



Please note:

- All food will be delivered on quality disposable platters or foils where appropriate, garnished and sealed, ready to be placed directly onto your tables.
- There will be an additional charge if you wish to have your food presented on non-disposable platters unless they are provided by yourselves.
- All meat used is kosher unless prepared in your house
- DELIVERY fee of \$20 - \$40 depending on location
- Pick up is available
- 72 hours' notice is required for an order under \$200 and a minimum of 7 days' notice is required for orders over this

Starters

- House made dips – **Large \$25, Medium \$18, Small \$10**
 - Egg and mayonnaise (optional: addition of herbs)
 - Avocado (optional: addition of fetta) / Avocado Salsa
 - Hummus (original / beetroot / carrot)
 - Sun dried tomato
 - Roasted tomato & capsicum
 - White bean
 - Baba Ganoush
 - Olive
 - Beetroot
 - Chargrilled capsicum, walnut & pomegranate
 - Tuna and mayonnaise (optional: addition of dill and cucumber)
 - Tahini (original / green)
- Cured salmon (dill / beetroot and gin) - **\$80 per side (roughly 1kg)**
- Falafel balls - **.85c per ball (minimum order 20 balls)**

Salads

Sizes – Family (feeds 8-10) \$80, Medium (feeds 6-8) \$60, Small (feeds 4) \$40

- Cypriot grain salad (roasted freekeh, rice, quinoa, seeds, nuts, herbs, cranberries, pomegranate, date / pomegranate molasses dressing)
- Roast vegetable salad with a tahini or basil macadamia dressing
- Kale slaw salad with an orange & mustard dressing (kale, cabbage, carrot and pumpkin seed)

- Broccoli, sugar pea and bean salad with a sesame dressing
- Rainbow quinoa salad (quinoa, capsicum, tomato, red onion and herbs)
Optional: add flaked salmon, smoked trout, chicken, beans or chickpeas
- Broccoli salad with miso dressing (broccoli, red cabbage, carrot, spring onion, goji berries and sunflower seeds)
- Mixed tomato medley salad with balsamic dressing
- Garden salad with vinaigrette (mixed lettuce, tomato, cucumber, capsicum, carrot, beetroot and avocado)
- Corn and cucumber salad with a lime dressing (corn, cucumber, red onion, coriander)
- Cucumber salad with an avocado dill dressing
- Quinoa tabouli (quinoa, tomato, cucumber, parsley)
Optional: interchange quinoa with cauliflower 'rice' or burghul
- Roasted cauliflower florets, rocket, parsley and toasted almonds salad with a pomegranate molasses dressing
- Rocket, roast beetroot, figs and walnut salad with balsamic reduction
Optional: add feta
- Asian soba noodle salad with soy dressing (soba noodles, red cabbage, carrot, edamame beans, cucumber, sugar snap peas, spring onions, roasted sesame seeds)
Optional: add raw or cooked tuna / salmon
- Vietnamese slaw with poached chicken (cabbage, spring onion, carrot, red capsicum, mint, coriander, peanuts)
- Roast sweet potato and seed salad with a balsamic dressing (roast sweet potato, rocket & spinach, pumpkin seeds, sunflower seeds, sesame seeds)
Optional: add feta and roast beetroot
- Fattoush salad with a sumac-lemon dressing and pita crisps (lettuce, cucumber, capsicum, tomato, parsley)
- Cabbage salad with almonds and vinaigrette dressing (green & purple cabbage, parsley, radish, slivered almonds)
- Shaved Brussels sprout salad (Brussels sprouts, pecans, cranberries, thyme)
- Mediterranean Summer Salad (quinoa, olives, capers, sun-dried tomatoes, roasted capsicums, borlotti beans, green chilli, red onion, chives, dill)
- Thai beef salad with lime dressing (dried mushrooms, quinoa, beef, red onion, spring onion, red capsicum, bean sprouts, green beans, cucumber, chilli, coriander)
- Harissa dressed kale salad (kale, carrots, feta, raisins)
- Fennel, cucumber and dill salad (fennel, cucumber, avocado, dill, chives, poppy seeds)
- Lentil, beetroot and apple salad with a mustard dressing (lentils, beetroot, chicory, thyme, apple, mixed leaves, cranberries, pecans, red onion and herbs)
- Flaked salmon salad with a mustard vinaigrette or miso dressing (seasonal vegetable salad with cooked salmon fillets flaked throughout)

Sides

- Caramelised onion & kale tart - **\$65 per tart (feeds 10-12)**
- Zucchini and sweet potato fritters - **\$50 per serve (makes 12 fritters)**
- Green rice (brown rice with spring onion, broccoli, bok choy, spinach, zucchini) - **\$45 per serve (feeds 6-8)**

- Roasted chat potatoes with rosemary & salt - **\$45 per serve (feeds 8-10)**
- Ratatouille (optional: add chickpeas) - **\$45 per serve (feeds 6-8)**
- Balsamic roasted beetroot with hazelnuts and parsley - **\$45 per serve (feeds 6-8)**
- Zaatar roasted Dutch carrots - **\$45 per serve (feeds 6-8)**
- Maple roasted pumpkin pieces - **\$45 per serve (feeds 4-6)**
- Saffron spiced nutty rice - **\$45 per serve (feeds 6-8)**
- Jewelled rice (Iranian recipe with fragrant spices, dried fruits and nuts) - **\$45 per serve (feeds 6-8)**
- Quinoa pilaf with caramelised onions and slivered almonds (optional: use a different grain) - **\$40 per serve (feeds 6-8)**
- Roasted Brussels sprouts with maple walnuts - **\$40 per serve (feeds 4-6)**
- Hasselback sweet potatoes with a herb dressing - **\$40 per serve (feeds 4-6)**
- Roasted onions with garlic and thyme - **\$40 per serve (feeds 4-6)**
- Silky smooth cauliflower mash - **\$35 per serve (feeds 4-6)**
- Middle Eastern spiced whole roasted cauliflower (optional: tahini sauce) - **\$35 per cauliflower**
- Lemon, garlic roasted beans with almonds - **\$30 per serve (feeds 4-6)**
- Maple and tahini pumpkin 'hummus' / roasted carrot hummus (optional: topped with roasted, spiced cauliflower florets) - **\$30 per serve (feeds 4-6) Additional: \$15 for cauliflower**
- Garlic lemon roast broccoli - **\$30 per serve (feeds 4)**
- Moroccan pumpkin halves - **\$30 per half (feeds 4)**

Mains – Prices are for kosher meat

- Slow cooked lamb shoulder - **\$85/kg**
 - Red wine, tomato and caramelised onion
 - Garlic and rosemary
- Slow cooked beef brisket - **\$70/kg**
 - Chilli
 - Tomato and red wine
- Chicken - **\$50/kg (whole or pieces)**
 - Marinated in fennel and orange
 - Lemon, garlic and thyme
 - Middle Eastern spiced
 - Coriander-mustard
 - Honey-soy (can also be done as ribs / drumettes)
 - Chicken in Tahini
- Side of salmon - **\$120 per side (approx. 1.2kg)**
 - Herb & nut crusted
 - Maple glazed
 - Teriyaki
 - Lemon & dill
 - Spicy lemon
 - Turmeric spiced

Dessert

- Raw "Gaytime" cake - **\$95 (feeds 12-16)**
- Raw "Cornetto" cake - **\$95 (feeds 12-16)**
- Raw "Magnum" ice-cream cake - **\$95 (feeds 12-16)**
- Fruit platters – **Large \$75 (feeds 8-10), Medium \$55 (feeds 6-8), Small \$35 (feeds 4-6)**
- Chocolate ganache tart - **\$65 per cake (feeds 10-12)**
- Flourless chocolate cake - **\$60 per cake (feeds 10-12)**
- Choc-mint slice - **\$60 (makes 12-16 slices)**
- Apple crumble (optional: topped with maple roasted berries or a dairy free custard) - **\$55 per crumble (feeds 8-10). Additional cost for berries and custard**
- Rocky road - **\$55 (feeds 8-10)**
- Chocolate brownies - **\$55 per serve (makes 16 brownies)**
- Orange cake - **\$55 per cake (feeds 10-12)**
- Apple cake - **\$55 per cake (feeds 10-12)**
- Cinnamon and honey poached pears - **\$45 for 4 pears**
- Dairy free vanilla-honey custard - **\$30 per serve (feeds 4-6)**
- Date bombs (chocolate coated dates filled with nut butter) - **\$1.25 per date (minimum 20 dates)**
- Chocolate truffle balls - **\$.85 cents per truffle (minimum 20 truffles)**

Staffing

Vital Assurance can arrange staff at your event. They can assist with:

- Cooking / Heating / Assembling of food
- Serving of food
- Washing everything
- Assist with tidying and cleaning

Cost of staff will be \$40 per hour for a minimum of 4 hours

Terms & Conditions

Once the quote has been approved by the client, we will issue you with an invoice. A 50% non-refundable deposit must be paid in order to secure the booking.

The client has up to 7 days prior to the event to notify us of any increase or decrease in numbers. The final number at this point is what the client will be charged for.

The outstanding amount is payable 3 days prior to the event unless otherwise agreed to by both the client and Vital Assurance.