

SOCIALLY DISTANCED *menus!*



A custom created menu range to suit COVID-19 dining protocols, with a focus to keep your team safe.

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FRESH
food
- and -
SERVICE
that sparkles

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FREE

Lunch Pack

FOR ONLINE
ORDERS
OVER
\$200

includes, sandwich, drink + sweet

menu key

We recognise that your guests may have a **wide variety** of **DIETARY PREFERENCES**.

ALLERGIES AND REQUIREMENTS that shouldn't mean they miss out on variety and flavour.

We offer an extensive range of dietary suited options and if you can't find what you need, contact our experienced team who can advise alternative choices available.

It is important to note that while we take every effort to ensure your food items are free of the discussed allergen/ingredients, our kitchen does produce other food items and use base ingredients that contain such ingredients and as such, we are unable to guarantee the exclusion of *trace elements*.

(v) VEGETARIAN

(vegan) VEGAN

(gf) GLUTEN FRIENDLY

(df) DAIRY FRIENDLY

Individually packaged

BREAKFAST & SNACKS



Breakfast burgers



\$10.95 ea

Fried egg, crispy bacon, tomato chutney & spinach breakfast burger

(vegan & gf available)

Trio of croissants



\$14.50 ea

Mini salmon, dill & cream cheese croissant (1)

Mini avocado & feta croissant (v) (1)

Mini egg & zaatar croissant (v) (1)

(vegan & gf available)

Breakfast box



from \$10.95 ea

Mini ham & cheese croissants (1)

Mini muffin (1)

Mini fruit salad cup (1)

(vegan & gf available)

Morning snack pack



\$12.95 ea

Mini avocado & feta croissant (v) (1)

Mini egg & zaatar croissant (v) (1)

Fresh fruit salad boat (v) (1)

(vegan & gf available)

Well-being breakfast box



\$15.95 ea

Mini egg & zaatar croissant (1)

Smashed avocado & feta (1)

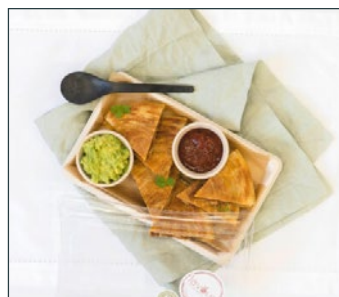
Seeded flat bread (4)

Mini muffin (1)

Fresh fruit salad boat (1)

(vegan & gf available)

Breakfast pastry quesadilla



from \$12.95 ea

- Leg ham & cheese pastry quesadilla, guacamole & salsa

- Black bean pastry quesadilla, guacamole & salsa (vegan)

Flavours Catering + Events

Raspberry-filled croissant



\$7.50
(1 item pp - min 6)
 A substantial treat that is jam packed with a delicious raspberry filling (vegan) (df)

Bruschetta box



\$8.95
 Perfect for 1!
 Toasted Turkish bread with egg & zataar + avocado & feta (v)
(gf available)

Trio pack of pint-sized pancake stacks



\$9.95
(3 items per pack - min 6)
 Assortment may include:

- Nutella, coconut & salted pretzel
- peanut butter & jelly

Individual grazer for 1



\$15.95 per box
 A selection of garden crudites, cured meats, marinated & pickled vegetables, olives, feta, hummus & gourmet bread
(vegan & gf available)

Assorted petite savoury tarts



\$11.50
(3 items per pack - min 6)
 3 classic flavours:

- Goat's cheese, onion jam & rocket (v) (gf)
- Pesto chicken, parmesan, semi dried tomato (gf)
- Smoked salmon, crème fraiche, dill, preserved lemon (gf)

The ploughmans for 1



\$18.95 per box
 Leg ham, boiled egg, cheddar, brie cheese, veggie sticks, pickled vegetables, mixed salad, onion jam, chutney & grapes. Served with toasted Turkish bread.

Banana & walnut loaf



\$8.50
(1 item per serve)
 This vegan bread is so moist & delicious it can be served on its own!
 (vegan) (df)

Fresh fruit skewer



\$3.50 ea
 Fresh fruit skewer individually packaged for convenience
 (vegan) (gf) (df)

Yoghurt cups



\$33 - 6 cups
\$66 - 12 cups
 Fruit compote, granola, assorted and plain options
 (v) (gf)

Fruit salad cups



Mini - \$3.20
Regular - \$5.50
 Fresh fruit salad cups served with disposable fork
 (vegan) (gf)

Flavours Catering + Events

Duo Pack A



\$6.95
(2 items per pack - min 6)
Mushroom, garlic & thyme tart (v) + pancake stack (v)

Duo Pack F



\$6.95
(2 items per pack - min 6)
Assorted cake (v) + muesli cookie (vegan) (df)

Duo Pack B



\$6.95
(2 items per pack - min 6)
Assorted cake (v) + fresh fruit skewer (vegan) (gf) (df) (n)

Duo Pack G



\$10.50
(2 items per pack - min 6)
Chocolate mousse croissant (v) + corn fritter (v)

Duo Pack C



\$7.50
(2 items per pack - min 6)
Assorted cake (v) + mushroom, garlic & thyme tart (v)

Duo Pack H



\$7.50
(2 items per pack - min 6)
Florentine + brownie (v) (gf)

Duo Pack D



\$7.50
(2 items per pack - min 6)
Assorted cakes & slices x 2 (v)

Duo Pack I



\$7.50
(2 items per pack - min 6)
Ham & cheese croissant + mini muffin

Duo Pack E



\$6.95
(2 items per pack - min 6)
Assorted cake (v) + pancake stack (v)

Duo Pack J



\$6.50
(2 items per pack - min 6)
Muesli cookie (vegan) + apple & cinnamon pastry taco (vegan)

Flavours Catering + Events

Duo Pack K



\$6.95
(2 items per pack - min 6)

Egg finger sandwich (v) +
danish pastry (v)

Edamame cups



\$20 - 6 cups
\$48 - 15 cups

Lightly boiled and perfectly salted, these young soybeans are not only delicious but are also packed with a nutritional punch.
(vegan) (gf) (df) (n)

Eton mess box



\$55 - 8 bowls

Lemon fool eton mess,
fresh berries, pecan,
meringue, toasted coconut
crumble (v) (gf)

Dried fruit & nut cups



\$3.50 per cup
\$21 - 6 cups
\$52.50 - 15 cups

A nourishing snack to help
get you through the day!
(vegan) (gf) (df)

Nourishing flavours



\$60 - 15 cups

Assortment includes:

- Dried fruit & nut cups (vegan)(gf)(df)
- Mini fruit salad pots (vegan)(gf)(df)
- Black forest mousse cups (vegan)(gf)(df)

Cheese, crackers, dried fruits & nuts



\$8.50
(1 pack pp - min 6)

Individually portioned for
your convenience! (v)

Creative cupcakes



\$5.50 ea (v)

Individually packaged
cupcakes:

- Salted caramel and choc fudge
- Cookies & cream
- Lemon meringue
- Tropical pavlova

Guilt-free snack pack



\$5.95
(1 snack pack pp - min 6)

Individual vegetable &
hummus dip snack packs
(vegan) (gf) (df) (n)

Black forest mousse cups



\$33 - 6 cups
\$82.50 - 15 cups

Avocado is the secret ingredient in this deceptively indulgent yet healthy treat suitable for any time of the day!
(vegan) (gf) (df) (n)



COVID SAFE

Individual lunch & dinner

VEGETARIAN,
VEGAN & GLUTEN-
FREE OPTIONS
available!



Lunch Box A

from \$18.95 ea

Each lunch box contains:

- Classic sandwich (1)
- Mini muffin (1)
- Chef's assorted mini salad bowl (1)

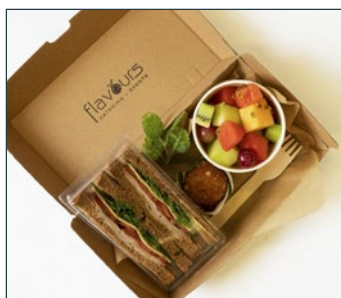


Lunch Box D

\$16.50 ea

Each lunch box contains:

- Well-being wrap (1/2)
- Mini farmhouse rolls (2)



Lunch Box B

\$16.95 ea

Each lunch box contains:

- Classic sandwich (1)
- Mini muffin (1)
- Regular fruit salad cup (1)



Lunch Box E

\$17.95 ea

Each lunch box contains:

- Well-being wrap (1/2)
- Mini farmhouse roll (1)
- Chef's assorted mini salad bowl (1)



Lunch Box C

\$18.95 ea

Each lunch box contains:

- Classic sandwich (1)
- Sushi roll & soy sauce (1)
- Mini muffin (1)
- Whole fruit (1)



Lunch Box F

\$14.50 ea

Each lunch box contains:

- Classic sandwich (1)
- Chocolate fudge brownie (gf) (1)
- 600ml still H2O spring water (1)

Flavours Catering + Events



Dietary Lunch Box from \$16.95

- Gluten & dairy free quinoa roll with assorted fillings (1)
 - Mini fruit salad cup (1)
 - Chef's assorted mini salad bowl (1)
- (vegetarian, vegan & gluten-free available)



Individually packaged classic sandwiches

\$8.95 ea

Sliced brown, white & wholegrain bread with assorted gourmet sandwich fillings



Sushi roll, soy sauce \$5.95 – min 6

- California crab (df)
- Chicken schnitzel, cucumber (df)
- Smoked salmon, avocado, cucumber (df)
- Teriyaki beef, cucumber (df)
- Tuna, cucumber (df)
- Tofu, vegetable (vegan) (gf)



Individually packaged wraps

\$10.95 ea

Flour, spinach & sun-dried tomato tortilla wraps with assorted gourmet fillings



Canape Meal Box 2

\$26.85 ea – 6 items per box (served cold)

- Signature prawn & butter lettuce baby brioche
- Potato rosti, tomato & red pepper relish, crispy kale (vegan) (gf) (df)
- Chicken saltimbocca blini slider, prosciutto & sage crisp
- Peking duck pancake wraps
- Smoked cured salmon tartlet, creme fraiche & baby salad (gf)
- Compressed watermelon bamboo boat (vegan) (gf) (df)



Bento boxes

from \$18.95 each

Each box contains:

- Mini farmhouse roll (1)
- Well-being wrap (1/2) or sushi roll (1)
- Chef's assorted mini salad (1)
- Sweet treat (1)
- Fresh fruit nibble (vegan)



Flavours Catering + Events



The ploughmans for 1
from \$18.95

This grazer style board is perfect for anytime of the day. Leg ham, boiled egg, cheddar, brie cheese, veggie sticks, pickled vegetables, mixed salad, onion jam, chutney and grapes. Served with toasted Turkish bread.

(gf available)



Mediterranean mezze box for 1
from \$16.95 per box

A delicious meal in one – Cured meats, falafel, lemon & coriander hummus, pickled vegetables, leafy greens & Lebanese flat bread.

(vegan available)



Grazer box for 1
\$15.95 per box

A selection of garden crudité, cured meats, marinated & pickled vegetables, olives, feta, hummus & gourmet bread.

(vegan & gf available)



Individual Gourmet Meals
\$13.95 ea

The perfect meal-in-one for conferences, meetings, staff lunches / dinners or just a grab-on-the-run nutritious meal.

Two options per day including at least one vegetarian, gluten free or dairy free option.

Delivered hot in individual containers ready to eat or cold in microwave containers ready to heat & eat.

A HEALTHY & NUTRITIOUS LUNCH ALTERNATIVE!

SALAD & *poke bowls*

Poke Bowl

\$15.95 ea

Protein of choice, seasoned brown rice, cabbage, diced onion, shredded carrot, wakame seaweed salad, edamame beans, Hawaiian style dressing

- sashimi grade tuna (gf) (df)
- sashimi grade salmon (gf) (df)
- poached chicken breast (gf) (df)
- shiitake mushroom (vegan) (gf) (df)

Naked Sandwich Bowl

\$12.95 ea

Super healthy mixed leaves, avocado, tomato, cucumber, carrot, cabbage, red onion, celery, pepitas & sprouts, lemon & house dressing

ADD A
PROTEIN PUNCH
\$3.50 ea

- sous vide chicken (gf) (df)
- smoked salmon (gf) (df)
- boiled egg & hommus (v) (gf) (df)
- sirena tuna (gf) (df)
- chickpea falafel & hummus (vegan) (gf)

WHOLESOME
CHOICES TO
HELP YOU
MAINTAIN
A HEALTHY
LIFESTYLE

All
YOUR DIETARIES
COVERED — Our
most premium
salad range!

NOURISH GOURMET salad bowls



Meal in one

\$18.95 each (minimum 6 per variety)

- Pesto chicken, buckwheat and herbed potato salad, green beans, semi dried tomato, parmesan, balsamic (gf)
- Teriyaki beef, hokkien noodle & vegetable salad, coriander, soy cashews, sesame & hoisin dressing (df)
- Hot smoked salmon, herbed Israeli cous cous, broccoli, beetroot, nori, miso, orange & sesame dressing (df)
- BBQ plant based "chicken," roasted sweet potato, brown rice, rocket, tomato, cranberry, pepitas, lemon & turmeric dressing (vegan) (gf)

Baby bowls

\$90 – 15 cups (3 bite)

Perfect for finger food functions

Mini bowls

\$105 – 12 cups (side salad size)

Ideally served with sandwiches or grazer boards for 1



COVID SAFE

Canapés



By thinking outside the box and adapting our offering we can ensure you are **COVID COMPLIANT** and everyone is *kept safe*

Canapé pack 1

\$6.95 ea (vegan) (gf)

Tofu sushi, pickled ginger, soy (1)
Gochujang glazed quinoa Ball (1)

Canapé pack 2

\$9.95 ea (vegan) (gf)

Potato rosti, tomato & red pepper relish, crispy kale (1)
Grilled pumpkin, roasted pepper, basil "pesto" & spinach baby croissant (1)

Canapé pack 3

\$11.50 ea

Potato rosti, tomato & red pepper relish, crispy kale (1)
Smoked salmon, crème fraiche, dill, preserved lemon petite savoury tarts (gf) (1)
Baby blini, house made beetroot & apple relish, feta cheese mousse, locally picked herbs (v) (1)

Canapé pack 4

\$11.50 ea

Compressed watermelon, togarashi, feta, mint and a squeeze of fresh lime (v) (gf) (1)
Smoked salmon, crème fraiche, dill, preserved lemon petite savoury tarts (gf) (1)
Peking duck pancake wrap (1)

Canapé pack 5

\$11.50 ea (gf)

Goat's cheese, onion jam & rocket petite savoury tart (v) (gf) (1)
Pesto chicken, parmesan, semi dried tomato petite savoury tart (gf) (1)
Smoked salmon, crème fraiche, dill, preserved lemon petite savoury tarts (gf) (1)

Canapé pack 6

\$11.95 ea

Caramelised onion & goat's cheese frittata, goat's curd mousse, oven roasted baby truss tomato (v) (1)
Chicken saltimbocca blini slider, prosciutto & sage crisp (1)
Brioche toast, brie cheese, red currant jelly, rosemary & walnut dust (v) (1)

Canapé pack 7

\$14.95 ea

Smoked salmon, crème fraiche, dill, preserved lemon petite savoury tarts (gf) (1)
Baby blini, house made beetroot & apple relish, feta cheese mousse, locally picked herbs (v) (1)
Caramelised onion & goat's cheese frittata, goat's curd mousse, oven roasted baby truss tomato (v) (1)
Peking duck pancake wrap (1)

substantial

CANAPÉ BOXES

VEGETARIAN,
VEGAN & GLUTEN-
FREE OPTIONS
available!



Canapé Box 1

\$22.95 ea

Each pack contains:

- Signature prawn & butter lettuce baby brioche (1)
- Mini salad bowl (1)
- Chicken saltimbocca blini slider, prosciutto & sage crisp (1)
- Brioche toast, brie cheese, red currant jelly, rosemary & walnut dust (v) (1)

Canapé Box 2

\$26.85 ea

Each box contains:

- Signature prawn & butter lettuce baby brioche
- Potato rosti, tomato & red pepper relish, crispy kale (vegan)(gf)(df)
- Chicken saltimbocca blini slider, prosciutto & sage crisp
- Peking duck pancake wraps
- Smoked cured salmon tartlet, creme fraiche & baby salad (gf)
- Compressed watermelon bamboo boat, togarashi, feta, mint and a squeeze of fresh lime (v)(gf)

COVID SAFE

Traditional

CHRISTMAS LUNCH
or DINNER MEALS



Orange & maple glazed ham, roasted potatoes, vegetables & gravy (gf) (df)

Roasted turkey breast, cranberry, roasted potatoes, vegetables & gravy (gf) (df)

Glazed quinoa, mushroom, cranberry & walnut loaf, roasted pumpkin & vegetables (vegan) (gf)

Served with bread roll – \$15.50 ea

FROM
\$13.95
EACH

12 reasons why YOU ARE ORDERING FROM Sydney's Best Caterer

- ✓ 100% money back guarantee
- ✓ Redeem your complimentary lunch pack with online orders over \$200
- ✓ Huge selection with something for everyone and every occasion
- ✓ Great value combos and packages
- ✓ A menu focused on health & wellbeing, including a wide range of options for dietary requirements
- ✓ Our service includes both drop-off orders as well as staffed events
- ✓ Friendly phone + email support, ready to answer your questions or take your order
- ✓ Fast, fully customised quotations—no hidden charges
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- ✓ We're a one-stop-shop — catering, beverages, equipment hire, event management
- ✓ Easy to use online shopping cart system

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ONLINE: Use our easy online shopping cart at - www.flavourscatering.com.au

EMAIL: Send your order to - orders@flavourscatering.com.au

PHONE: Call our friendly team on 1300 368 605 Monday to Friday 9:00AM - 5:00PM.

To guarantee delivery of your order, please ensure that it is placed at least one working day prior to your event, no later than 3:00 PM. Last minute orders can be accommodated where possible.

2) ORDER PROCESSING & INVOICING

Upon receipt of your order, it will be processed by our team, after which you will receive an order confirmation.

Your order is not confirmed until you have a confirmation email.

To modify your order, whether it be to accommodate more or less guests, or to change food items ordered, please give us much notice as possible.

3) PAYMENT & PLATTER COLLECTION

Payment for your catering order can be made via credit card at the time of placing the order or once you have confirmed guest numbers. We deliver your order in disposable eco catering trays. If service platters are required our friendly team will pick up the platters either late afternoon that day or the following day. Please note an equipment collection fee will apply.

ORDERING
made easy

