

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 Gourmet Meals

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‘Nourish’ pre-prepared gourmet meals

‘Nourish’ pre-prepared gourmet meals are fresh or frozen and conveniently available for pick-up or delivery to your door.

With no preservatives or additives, ‘Nourish’ gourmet meals are made with all natural ingredients and are the perfect choice for a busy family and will save your time spent shopping, preparing and cooking. It’s the healthy alternative to fast food!

Gourmet meal choices are available in single or family size:

All fillings (*) can also be ordered as family size pies.

BEEF

- Beef Lasagna *
- Beef Burgundy
- Beef Massaman
- Beef Goulash
- Cottage Pie
- Chilli Con Carne
- Spaghetti Bolognese *

VEGETARIAN

- Spinach & Ricotta Cannelloni
- Spicy lentil Dhal
- Vegetarian Lasagna *

CHICKEN

- Buttermilk Chicken
- Chicken Cacciatore
- Chicken Casserole
- Moroccan chicken
- Chicken satay
- Green chicken curry

LAMB

- Moroccan Lamb
- Italian Lamb
- Lamb Rogan Josh
- Lamb Casserole

QUICHES

- Baby spinach, bacon, tomato & mushroom
- Pumpkin & fetta
- Blue cheese, caramelised onion & sage
- Ham, tomato & cheese

SIDES & SALADS

- Steamed rice
- Mashed potato
- Green salad
- Steamed mixed vegetables

* Not available as pie fillings