

Life tastes great



MENU BOOKLET



Nourish Cocktail Menu

In home, office, hired venue, boat, picnics, parties, weddings & wakes



Make your selections from hot, cold and noodle boxes as listed on the following Cocktail Menu pages.

Hot Food:

- Chipolata sausage rolls w chilli jam
- Mushroom & pancetta tartlets.
- Mint pea risotto cakes w lemon jam
- Fig balsamic onion & goats cheese pizettes.
- Indonesian beef skewers w spicy peanut sauce
- Moroccan prawns w green harissa
- Market fresh tempura fish w soba sauce
- Lamb & haloumi skewers w salsa Verde
- Cornish pasties w branston pickles
- Kangaroo bush dukkah crusted w beetroot relish on sour dough crostini
- Satay prawns w coconut & tamarind
- Tandoori chicken pizettes w mint raita
- Potato, mint & fetta fritters w smoked paprika & yoghurt
- Crab cakes w Remoulade dipping sauce
- Chicken, ginger & kaffir lime skewers w nam Jim sauce
- Thai fish cakes w cucumber dipping sauce
- Beef & burgundy mini hot pies
- Mini Nourish burgers
- Mini chicken & leek pies in white wine sauce
- Mini Mediterranean lamb burgers w Tzatziki
- Parmesan crumbed chicken schnitzel Turkish breads w aioli

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Cold Food:

- Roast tomato, ricotta & parmesan tartlet w chilli jam
- Sweet potato waffle w chilli lime fraiche & smoked salmon
- Roasted sage, gruyere & caramelised onion tartlets
- Potato, parmesan & zucchini frittatas w chive fraiche
- Asian flavoured duck rolls w baby spinach & dipping sauce
- Rich peanut satay w crisp vegetables, tamarind & coconut
- Smoked salmon, dill fraiche & caviar crepes
- Tuna ceviche cones w wasabi pearls
- Potato rosti w rare roast beef & tomato jam & horseradish fraiche
- Tomato tart tartan & balsamic reduction
- Rosti w smoked trout & salsa Verde
- BBQ duck pancakes in hoisin w shallot
- Salmon on crispy gow gee w wasabi aioli
- Caramelised apple toasts w tea smoked balsamic duck

Noodle Box:

- Fish 'n chips w lemon & tartare
- Massaman beef curry pails w jasmine rice
- Emu chipolatas w bush berry mash & demi
- Small pails of buttermilk chicken curry w rice
- Moroccan lamb & cous cous
- Thai chicken noodle salad w cashews & glass noodles
- Seared prawns w tomato & tarragon salsa on fettuccini
- Caesar salad w soft poached egg & pecorino
- Italian lamb w penne pasta
- Vodka & beetroot shots

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Spoon Food:

- Spoons of porcini ravioli w boscaiola sauce
- Tandoori lamb backstrap w minted cous cous
- Balinese fish curry w fried shallots
- Thai chicken noodle salad w cashews & glass noodles
- Yellowfin tuna cubes w wasabi & pickled ginger
- Queensland scallop w corn, chilli & coriander salsa
- Bite sized veal saltimbocca w napoli sauce
- Crispy Pork belly w candied apple & fennel jus

Deserts:

- Black rice pudding w toasted coconut
- Chocolate mousse w hazelnut brittle
- Mango tapioca puddings
- Mini pavlovas w raspberries, wattle seed & lindt chocolate
- Lemon meringue tartlets
- Mini rhubarb & apple crumbles
- Mini pear tart tatin
- Trio of delicious Italian Gelato's

Nourish Buffet Menu

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Buffet Menu:

- Chicken, basil & zucchini pie
- Char-grilled tiger prawns tossed in coriander
- Whole poached Atlantic salmon w sundried tomato fraiche
- Rare roast beef platter w wattle seed jus
- Char-grilled Tuna, green beans, soft eggs & kipler potatoes
- Moroccan lamb pie
- Carved Bourbon glazed leg ham w mustards
- Beef burgundy w button mushrooms
- Pink roasted spring lamb, rosemary crusted w mint glaze
- Balinese fish curry
- Chicken breast w prosciutto, pine nuts, sun dried tomatoes & basil
- Buttermilk chicken served w basmati rice & poppadums
- Nasi Goring
- Vegetarian lasagna w pesto béchamel
- Sweet potato, baby spinach & potato frittata

Sides, Salads & Vegetables:

- Nourish potato salad w prosciutto & seeded mustard aioli
- Warm Mediterranean salad of char-grilled vegetables
- Mesclun leaf salad
- Caprese salad w baby bocconcini, cherry tomatoes & basil
- Thai style chicken w cashews, crispy vegetables & glass noodles
- Wild rocket w roasted pear, parmesan & toasted pine nuts
- Smashed chats w rosemary & sea salt
- Steamed green vegetables w chives & virgin olive oil
- Greek salad w kalamata olives, marinated feta, roasted capsicums, Spanish onions & Lebanese cucumbers
- Caesar salad w freshly poached eggs & parmesan shavings
- Rujak w chilli, tamarind pineapple, cucumber & mango
- Baby beetroot, smoked corn, rocket & red onion
- Baby spinach, cranberries, candied pumpkin & Persian feta

Nourish Corporate & Office Menu

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Ideal for corporate events, in the office or boating & picnics

Nourish Sandwiches are made with white, brown, or multigrain breads, soft floured tortilla wraps & French baguettes:

- Mini Baguettes \$ 4.50 ea
- Bruschettas (open sandwich) \$ 5.50 ea
- Gourmet Sandwich \$ 7.00 ea
- Traditional finger sandwiches \$ 6.50 ea
- Wrap \$ 8.00 ea

Filling choices:

- Parmesan crumbed chicken, avocado, mayonnaise & baby spinach
- Mashed egg, mayonnaise, lettuce & cucumber
- Rare roast beef, roasted capsicums, tomato jam & spinach
- Basil pesto, rocket, sweet potato, feta & roasted capsicums
- Thai chicken, sweet chilli sauce, rocket & avocado
- Shaved leg ham, tasty cheese, Dijon mayonnaise & tomatoes
- Turkey, avocado, Swiss cheese, lettuce & cranberry mayo
- Pumpkin risotto, rocket, sour cream, cheese & tomato
- Smoked salmon, caper fraiche, Spanish onions & baby spinach
- Meatloaf, caramelised onions, tomatoes & cheese
- Tuna, pickles, mayonnaise, Spanish onions & lettuce
- Corn fritter, avocado, rocket, tomato & cheese w sweet chilli sauce
- Poached chicken, mayonnaise, celery, walnut & mesclun

Nourish breakfast selections:

- Scrambled egg & spinach tortilla \$ 6.50p.p
- Bacon & egg damper rolls \$ 5.50p.p
- Ham & cheese croissants \$ 5.50p.p
- Bacon & egg high pie \$ 5.50p.p
- Spinach, tomato & feta high pie \$ 5.50p.p
- Pots of fruit salad \$ 4.50p.p
- Breakfast bagels \$ 5.50p.p
- Bircher muesli & yoghurt pots \$ 5.00p.p
- Black sticky rice puddings w coconut \$ 5.00p.p

Nourish Fruit platter:

\$5.50p.p

Made w a large selection of freshly sliced seasonal fruit & beautifully presented on banana leaves

Nourish cheese platter:

\$8.80p.p

Variety of Australian hard & soft cheeses w lavosh, crackers, grapes, pears & quince paste

Nourish "something sweet" canapé platter:

\$5.50p.p

A selection of rocky road, caramel slice, hedgehog slice, chocolate brownie, lemon tarts, orange & almond friends & mini cheesecakes

Nourish Mezza Plate:

\$8.80p.p

Humus, tzatziki, spicy Mexican & beetroot dip, pita chips, sliced fresh capsicum, carrots, zucchini, cucumber & tomatoes

Nourish morning tea platter:

\$6.60p.p

Selection of banana bread, mango & coconut bread, mini muffins & Danish pastries.

Nourish drink selections:

600ml Still water	\$2.50ea
1.25lt Sparkling mineral water	\$4.50ea
2 Lt Coke/Diet	\$4.40ea
2 Lt Fresh Australia apple juice	\$6.00ea
2 Lt Fresh Australian orange juice	\$6.00ea
Coffee & tea station	\$3.30p.p
Individual salad boxes	\$8.80ea
Individual noodle boxes	\$9.90ea