



EPICURE

Seasonal Breakfast 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.

The EPICURE Breakfast

on arrival

*please select one
items set on the table*

freshly baked pastries

seasonal fruit danish & chocolate croissant (v)
or

toasted fruit loaf

cultured australian butter, conserves jam (v)

accompanied by

fruit platter

sliced seasonal & tropical fruit (vg)

hot dishes

please select one

big aussie breakfast

free range scrambled eggs, thick sourdough toast, crisp bacon, grilled chicken & herb chipolata, hash brown, slow roasted roma tomatoes

breakfast mixed grill

free range fried eggs, maple roasted bacon, pork & veal chipolata, lamb rissole, grilled flat mushrooms & roma tomatoes, toasted corn loaf

eggs florentine

free range two poached eggs, sautéed spinach, english muffins, potato rösti, blistered vine ripened tomatoes, hollandaise sauce (v)

eggs benedict

toasted vienna loaf, free range two poached eggs, shaved ham, wilted spinach, balsamic slow roasted tomato, hash brown, chive hollandaise

omega 3

tasmanian smoked salmon, free range scrambled eggs, toasted rye bread, spinach purée, caper berry & cherry tomato salsa, yarra valley salmon caviar, woodside goats curd

vegetarian breakfast

free range two poached eggs, vienna toast, grilled tomatoes, mushroom ragout, sautéed spinach, house made baked beans (v)

french toast

vanilla mascarpone, strawberry & rhubarb compote, crisp pancetta, maple syrup

served continuously

coffee & tea

grinders coffee & a selection of temple teas

fresh juice

orange & apple

Continental Breakfast

from the buffet

please select one

toasted ciabatta roll

free range scrambled eggs, crisp bacon, wilted english spinach

'egg benedict' wrap

tortilla wrap, free range scrambled eggs, shaved ham, wilted english spinach

omega 3 wrap

tasmanian smoked salmon, mountain bread, tomato & caper salsa, horseradish cream

buttery croissant

shaved ham & cheddar cheese or roma tomato & tasty cheese

3 cheese & spinach croquet monsieur

parmesan crust

accompanied by

toasted muesli

honey yoghurt, cinnamon poached apple & pear

fruit platter

sliced seasonal & tropical fruit

freshly baked pastries

pain au chocolate, fruit danish

served continuously

coffee & tea

grinders coffee & a selection of temple teas

fresh juice

orange, apple

Stand Up Cocktail Breakfast

please select seven food items in total served over two hours

cold

tasmanian smoked salmon

dill blini, crème fraîche, yarra valley salmon caviar

free range egg & chive bagel

mayonnaise

spinach & yarra valley persian feta frittata

basil sprouts, green tomato pickle - *served warm* (v)

toasted buttermilk roll 'blt'

sliced tomato, cos lettuce, crisp bacon, mayonnaise

caramelised onion muffin

whipped meredith goats cheese, chive sprouts (v)

hot

mini shaved leg ham toasty

shaved leg ham, heidi gruyère, grain mustard

free range eggs & bacon quiche

crisp pastry, tomato relish

ricotta & spinach fataya

labne (v)

three cheese lebanese pizza

haloumi, mozzarella & cheddar (v)

breakfast pizetta

tomato, shaved leg ham, mozzarella cheese

chicken & herb chipolata

soft baguette roll, bush tomato relish

free range scrambled eggs

english muffin, chive tips

tasmanian smoked salmon

crisp rösti, yarra valley salmon caviar, hollandaise

tomato & basil bruschetta

grilled dark rye croute (v)

'egg & bacon pie'

crisp pancetta, free range egg, slow roast cherry tomato

french toast

brioche, maple roast bacon, cinnamon poach apple

Stand Up Cocktail Breakfast Continued

sweet

orange friand

cream cheese icing (v)

nutella brioche sandwich

hazelnut chocolate spread (v)

house made sticky date & walnut loaf

whipped caramel butter - *served warm*

toasted muesli

honey yoghurt, cinnamon poached apple & pear

seasonal fruit kebab

nut & muesli praline (v)

'doughssant'

assorted glazes including caramel, chocolate, vanilla (v)

buttermilk pikelet

warm chocolate sauce, vanilla cream, strawberries (v)

apple turnovers

crisp puff pastry, vanilla cream

served continuously

coffee & tea

grinders coffee & a selection of temple teas

fresh juice

orange, apple

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.