry, fondant icing

rich chocolate brownie

hazelnut, dark chocolate ganache (gfp)

orange friand

yoghurt icing, candied zest (gfp)

portuguese custard tart

crisp pastry

house made sticky date & walnut loaf

whipped caramel butter - *served warm*

sweet muffin selection

please select one

apple & cinnamon muffin, *served warm*

or

dark chocolate muffin, mandarine ganache - *served room temperature*

freshly baked pastries

assorted fruit danishes

lamington cupcake

raspberry jam, chocolate butter cream, toasted coconut

warm fruit & plain scone

yarra valley preserve, chantilly cream

cherry ripe bliss balls

coconut crumbed, dried cherries

apple turnovers

crisp puff pastry, vanilla cream

Morning & afternoon Tea Items

savoury

vegetable samosa

spicy mango chutney (v)

egg & bacon quiche

tomato relish

savoury muffin selection

please select one

chorizo, corn & sweet chilli muffin, *served warm*

or

pumpkin, cheese & chive muffin, *served warm* (v)

mini croissant

sliced tomato & cheddar (v)

or

ham & tasty cheese

braised lamb & rosemary sausage roll

mint tomato chutney

gourmet country pies (*please select one*)

beef & burgundy

chicken & leek

vegetable tikka (v)

served with classic tomato sauce

gippsland beef & red bean empanada

avocado cream

vegetable cornish pasties

tomato relish (v)

house made mini pizzas

assorted toppings including vegetarian

chef's selection of sushi

seafood & vegetarian, tamari dipping sauce

minum 50 guests

caramelised onion & goats cheese tart

roasted pistachios (gfp)

The High Tea

please select three savoury and three sweet items, served from catering station

coffee & tea

all selections served with grinders coffee & a selection of temple teas

savoury

poached free range chicken & parsley finger sandwiches

lemon mayonnaise, white & wholemeal bread

(2 per person)

cucumber & cream cheese finger sandwiches

white bread (v)

(2 per person)

free range egg & chives petite sandwich

dark rye (v)

smoked tasmanian salmon bagel

horseradish crème fraiche & dill, yarra valley salmon caviar

rueben baguette

rye baguette, corned beef, sauerkraut, swiss cheese & pickle

limestone coast rare roast beef high tin

watercress, horseradish & beetroot relish

chicken caesar ciabatta

crisp bacon, caesar dressing, parmesan cheese

baby ploughmans baguette

leg ham, green tomato pickles, cheddar cheese

grilled vegetable capeseed roll

caramelised onion marmalade (v)

sweet

house made fruit & plain scones

yarra valley preserve & vanilla cream

eton mess

strawberry mousse, meringue, strawberry coulis (gfp)

flourless mud cake

hazelnut chocolate glaze (gfp)

vanilla slice

crisp pastry, fondant icing

espresso mousse cup

dark chocolate (gfp)

apple crumble macaron

apple gel, cinnamon butter cream (gfp)

orange meringue tartlet

orange curd, dark chocolate shortbread

lamington cupcake

raspberry jam, chocolate butter cream, toasted coconut

Additional Options

when a meeting requires the addition of something a little savoury, these bite-size pieces can be added to any break, or just taken on their own with a selection of our victorian beverages

chips & nuts

crisp red rock potato chips, corn chips, spiced mix nuts
minnum 10 guests

dips & crudités platter

chefs selection of dips, crisp vegetable batons, pita crisps
minnum 10 guests

point sandwiches

freshly made assortment, including vegetarian
4 points
6 points

cheese platter

fine victorian cheese, quince paste, dried muscatels & pears,
waterwheel wafer crackers & lavosh
minnum 10 guests

fruit platter

fresh sliced seasonal selection
minnum 10 guests

deli platter

selection of smoked & cured meats, yarra valley fetta,
mount zero olives, pickled vegetables, crusty breads & grissinis
minnum 10 guests

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 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.