



COOLER CLIMES
2019

Drop off catering menu

CHOMP

BRIGHTEN YOUR PLATE

Drop-off Catering Menu

BREAKFAST of CHOMPIONS



| | | | | | |
|---|-----------|----------------|---|------------|---------------|
| BREKKY POTS | Minimum 6 | \$7.00 | SAVOURY | | |
| Mixed Berry Coconut Chia Pots | | | B&E Sliders | Minimum 12 | \$5.10 |
| Chia seeds soaked in coconut milk layered with vanilla cashew cream and a mixed berry compote. [Vegan / Contains nuts] | | | Brioche slider buns filled with: | | |
| | | | - Free-range crispy bacon, scrambled eggs and our house tomato relish. | | |
| | | | - Grilled mushroom, avocado, scrambled eggs and our house tomato relish. [Vegetarian] | | |
| Coco Cups | Minimum 6 | \$3.50 | Brekky Burrito | Minimum 6 | \$8.00 |
| A delicious date, cacao and nut base tart filled with coconut yoghurt and topped with fresh berries and mint. [Vegan/GF/Contains nuts] | | | Soft, warm tortilla filled with: | | |
| | | | - Free range bacon, scrambled eggs, grated cheese and spicy tomato sauce. | | |
| | | | - Brown rice, black beans, scrambled eggs, grated cheese and spicy tomato sauce [Vegetarian] | | |
| Rhubarb Yoghurt Crumble Pot | Minimum 6 | \$7.00 | Big B&E Roll | Minimum 6 | \$9.00 |
| Greek yoghurt, Chomp's toasted muesli and topped with house-made rhubarb compote. [Contains nuts] | | | Free-range crispy bacon, scrambled egg and tomato relish on a soft organic dusted roll. | | |
| HEALTHY | | | Oui Oui Croissant | Minimum 6 | \$9.00 |
| Soul Bowl | Minimum 6 | \$9.00 | All butter croissants loaded with relish and cut in half to share...or not. | | |
| Sauteed kale, grilled Portobello mushrooms, tomatoes, avocado, beetroot hummus and quinoa topped with toasted seeds and a hint of chilli. [GF] | | | - Prosciutto, tomato and sliced brie | | |
| - with egg | | \$10.50 | - Grilled mushrooms, brie and avocado [Vegetarian] | | |
| Smashed avo on sourdough | Minimum 6 | \$9.00 | | | |
| Smashed avo on sourdough toast with a choice of: | | | | | |
| - Danish feta | | | | | |
| - Thyme roasted mushrooms | | | | | |
| - Smoked salmon. | | | | | |

MORNING OR AFTERNOON TEA TREATS

Minimum 6 of each



| | | | | | |
|---|--------|---------------|---|--------------|---------------|
| Mad Hatter's Muffins | | \$4.10 | Bad Boy Brownies | | \$4.50 |
| House-made daily and decadently topped, you will receive a mix of our specials of the week | | | Our MOST WANTED double trouble chocolate brownies with our secret recipe of indulgent cacao, dark, milk and white chocolate [GF] | | |
| - Pumpkin, maple & cranberry | | | | | |
| - Banana & blueberry | | | Brownies Bites | | \$2.50 |
| - Davidson plum & star anise | | | Bite sizes of our Bad Boys | | |
| - Pear & ginger | | | Coconut and Banana Loaf Slice | | \$5.50 |
| - Cinnamon & toffee apple | | | Coconut and banana loaf, sliced with a serve of cashew cream [GF/ DF] | | |
| Plant-based Muffins | | \$4.10 | Frittata | | \$4.50 |
| Try our selection of plant-based muffins and see if you can tell the difference. [Vegan/Contains nuts] | | | Mushroom, pumpkin, cheddar and kale with fresh herbs [GF / Vegetarian] | | |
| Sweet Treats | | \$3.50 | Plant-based Sweet Treats [Vegan] | Min 12 total | \$3.50 |
| A chef selection mix of the following: | | | - Bounty popsicles - creamed coconut dipped in vegan dark chocolate on a stick | | |
| - Chocolate ganache & caramel tart with chocolate sails | | | - Cacao cashew butter truffles [Contains nuts] | | |
| - Blood orange Swiss Roll slice | | | - Bliss Balls, try our new flavours! [Contains nuts] | | |
| - Pea & vanilla cake with lemon icing | | | - Jaffa Ball - cashews, coconut, rice syrup and orange peel. | | |
| - Mini bread and butter puddings with coffee cashew cream - [Contains nuts] | | | - All Spice - almonds, dates, currants and coconut with all spice. | | |
| | | | - Ferrero RAWcher - crushed hazelnuts, nut butter and cacao | | |
| Roots - Plant Bars | Min 12 | \$3.50 | | | |
| Plant-based, nutrient rich, raw, energy bars for a sustained energy boost. Packed with delicious fruits, veggies, seeds and nothing else! [GF/DF/Nut Free/Vegan] | | | | | |
| 3 delicious flavours | | | | | |
| - Apple & Cinnamon | | | | | |
| - Goji Berry & Cacao Nib | | | | | |
| - Dark Choc & Orange | | | | | |

ROOTS
HEALTH FOODS

NEW

CHOMP

BRIGHTEN YOUR PLATE

LUNCH



SOURDOUGH SANDWICHES AND WRAPS

SOURDOUGH WICHES'

Organic sourdough, cut in half

\$ 11

WRAPS

Perfect for meetings, cut in half

\$ 9

GLUTEN FREE

BREAD

\$ 13

Order a Pot Luck Platter to receive a variety of our weekly specials:

Santorini Sandwich - Marinated free-range chicken gyros, sliced on a bed of salad leaves, with Danish feta, fresh tomato and tzatziki.

Winter Chook - Free-range poached chicken with dried cranberry, walnuts, celery, fresh herbs and cranberry & yoghurt sauce. **[Contains nuts]**

The Classic Hambo - Free-range ham, sliced pecorino, hot mustard mayo and fresh tomato.

Hey Pesto - Chomp's house-made hummus, nut free pesto, roasted carrots and rocket. **[Vegan]**

Hot Pickle - House-made corned beef, pickled red cabbage, cucumber pickles and hot English mustard mayo. **[Dairy free]**

Hot Shroom - Baked field mushrooms, pickled cabbage, cucumber pickles and hot English mustard mayo. (Ask for no mayo for Vegan version). **[Vegetarian / Dairy free]**

SUPER SALAD SELECTION

SMALL

Minimum 6 per flavour. A light snack, perfect for meetings

\$8.85

MAIN MEAL

Minimum 4 per flavour. Hands off, this is all yours!

\$ 14

SHARING IS CARING

Serves 6-10 as part of your Chomp spread

\$65

ADD FREE RANGE POACHED CHICKEN FOR EXTRA PROTEIN

SMALL - \$1

MAIN - \$2

SHARING - \$5

Packed full of mouthwatering ingredients, make friends with one of our hero salads for a healthy and exciting lunch that won't leave you hankering for a portion of fries!

Green Grill - Simple but delicious, grilled cos lettuce hearts with an olive & lemon dressing and parmesan shavings. **[GF / Vegan on request]**

Red Rainbow - Grated beetroot, red apple and sliced cabbage with grilled fennel, toasted walnuts and a creamy tahini herb dressing. **[GF / Vegan / Contains nuts]**

Pome Pumpkin - Roast pumpkin chunks with quinoa, cranberry, baby spinach, creamy Danish feta, fresh herbs and pomegranate seeds drizzled with balsamic pomegranate dressing. **[GF]**

Buddah Booster - Superfood salad of turmeric roasted cauliflower, black rice, brown rice, orange segments, rocket, pickled red onion and topped with toasted seeds and our green goddess dressing. **[GF / Vegan]**

SUPERHERO SLIDERS

MIN 12 PER FLAVOUR

\$5.50

Sesame topped brioche slider buns with your choice of fillings:

Truffle Mushroom - Panko crumbed Portobello mushroom schnitzel, slaw and truffle mayo **[Vegetarian]**

Santorini Slider - Marinated Greek gyros style chicken, sweet potato fries, crumbly feta and tzatziki

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LUNCH continued...



HOT STEW / SOUP POTS

INDIVIDUAL SERVES

To eat straight away

Minimum 12 X 350ML serves, in a biodegradable pot with spoon.

\$8.50

SOUP STATION

Keep the soup hot for your staff

Minimum 25 portions, provided in a soup kettle with ladle.

Kettle Hire **\$30**

Soup of the day, served with croutons and GF croutons.

Soup will be one of the following:

Goan Curry

- Potato and cauliflower in a mild, warm spiced curry sauce [VEGAN / GF]
- Chicken, potato & cauliflower in a mild, warm spiced curry sauce [GF]

Mild Japanese

- Vegetable curry style soup and sweet miso [VEGAN / GF]
- Chicken curry style soup and sweet miso

Classic homestyle Italian

Chicken soup with winter vegetables, and thyme [GF]

Spicy Chorizo

Corn, black bean and chorizo soup with fresh tomato, chipotle and black pepper [GF]

Chilli Coconut

- Sweet potato and coconut with chilli [VEGAN / GF]

AMAZE & GRAZE SHARING BOARDS



Share a memorable moment with one of our delicious sharing boards that are a feast for all the senses.

MEDIUM
Feeds 5-10

LARGE
Feeds 10-20

MEGA
Feeds 20-25

Mediterranean Magic Platter - M \$90, L \$130, Mega \$180

Heaving with a fine cheese selection, cured meats, artisan olives, house-made fruit pastes, fresh berries, toasted nuts, medjool dates, crackers, house-made lavosh, pickled veg and more...

Endless Summer - M \$55, L \$80

A tropical party of seasonal fruit and berries conveniently sliced and ready to eat

Dunk & Crunch Veggie Dip - M \$65, L \$115

Super moreish house roasted veggie chips, dehydrated kale chips, a Chomp trio of dips, raw veg sticks and toasted seeds - the perfect healthy snack box.

[Plant Based]

Nordic Nibble Board - M \$85, L \$120

A lighter share plate of sliced smoked salmon, roast free-range chicken breast, seeded crackers, mini toasts, dill cream cheese, sauerkraut, pickles and relish.

Blissful Bites Board [GF / DF] - M \$60, L \$120

A healthier alternative for sweet-toothed Chompers! Chomp bliss balls, cashew truffles, bounty popsicles, salted cinnamon popcorn, gluten-free brownie bites & banana loaf squares, nuts, chocolate bark, fresh berries and cashew cream. Contains Nuts

Grazing Stations - Enquire to info@chomplife.com.au

A show stopping spread heaving with an indulgent selection of fine cheeses, cured meats, antipasto, artisan olives, Iggys sourdough wheel-bread, house-made dips, lavosh and crackers. Everything you need to snack away. Top it off with Chomp's signature styling, tablecloths, biodegradable plates, cutlery and napkins. All platters included, contact Chomp to include florals and foliage.

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BANGIN BUFFET MENU / STAFF LUNCHES

MIN 20 ppl

\$ 17.60 per person

Pitta Party

Main

Authentic Greek style chicken gyros, free-range chicken thigh marinated in yoghurt and oregano, sliced into bite size pieces **[GF]**

and

Pea & zucchini falafels & hummus **[Vegan / GF]**

Sides

Baked sweet potato paprika "fries"
Green Grill salad
Soft pittas
Tzatziki sauce

Goan Grazer

Main

Vegan Goan Curry with potato and cauliflower in a mild, wam spiced curry sauce **[Vegan / GF]**

and

Chicken Goan Curry with potato and cauliflower in a mild, wam spiced curry sauce **[GF]**

Sides

Steamed rice with turmeric
Pickled onion, radish and cucumber with coriander

The Roast with the Most

Main

Classic whole roast chicken pieces with crispy herb skin **[GF]**

and

Lentil & eggplant mousakka with hummus and chargrilled peppers **[Vegan / GF]**

Sides

Minted green peas & greens **[Vegan / GF]**
Crispy rosemary roast potatoes **[Vegan / GF]**

The Real Italian

Main

Tomato eggplant pasta with fresh herbs & lemon **[Vegetarian]**

and

Traditional meatballs & classic tomato sauce with parmesan **[GF]**

Sides

House-made Foccacia
Grilled cos lettuce with olives

Build Your Own Antipasti Sandwich

Choose your own lunch with a selection of grilled chicken, cured meats, smoked salmon, grilled veggies, housemade pesto, winter relish and house-made olive foccacia bread

Per person serving: approx 400g with 150g protein and a 70/30 meat/vegetarian split

Food is served hot and ready to eat in aluminium drop off catering containers. For an additional cost, chaffing dishes can be provided to keep food warm for an extended period, please advise us when placing the order.

Please also advise if you require biodegradable disposable cutlery packs. Serving utensils are only provided with chaffing dishes.

Setup fee will be added for orders over 50 people

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OFFICE PARTY FAVES



Treat the hard-working team to a mix of the below Chomp favourites. Minimum 12

| | | | |
|---|---------------|---|---------------|
| Mini shepherds pie - Made with grass-fed beef with creamy herbed mash potato topping - Plant-based version filled with roasted root winter vegetables in a rich tomato sauce topped with herbed mashed potato [Vegan] | \$5.00 | Arancini Mushroom, truffle, cheese arancini with truffle mayo [Vegetarian] | \$3.50 |
| Vietnamese rice paper rolls Prawn, tofu and chicken [GF/DF] | \$4.10 | Mini Frittata Mini frittata with feta and chive whip [Vegetarian] | \$3.50 |
| Plant-based sausage rolls Walnut, caramelised onion and oats sausage roll with rich house-made ketchup [Vegan / Contains nuts] | \$3.30 | Teriyaki Tempeh Skewers Sticky, sweet and tangy tempeh skewers with a crisp coating ready to dip into a fresh ginger and peanut dipping sauce [Vegan] | \$3.00 |
| House-made sausage rolls Free-range pork, fennel and apple with house-made ketchup | \$3.80 | Super Hero Sliders - Truffle Mushroom - Panko crumbed mushroom schnitzel on a bed of rocket and truffle mayo [Vegetarian] - Santorini Slider - Marinated Greek gyros style chicken, fresh tomato, crumbly feta and tzatziki | \$5.50 |
| Mediterranean Chicken skewers Lemon & thyme chicken thigh skewers with aioli [GF] | \$4.50 | | |

HYDRATION STATION



| | | | | |
|---|-------|---------------|--|---------------|
| Emma & Tom's Juice 350ml | 350ml | \$4.20 | Tea and Coffee Minimum 12 | \$3.50 |
| Carton & Co. Boxed Water – 500ml | 500ml | \$3.50 | Freshly ground coffee served in a plunger or coffee percolator and hot water urn (coffee percolator and urn hire separate). Includes an assortment of quality teas, milk, sugar, stirrers and disposable cups. | |
| San Pellegrino Sparkling Mineral Water | 250ml | \$3.50 | | |
| | 500ml | \$5.00 | | |

Coffee Percolator and Hot Water Urn Hire \$60.00 each

EXTRAS

| | |
|--|---------------|
| Biodegradable cutlery pack Plate, cutlery and napkin | \$1.50 |
|--|---------------|

EVENT STAFF

Food Preparation

- Executive Chef
- Sous Chef

Contact Chomp to discuss your requirements

Wait staff

- RSA qualified wait staff
- Wait staff
- Cocktail wait staff

Contact Chomp to discuss your requirements



BRIGHTEN YOUR PLATE

EVENT MANAGEMENT

WE'VE GOT YOU COVERED

- PRIVATE EVENTS
- FINE FOOD / CANAPES
- ALCOHOL PACKAGES
- BABY SHOWERS
- CORPORATE IN-HOUSE LUNCHES
- FILM SHOOT CATERING
- PRODUCT LAUNCHES

Rest assured, we've got your special event covered with our unique style.

Chomp provide:

- Food & Beverage Staff
- Qualified Chefs
- Styling including floral arrangements
- Equipment Hire

Please enquire for a quote

info@chomplife.com.au

0413 507 450

FOR THE LOVE OF GOOD FOOD

Our food options are far from limited to this menu, in fact some of our most memorable food comes from having a quick chat with a customer to design a bespoke spread fit for your awesome occasion!

T'S + C'S

The simplest way to order is online at www.chomplife.com.au otherwise email your order to info@chomplife.com.au

Orders to be placed by 1pm the day before.

Last minute orders, give us a call can we will do our best to fit you in.

Platter collection: Please could you keep platters ready for collection at your reception or return to our address.

As everything is made fresh to order, a cancellation within 24 hours will be charged at 50% of order. 50% deposit required one week prior to events and balance payment the day before.

Minimum order:

Weekdays: \$150.00 Weekends: \$800

Delivery fee: \$10 within 5km of CBD, 5km+ and weekend delivery fees vary - please enquire.

www.chomplife.com.au

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