



EPICURE

Seasonal Conference 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.

Conference Package One

half day

package inclusions:

on arrival – please select one item to be served with tea and coffee
stand up buffet lunch – package one
morning tea or afternoon tea – please select two items to be served with tea and coffee

full day

package inclusions:

on arrival – please select one item to be served with tea and coffee
morning tea – please select two items to be served with tea and coffee
stand up buffet lunch – package one
afternoon tea – please select two items to be served with tea and coffee

Conference Package Two

half day

package inclusions:

on arrival – please select one item to be served with tea and coffee
stand up buffet lunch – package two
morning tea or afternoon tea – please select two items to be served with tea and coffee

full day

package inclusions:

on arrival – please select one item to be served with tea and coffee
morning tea – please select two items to be served with tea and coffee
stand up buffet lunch – package two
afternoon tea – please select two items to be served with tea and coffee

Conference Package Three

half day

package inclusions:

on arrival – please select one item to be served with tea and coffee
two course plated lunch – package three
morning tea or afternoon tea – please select two items to be served with tea and coffee

full day

package inclusions:

on arrival – please select one item to be served with tea and coffee
morning tea – please select two items to be served with tea and coffee
two course plated lunch – package three
afternoon tea – please select two items to be served with tea and coffee

On Arrival

coffee & tea

grinders coffee & a selection of temple teas

accompanied by

please select one item

freshly baked pastries

assorted danish pastries

baby buttery croissant

tomato & cheddar cheese (v) or shaved ham & tasty cheese

house made cookies

chef's selection of house made cookies

Morning Tea

coffee & tea

grinders coffee & a selection of temple teas

accompanied by

please select two items

cherry ripe bliss balls

coconut crumbed, dried cherries

freshly baked pastries

assorted danish pastries

rich chocolate brownie

hazelnut, dark chocolate ganache (gfp)

classic carrot cake

cream cheese icing, walnuts (v)

house made sticky date & walnut loaf

whipped caramel butter - *served warm*

portuguese custard tart

crisp pastry (v)

sweet muffin selection

please select one

apple & cinnamon muffin, *served warm*

or

dark chocolate muffin, mandarin ganache - *served room temp*

savoury muffin selection

please select one

chorizo, corn & sweet chilli muffin, *served warm*

or

pumpkin, cheese & chive muffin, *served warm (v)*

vegetable samosa

spicy mango chutney (v)

free range egg & bacon frittata

tomato relish, *served warm (gfp)*

Lunch – Package One

A stand up buffet lunch where all items are served in canapé size

the bakery

a selection of soft bap rolls, gourmet sandwiches & mountain bread wraps (2pp)
all with chef's selection of delicious fillings, including vegetarian, changing daily

the hot things

please select three items

lemon & parsley crumbed flathead

tartare sauce

jamaican spiced chicken skewer

coconut & pineapple relish (gfp) (nfp)

lemongrass & sesame chicken ball

sticky soy glaze

mini pizza selection

assorted toppings including vegetarian

bbq pork bun

char-sui

lamb, mint & feta kofta

tzatziki (gfp)

ricotta & spinach fataya

labne (v)

vegetable samosa

jack fruit & lime relish (v)

mushroom suppli

shaw river buffalo mozzarella, aioli (v)

gourmet country pies (*please select one*)

beef & burgundy

chicken & leek

vegetable tikka (v)

all served with classic tomato sauce

fresh fruit

sliced fresh fruit

seasonal local & tropical selection

beverages

refreshments

orange juice, apple juice, mount franklin lightly sparkling

coffee & tea

grinders coffee & a selection of temple teas

Lunch – Package Two

A stand up buffet lunch where all items can be eaten from small plate or bowl simply with a fork, allowing guest to move and mingle

the bakery

a selection of soft bap rolls, gourmet sandwiches & mountain bread wraps (2pp)
all with chef's selection of delicious fillings, including vegetarian, changing daily

grazing dishes

please select two items

panko crumbed chicken

cos lettuce, crisp bacon, shaved parmesan, creamy caesar dressing

moroccan lamb slider

sesame bun, confit garlic yoghurt, fresh mint, coral lettuce

bourbon glazed otway pork belly

southern slaw, apple cider mayonnaise, salt roasted peanuts

thai green chicken curry

coconut rice, fragrant herbs (gfp)

fish & chips

panko crumbed flathead, fries, remoulade sauce

braised limestone coast beef brisket

grain mustard potato cream, braised vegetables (gfp)

navratan korma

indian vegetable curry, basmati rice, roast cashews, roti bread (v)

herb polenta porridge

mushroom ragu, parmesan crisp (v) (gfp)

fresh fruit

sliced fresh fruit

seasonal local & tropical

beverages

refreshments

orange juice, apple juice, mount franklin lightly sparkling

coffee & tea

grinders coffee & a selection of temple teas

Lunch – Package Three

please select one entrée and main or one main and dessert

entrée

please select one

additional alternating course

lemon myrtle cured ocean trout

crème fraiche, fried capers, beetroot reduction, potato crisps (gfp)

chermoula roasted tasmanian salmon

cauliflower puree, honey & pomegranate dressing (gfp)

palm sugar glazed free range chicken breast

chilli, bean shoot & coriander salad, crisp rice noodles, sweet & sour dressing (gfp)

creole spiced roasted chicken

roasted corn & red pepper salsa, lemon yoghurt (gfp)

air dried prosciutto

yarra valley persian feta, sourdough crisps, wild rocket, balsamic glaze

roasted heirloom vegetable salad

organic black quinoa & pistachio, kalamata olive soil, red pepper essence (gfp) (vg)

main course

please select one

additional alternating course

'fish & chips'

macadamia & lemon crusted barramundi, rösti potato crisp, watercress & caper salad, beurre blanc

crisp skinned tasmanian salmon

grilled chorizo, white bean & pepper salsa, warm 'gazpacho' sauce

pan-seared chicken breast

kipler potato wedges, sugar snaps, mustard butter emulsion (gfp) (nfp)

slow roast riverina lamb rump

mint pea crush, roast sweet potato and beets, red wine jus (gfp) (nfp)

sticky soy glazed pork cutlet

coconut rice, broccolini, carrot ribbons, peanut, coriander & chilli salad, soy broth

char-grilled gippsland beef eye fillet

colcannon potato, edamame & broad beans, caramelised onion, jus (gfp) (nfp)

shaw river buffalo mozzarella & mushroom suppli

roasted heirloom pumpkin & red pepper, broad beans, napoli sauce, parmesan crisps (v) (nfp)

bread & salad, shared at the table

leaf salad

cucumber, cherry tomatoes, aged balsamic dressing (v)

freshly baked sourdough rolls

cultured australian butter & murray river salt

dessert or cheese

please select one

additional alternating course

vanilla panna cotta

poached rhubarb, orange gel, dark chocolate soil (gfp)

lemon steamed pudding

lemon curd, vanilla ice cream lemon balm

pear galette

caramel sauce, white chocolate mousse, honey & pistachio tuile

coffee brulée tart

chocolate cream, freeze dried honey, basil sprouts

chocolate fudge cake

roasted peanut butter ice cream, caramel sauce

cinnamon & caramel parfait

apple compote, gianduja chocolate wire, crisp apple (gfp)

beverages

refreshments

orange juice, apple juice, mount franklin lightly sparkling

coffee & tea

grinders coffee & a selection of temple teas

Afternoon Tea

coffee & tea

grinders coffee & a selection of temple teas

accompanied by

please select two items

warm fruit & plain scone

yarra valley preserve, chantilly cream (v)

lemon slice

yoghurt icing (v)

classic carrot cake

cream cheese icing, walnuts (v)

flourless mud cake

hazelnut dark chocolate glaze (v) (gfp)

lamington cupcake

raspberry jam, chocolate butter cream, toasted coconut

sweet muffin selection

please select one

apple & cinnamon muffin, *served warm*

or

dark chocolate muffin, mandarin ganache - *served room temp*

savoury muffin selection

please select one

chorizo, corn & sweet chilli muffin, *served warm*

or

pumpkin, cheese & chive muffin, *served warm* (v)

gippsland beef & red bean empanada

avocado cream

chicken & leek pie

tomato sauce

vegetable cornish pasties

tomato relish (v)

braised lamb & rosemary sausage roll

mint tomato chutney



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.