

Food Man Chew

Adelaide's Premium Caterer

Catering Menu

Minimum order of \$150 applies Monday-Friday
Minimum \$500 Saturday Minimum \$800 Sunday

[GST at the rate of 10% is additional to all the prices]

breakfast

cereal \$6.9 [minimum of 10]

house toasted pistachio and apricot muesli topped with premium natural yoghurt and apple compote.

yoghurt cups \$5.4 [minimum 10]

balsamic strawberries and toasted almonds dried fig, honey and mint

breakfast rolls [minimum of 10 per variety] Soft white bun (gluten free add \$1)

smoked bacon, poached free range egg, roadhouse relish and wild rocket \$8.7

tasmanian smoked salmon, poached free range egg, english spinach, fresh dill and capers \$9

vegetarian – poached free range egg, grilled mushroom, spinach and roadhouse relish (can be made vegan) \$7.7

mini croissants \$4.5 [minimum of 10 per variety]

gypsy ham and swiss cheese
three cheese (v)
bocconcini and tomato
nutella(v)

housemade hash browns \$3.8

with rosemary salt and tomato chutney [minimum of 10]

housemade mini quiche \$4.2

[minimum of 10]
chef's daily selections with 25% vegetarian

breakfast sausage roll \$3.8

[minimum of 20]
pork and fennel with tomato sauce

fruit

seasonal fruit platter
large \$85 (serves 15)
med \$55 (serves 10)
small \$35 (serves 6)

petite fruit skewer \$4 [minimum of 10]

mini fruit cups \$5.5 [minimum of 10]

seasonal whole fruit \$2 per person [minimum of 10]

mini muffins \$3.8 [minimum of 10 per variety]

red wax cheddar, jalapeno and zucchini (veg)
banana and dark chocolate
strawberry and cream

morning & afternoon tea

baked goods [minimum of 10 per variety]

pistachio and rosewater meringue \$3.8 (gf)

coconut macaroon \$3.8 (gf)

dark chocolate and walnut brownie \$3.8 (gf)

lemon chia slice \$3.8

peppermint slice \$3.8

housemade healthy bliss balls \$3.8

carrot and walnut cake with orange cream
cheese icing \$3.8

nutella filled doughnut holes \$4.2

mini danish \$3.2 [minimum of 10]

assorted danish pastries

cookies \$3.2 [minimum of 10 per variety]

choc chip

anzac

apricot and almond

cheese platter

small \$46

large \$96

a selection of local south australian cheeses
with dried figs, quince paste and assorted
crackers

things with fillings

super easy all you need to do is order your bread and then choose your filling. Could it be any easier!

choose your bread [minimum of 10 per variety]

sandwich cut in half \$7.8 or fingers \$8.8 (gluten free \$9.9)

wrap \$8.20 (gluten free \$9.9)

mini Baguette \$6.7

full Baguette cut in 3 \$10.9

ciabatta \$6.7

gluten free roll \$9.9

choose your filling [minimum of 10 per variety per bread selection]

hot salami, goat chevre, basil and tomato

chunky tuna, homemade mayonnaise, and baby spinach

roast beef, roadhouse relish, tomatoes and rocket

bbq chicken, aioli, celery, almonds and watercress

fior di latte, basil pesto, fresh tomatoes (v)

seasoned pork, shredded apple slaw, quince jelly

smoked turkey, brie, cranberry sauce

pastrami, horseradish cream pickles and red cabbage

sweet beets, tendrils, goat cheese, toasted walnuts, and a drizzle of honey (v)

gypsy ham, Swiss cheese, tomato

fresh avocado slices, Indian chutney and alfalfa sprouts (vegan)

[gst at the rate of 10% is additional to all prices]

salads

the veggie salad \$45

shredded cabbage, carrot, apple, rocket and buttermilk dressing (gf)

red rice, quinoa, baby pea and basil oil (gf, vegan)

green bean, dried fig, persian feta, almonds and red wine dressing (gf, v)

roasted eggplant, baby potatoes, parsley and lemon (gf, vegan)

shredded apple, celery, toasted walnuts and preserved lemon mayonnaise (gf, v)

roasted cauliflower, tomato, chickpea, cumin and parsley (gf, vegan)

raw fennel, beetroot, carrot, freekeh and almond (gf, vegan)

lentil, asparagus free range egg, Persian feta and sumac

spicy harissa potato salad

seasonal tabouli (vegan, gf)

the meaty salad \$65

coconut and lemongrass chicken with Vietnamese rice noodle, tomatoes, cucumber, kaffir lime and chilli (gf)

tuscan kale caesar with smoked bacon, sourdough croutons, parmesan and shredded chicken

lamb meatball, cucumber, tomato, onion, feta, flat bread croutons, pine nut and yoghurt sauce

grilled chicken, soba noodle, coriander, spring onion and sesame ginger dressing (gf)

ready to go platters

[one selection per platter]

Our ready to go platter menu offers a wide range of selections, some of which can be reheated if required, delivered fully built & ready to eat. Ready to go platters assist for events & gatherings where there is no kitchen space available, or for those on a smaller budget. Our ready to serve platters are designed to be delivered up to 1 hour before your event starts. They come in disposable boxes to make sure they are stable during transportation and are suitable for serving in, or they can be replated onto serving platters.

cool - things that are good
served as is \$3 each minimum
25 per selection

hot hay smoked salmon crispy potato latks
and horseradish mayonnaise(gf)

mini caesar salad, poached quail egg, smoked
bacon and shaved parmesan

prawn sandwich, with rocket mayonnaise,
soft white bread and cucumber pickles

roast beef éclair, red onion marmalade and
horseradish cream

indian pickled chicken, naan bread cup,
yoghurt and coriander

roasted pumpkin, woodside persian feta and
toasted walnut bruschetta (v)

mini spinach and gruyere filo tart (v)

red wax cheddar, zucchini and rice pie (v)

dukkah beef fillet, horseradish aoli, and
fondant potato (gf)

chilled thai style fish cakes, coriander and chili
dipping sauce (gf)

roast beetroot, goat cheese and silver beet
frittata (v, gf)

Vietnamese prawn and mint cold rolls with
nuoc cham

Slow proved garlic and rosemary focaccia with
torn prosciutto and blue cheese

Fresh king prawns served with lime aioli &
lemon wedges [\$4.5 each minimum 20
prawns]

cool or warm - things that can
be heated up (but perfect to
be served as is) \$3 each
minimum 25 per selection

kabuli chickpea falafels with mint, honey and
sumac yoghurt (v, gf can be made vegan)

pounded chicken breast in oat and herb
crumb and preserved lemon mayonnaise (gf
available add extra \$8)

lamb and roast carrot sausage rolls with
cucumber yoghurt

ground pork and prawn spring rolls with
coriander dipping sauce

ready to go platters [continued...]

cool or warm [continued]

roasted jap pumpkin and parmesan arancini
(gf available add extra \$8, vegan add extra \$4)

salt and pepper tofu with wasabi dressing
(vegan g.f)

eggplant and besan fritters with harrisa
mayonnaise (gf, vegan)

chipotle chicken wings, with a parsley and dill
dipping sauce

mini beef, shallot and star anise pie

blue swimmer crab cakes with dirty sauce and
lime

mini beef sliders [minimum 25] \$4.7

mini chicken sliders [minimum 25] \$4.7

sharing lasagne [serves 8] spinach & ricotta [v]
\$68

sharing lasagne [serves 8] beef bolognese \$68

or order the chefs choice daily platter with three variety's \$120 (three varieties chosen by chef)

We guarantee quality and condition of the food on delivery. The client must ensure that food is stored correctly until consumption
Please see our full terms and conditions
Plates and cutlery not supplied. Hiring equipment is an additional service that we will be happy to arrange
All food is presented in catering boxes with lid

[gst at the rate of 10% is additional to all prices]

the mix platters

the tasting \$140

selection of premium charcuterie (variety of 4)
woodside charleston jersey brie 125gr
wedge onkaparinga blue cheese 125g Roast
beetroot & cashew dip (gf/df/v)
hummus dip (v/gf/df)
marinated olives, orange, rosemary, chilli,
garlic & lemon

pickled cornichons, baby onions & baby red
peppers (v)
grapes, muscatels, dehydrated apple &
strawberries
rosemary grissini, lavosh bites & gluten free
sea salt wafer

a charcuterie collection \$120

selection of premium charcuterie (4)
roast beetroot & cashew dip (v/gf)
hommus dip (v)
marinated olives, orange,
rosemary, chilli, garlic lemon (v)

picked cornichons, baby onions & red peppers
(v)
rosemary grissini, lavosh bites & gluten free
sea salt wafers

dips and bits \$59

roast beetroot & cashew (gf/v)
hummus dip (v)
pumpkin & feta dip (v)
crudités: carrot, celery, cucumber & red
pepper batons

rosemary grissini & lavosh
marinated olives, orange, rosemary, chilli,
garlic & lemon (v)

cheese platter small \$46 large \$96

a selection of local south australian cheeses with dried figs, quince paste and assorted crackers

[gst at the rate of 10% is additional to all prices]

buffet

\$32 per person [minimum 20]

Rustic buffet style packages allows for a more upmarket and warm working lunch catering solution. Hot dishes crafted from farm-fresh local and seasonal ingredients, but not formulated to be reheated. Designed to be consumed shortly after delivery time. Catering will be delivered to your office or home in large share crockery bowls, served with disposable recyclable side plates, cutlery & cocktail napkins. Price includes collection of crockery bowls.

choice of 2 hot dishes

choice of 2 salads

batch baked soft damper rolls with butter & extra virgin olive oil

Options

lamb rump, roast vegetables, hasselback potatoes & rosmarijus (gf/df)

vegetable korma, winter vegetables, masala, fennel & tamarind (v/gf)

spinach and ricotta ravioli, pine nuts & red chilli pesto (v)

thai beef massaman curry, coriander rice, sliced shallots, crushed peanuts (gf/df)

pork and fennel meatballs with casarecce and a rich tomato sugo

butter chicken, cardamon rice and pappadams

basque pork belly, honeyed dutch carrots, spring onion mash chilli quince glaze

soy glazed seared salmon fillets, wilted bok choy, soba noodles (gf/df)

salads as above (excluding meat salads)

[gst at the rate of 10% is additional to all prices]

drinks

coffee and tea \$4 per person a minimum of 15 serves applies for tea or coffee and

includes:

percolated rio coffee

tea by twinings

full cream milk, skim milk & soy milk

unrefined cane sugar

green tea

english breakfast tea

peppermint tea

paper cups

wooden teaspoons

Coffee and hot water is delivered in airpots ready to serve. Lost equipment charged at replacement cost

the fiz

sanpellegrino cans - 300ml \$2.7

clementina

aranciata

aranciata rossa

pompelmo

lemonata

the h2o

acqua panna still water 250ml \$2.5

sanpellegrino sparkling water 250ml \$2.50

acqua panna still water 1lt \$7

sanpellegrino sparkling water 1lt \$7

the fruity

orange juice 2lt \$8

apple juice 2lt \$8

[gst at the rate of 10% is additional to all prices]