

SEASONAL MENU
AUTUMN / WINTER
2018
PLATED LUNCH

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.

PLATED LUNCH

Two course

Including 2.5 hours' duration of beverages

Three course

Including 3 hours' duration of beverages

ENTREES

Please select one

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)

MAINS

Please select one

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)

Chickpea falafel

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

BREAD AND SALAD, SHARED TO THE TABLE

Freshly baked sourdough rolls

Cultured Australian butter & Murray river salt

Leaf salad

Cucumber, cherry tomatoes, aged balsamic dressing (v)

DESSERT & CHEESE

Please select one

Burnt honey & pistachio gâteau

Pistachio sponge, orange pomegranate syrup, filo wafer

Apple & cherry tart

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

Passionfruit 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)

TO FINISH

Coffee and tea

Grinders coffee & a selection of temple teas

BEVERAGES

Your lunch menu includes a bronze beverage package

Sparkling

Morgan's bay sparkling cuvee

White wine

Morgan's bay semillon sauvignon blanc

Red wine

Morgan's bay shiraz cabernet

Accompanied by

Carlton draught & Carlton light

Orange juice

Mount franklin lightly sparkling, soft drinks

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.

RIVERINA ANGUS BEEF is a multi-award winning beef program, produced in the Riverina region of southern NSW, one of Australia's most productive food bowls. This region is well renowned for its fertile soils, abundant water and temperate climate, making it the ideal location for beef production. Australian Black Angus cattle are hand selected from accredited farms, where special attention is placed on the art of selective breeding utilising finely tuned genetics. These cattle are then grain fed on a specially formulated high protein grain ration for over 120 days, to ensure superior marbling and consistent eating quality

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. 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.

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.

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.

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.