



SEASONAL MENU
AUTUMN / WINTER
2018
CONFERENCE

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.

CONFERENCE PACKAGE ONE

HALF DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Stand up buffet lunch – please see package one description below

Morning tea or afternoon tea – please select two items to be served with tea and coffee

FULL DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Morning tea - please select two items to be served with tea and coffee

Stand up buffet lunch – please see package one description below

Afternoon tea – please select two items to be served with tea and coffee

CONFERENCE PACKAGE TWO

HALF DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Stand up buffet lunch – please see package two description below

Morning tea or afternoon tea – please select two items to be served with tea and coffee

FULL DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Morning tea - please select two items to be served with tea and coffee

Stand up buffet lunch – please see package two description below

Afternoon tea – please select two items to be served with tea and coffee

CONFERENCE PACKAGE THREE

HALF DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Seated lunch – two course plated lunch

Morning tea or afternoon tea – please select two items to be served with tea and coffee

FULL DAY

PACKAGE INCLUSIONS:

On arrival – please select one item to be served with tea and coffee

Morning tea - please select two items to be served with tea and coffee

Seated lunch – two course plated lunch

Afternoon tea – please select two items to be served with tea and coffee

ON ARRIVAL

Coffee and tea

grinders coffee & a selection of temple teas

ACCOMPANIED BY

Please select one item

Freshly baked pastry

Assorted Danish pastries

Baby buttery croissant

Tomato & cheddar cheese (v) or shaved ham & tasty cheese

House made cookies

Chefs selection of house made cookies

MORNING TEA / AFTERNOON TEA

Coffee & tea

grinders coffee & a selection of temple teas

ACCOMPANIED BY

Please select two items

SWEET

Apple & rhubarb turnovers

Crisp puff pastry, vanilla cream – served warm (v)

Freshly baked pastry

Assorted Danish pastries

Sweet muffin selection (v)

Please select one

Apple, caramel and walnut muffin - served warm

Or

Dark chocolate & berry muffin

Coconut, almond & strawberry frangipane

Vanilla chantilly (v) (gfp)

Banana & chocolate chip bread

Cinnamon butter - served warm (v)

Macadamia brownie

Madagascar chocolate ganache (gfp)

Warm fruit & plain scone

Raspberry conserve, chantilly cream (v)

Classic donut

Jam (served warm) or custard filled (v)

Date & chai seeds muesli slice

Dark chocolate, toast oat (v)

SAVOURY

Savoury muffin selection

Please select one

Zucchini, bacon & tasty cheese muffin served warm

Or

Cheddar, chive & red pesto muffin, served warm (v)

Potato & caramelised onion tortilla

Spicy red pepper & tomato salsa (v) (gfp)

A selection of mini quiche

Including vegetarian, served warm

Ricotta & spinach filo

poppy seeds (v)

Chicken & leek pie

Served with classic tomato sauce

Pork and herb sausage roll

Tomato chutney

Sweet potato & cashew empanada

Minted yoghurt (v)

LUNCH PACKAGE ONE

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

Lemon myrtle crumbed flathead

tartare sauce

Malaysian chicken skewer

Satay peanut sauce (gfp)

Pan fried chicken & chive gyoza

Sweet soy dipping sauce

Seafood paella croquette

Chorizo sausage, lemon aioli

Mini pizza selection

Assorted toppings including vegetarian

Char sui bbq pork bun

Steamed

Lemon, garlic & molten mozzarella murray valley lamb kofta

House made tomato salsa (gfp)

Vegetable samosa

Jack fruit & lime relish (v)

Porcini mushroom arancini

aioli (v)

Cajun crust chicken strips

Lemon yoghurt

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

LUNCH PACKAGE TWO

A stand up buffet lunch where all items are designed to be enjoyed from small plate or bowl simply with a fork allowing guests 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

GRAZING DISHES

Please select two items

Hawaiian chicken slider

Sesame bun, pineapple mayonnaise, crisp pancetta, coral lettuce

Murray valley lamb rogan josh

Rice pilaf, raita, fresh coriander leaves (gfp)

Chinese style honey chicken

Crisp rice noodles & vegetable salad

Classic fish & chips

Gremolata crumbed flathead, beer battered fries, tartare sauce

Tomato braised beef meatballs

Rigatoni pasta, tomato sugo, shaved grana Padano, basil crisps

Silken tofu and sweet potato coconut curry

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

Porcini mushroom risotto

Shaved grana padano, crème fraiche, petite herbs (v) (gfp)

Gippsland beef bourguignon

Bacon, shallots, horseradish whipped potato

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

LUNCH PACKAGE THREE

Plated two course menu, please select one entrée and main or one main and dessert.

ENTRÉE

Please select one

Additional alternating course

Sake & lime leaf cured ocean trout

Pickled cucumber, carrot & ginger, soy gel, fish crackle

Seared Tasmanian salmon

Cauliflower cream, Yarra Valley Persian feta, dried cherry tomato sourdough crisps, wild rocket, balsamic glaze **(nfp)**

Coconut poached chicken breast

Asian slaw, crisp rice noodles, black sesame seeds, sweet & sour dressing

Herb roasted chicken

Avocado cream, honey prosciutto crisp, wild rocket, orange vincotta

Sumac crusted Gippsland beef

Petite fattouche salad, spiced yoghurt

Heirloom tomato tarte Tatin

Meredith chevre & rocket salad, balsamic vinegar reduction, basil crisps **(v)**

MAIN COURSE

Please select one

Additional alternating course

Macadamia & herb crusted Queensland barramundi

Beetroot & goats cheese risotto, basil oil

Crispy skinned Tasmanian salmon

Coconut rice cake, Carrot & zucchini ribbons, Thai green curry sauce **(gfp)**

Creole spiced chicken breast

Desiree potato wedges, roasted corn & red pepper salsa, lemon butter sauce **(gfp) (nfp)**

Slow roast Riverina lamb rump

Rosemary salted kipfler potatoes, ratatouille, jus **(gfp) (nfp)**

Plum & ginger glazed pork cutlet

Sesame soba noodles, Asian greens, sweet sticky jus

Char-grilled Gippsland beef eye fillet

Roesti potato, mushroom fricassee, broad beans, jus **(gfp)**

Chick pea falafel

Roast sweet potato, blistered cherry tomatoes, broad beans, confit garlic yoghurt **(v) (nfp)**

BREAD AND 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 OR CHEESE

Please select one

Additional alternating course

Burnt honey & pistachio gateau

Pistachio sponge, orange pomegranate syrup, filo wafer

Apple & Cherry tart

Vanilla poached fruit, coconut crumble, cherry gel, chantilly cream (gfp) (v)

Passion fruit crème profiteroles

Almond praline, caramel sauce, lemon balm

Blueberry cheesecake

Coconut biscuit base, blueberry ginger compote, vanilla meringue

Layered chocolate 'brownie'

Hazelnut praline mousse, rocher glaze, espresso ice-cream

Textures of mandarin

Chocolate tonka bean mousse, mandarin compote, mandarin crisp, mandarin gel (gfp) (v)

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.