



**SEASONAL MENU**  
WORKING LUNCH  
SPRING / SUMMER  
2017-2018

**E P I C U R E**

## EPICURE PHILOSOPHY

By keeping up-to-date with the latest in food trends, EPICURE sets the benchmark for responsible catering using quality foods grown and produced locally. Our culinary team produce seasonal menus that draw on the best food available in the market.

Today, EPICURE is proud to be at the forefront of ethically responsible catering. We only work with suppliers who demonstrate best practices. This means minimum harm and maximum enjoyment for everyone.

### 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.

## WORKING LUNCH ONE

*Great for when you need to keep working through lunch*

### THE BAKERY

#### **Point sandwiches (6 points per person)**

*All with chef's selection of delicious fillings, including vegetarian, changing daily*

### FRESH FRUIT

#### **Sliced fresh fruit**

Selection of seasonal local & tropical fruits

### BEVERAGES

#### **Coffee & tea**

Grinders coffee & a selection of temple teas, sweet biscuits

#### **Refreshments**

Orange juice, apple juice, mount franklin lightly sparkling

## WORKING LUNCH TWO

*Great for when you need to keep working through lunch*

### THE BAKERY

#### **A selection of seeded & soft bap rolls, mountain bread wraps & sourdough baguettes (2.5pp)**

*All with chef's selection of delicious fillings, including vegetarian, changing daily*

### FRESH FRUIT

#### **Sliced fresh fruit**

Selection of seasonal local & tropical fruits

### BEVERAGES

#### **Coffee & tea**

Grinders coffee & a selection of temple teas, sweet biscuits

#### **Refreshments**

Orange juice, apple juice, mount franklin lightly sparkling

## WORKING LUNCH THREE

*A stand up buffet lunch where all items are served in canapé size*

### THE BAKERY

A selection of soft bap rolls, gourmet sandwiches & mountain bread wraps (2pp)

*All with chef's selection of delicious fillings, including vegetarian, changing daily*

### THE HOT THINGS

*Please select three items*

#### **Coconut crumbed flathead**

Spicy chilli mayonnaise

#### **Jamaican spiced chicken skewer**

Coconut & mango mayonnaise (gfp) (nfp)

#### **Pan fried chicken & chive gyoza**

Sweet soy dipping sauce

#### **Little chicken parma rolls**

Mozzarella cheese, Napoli sauce, coral lettuce

#### **Mini pizza selection**

Assorted toppings including vegetarian

#### **Pork & herb sausage roll**

Tomato chutney

#### **Mexican beef kofta**

Chipotle mayonnaise

#### **Roast pumpkin & ricotta fataya**

Parmesan cheese (v)

#### **Vegetable samosa**

Jack fruit & lime relish (v)

#### **Beetroot arancini**

Meredith goat cheese, aioli (v)

#### **Gourmet country pies**

*Please select one*

Beef & burgundy

Chicken & leek

Vegetable tikka (v)

*All are served with classic tomato sauce*

### FRESH FRUIT

#### **Sliced fresh fruit**

Seasonal local & tropical selection

### BEVERAGES

#### **Refreshments**

Orange juice, apple juice, mount franklin lightly sparkling

#### **Coffee & tea**

Grinders coffee & a selection of temple teas

## WORKING LUNCH FOUR

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

### THE BAKERY

A selection of soft bap rolls, gourmet sandwiches & mountain bread wraps (2pp)

*All with chef's selection of delicious fillings, including vegetarian, changing daily*

#### **Moroccan lamb sliders**

Sesame bun, coral lettuce, confit garlic & min yoghurt

#### **Paella of Australian seafood**

Prawns, flat head, mussels, chorizo sausage, saffron, paprika

#### **Bourbon glazed Otway pork belly**

Southern slaw, salt roasted peanuts, apple cider mayonnaise

#### **Southern fried chicken**

Beer battered chip, chipotle mayonnaise

#### **Panko crumbed flathead**

Panzanella salad, remoulade sauce

#### **Spicy Gippsland beef pad Thai salad**

Rice noodles, toasted peanuts

#### **Silken tofu and sweet potato coconut curry**

Jasmine rice, roast cashews, coriander (gfp) (vg)

#### **Roast pumpkin and Orecchiette pasta**

Yarra Valley Persian feta, koo wee rup asparagus, beurré noisette, pine nut

### FRESH FRUIT

#### **Sliced fresh fruit**

Seasonal local & tropical selection

### BEVERAGES

#### **Refreshments**

Orange juice, apple juice, mount franklin lightly sparkling

#### **Coffee & tea**

Grinders coffee & a selection of temple teas



## PRODUCE NOTES

### MEAT & POULTRY

**HIGH COUNTRY PORK** is barn raised and the pigs are free to roam within 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 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 daily 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.

## PRODUCE NOTES

### 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 the majority of the supplying farms are located within a 30km radius of the factory.

**MEREDITH DAIRY** is a small specialist farmhouse dairy situated halfway 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 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 and 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 the 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 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.