



COOLER CLIMES  
2019

*Drop off catering menu*



BRIGHTEN YOUR PLATE

# Drop-off Catering Menu

## BREAKFAST of CHOMPIONS



### BREKKY POTS Minimum 6 **\$5.50**

**Mixed Berry Coconut Chia Pots - 150ml**  
Chia seeds soaked in coconut milk layered with vanilla cashew cream and a mixed berry compote. **[Vegan / Contains nuts]**

### Rhubarb Yoghurt Crumble Pot - 180ml Minimum 6 **\$5.50**

Greek yoghurt, Chomp's toasted muesli and topped with house-made rhubarb compote. **[Contains nuts]**

### HEALTHY

#### Soul Bowl Minimum 6 **\$9.00**

Sauteed kale, grilled Portobello mushrooms, tomatoes, avocado, beetroot hummus and quinoa topped with toasted seeds and a hint of chilli. **[GF]**

- with egg **\$10.50**

#### Smashed avo on sourdough Minimum 6 **\$9.00**

Smashed avo on sourdough toast with a choice of:

- Danish feta
- Thyme roasted mushrooms
- Smoked salmon. **\$10.50**

#### Coco Cups Minimum 6 **\$3.00**

A delicious date, cacao and nut base tart filled with coconut yoghurt and topped with fresh berries and mint. **[Vegan/GF/Contains nuts]**

### SAVOURY

#### B&E Sliders Minimum 12 **\$5.10**

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]**

#### Brekky Burrito Minimum 6 **\$8.00**

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]**

#### Big B&E Roll Minimum 6 **\$9.00**

Free-range crispy bacon, scrambled egg and tomato relish on a soft organic dusted roll.

#### Oui Oui Croissant Minimum 6 **\$9.00**

All butter croissants loaded with relish and cut in half to share...or not.

- Prosciutto, tomato and sliced brie
- Grilled mushrooms, brie and avocado **[Vegetarian]**

# CHOMP

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## MORNING OR AFTERNOON TEA TREATS



Minimum 6 of each

### Mad Hatter's Muffins

House-made daily and decadently topped, you will receive a mix of our specials of the week **[Vegan/Contains nuts]**

- Pumpkin, maple & cranberry
- Banana & blueberry
- Davidson plum & star anise
- Pear & ginger
- Cinnamon & toffee apple

**\$4.10**

### Bad Boy Brownies

Our MOST WANTED double trouble chocolate brownies with our secret recipe of indulgent cacao, dark, milk and white chocolate **[GF]**

**\$4.50**

### Mini Mad Hatter's Muffins

Love our muffins but prefer something slightly smaller? Try these out, they go great with a selection of light bites. **[Vegan/Contains nuts]**

**\$2.20**

### Brownies Bites

Bite sizes of our Bad Boys

**\$2.50**

### Fruit Skewers

3 piece fruit skewer, ready and easy to eat with seasonal fresh fruits. Please note, we hate waste so our fruit skewers aren't perfectly shaped, expect nice big chunks of fruit!

**\$3.10**

### Coconut and Banana Loaf Slice - halves

Coconut and banana loaf, sliced with a serve of cashew cream **[GF / DF]**

**\$2.50**

### Frittata

Mushroom, pumpkin, cheddar and kale with fresh herbs **[GF / Vegetarian]**

**\$4.50**

### Mini Croissants

Plain and chocolate, great with your morning tea or coffee.

**\$2.20**

### Plant-based Sweet Treats **[Vegan]**

Min 12 total

**\$3.50**

- Bounty popsicles - creamed coconut dipped in vegan dark chocolate on a stick
- Cacao cashew butter truffles **[Contains nuts]**
- Bliss Balls, try our new flavours! **[Contains nuts]**
  - Jaffa Ball - cashews, coconut, rice syrup and orange peel.
  - All Spice - almonds, dates, currants and coconut with all spice.
  - Ferrero RAWcher - crushed hazelnuts, nut butter and cacao

### Sweet Treats

A chef selection mix of the following:

- Chocolate ganache & caramel tart with chocolate sails
- Blood orange Swiss Roll slice
- Pea & vanilla cake with lemon icing
- Mini bread and butter puddings with coffee cashew cream - **[Contains nuts]**

**\$3.50**

### Lamingtons

The Aussie favourite, ours could quite possibly be one the softest lamington you will every try.

**\$2.30**

### 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

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## LUNCH



### SOURDOUGH SANDWICHES AND WRAPS

Minimum 6 unless otherwise stated

#### SOURDOUGH WICHES'

Organic sourdough, cut in half

\$ 11

#### WRAPS

Perfect for meetings, cut in half

\$ 9

#### GLUTEN FREE BREAD

min 2

\$ 13

### NEW! Chomp Bite Box

A bite size selection of quartered bagels, baguettes, sandwich quarters and small wraps. Easy to eat breads with our delicious fillings. Variety at its best! We recommend min 2 pieces per person (Min 5 pieces)

\$ 8.80

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!

**Balsamic Beets** - Thyme & sea salt roasted beetroot, carrots and parsnips with a balsamic reduction, rosemary ricotta and crunchy beetroot chips. **[Veg / GF]**

**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]**

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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]**

### Spicey 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]**

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## 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, chocolate bark, fresh berries and cashew cream. Contains Nuts



## GRAZING STATIONS

This is where you can see Chomp really Brighten Your Plate!

From a simple grazing table for a group of friends to wedding feasts, product launches and televised media events, Chomp's signature bespoke styling and floral work will leave your tummies content and your phone's full of photos. Speak with Chomp's events team to have your grazing table custom created to suit your needs.

Enquire to [info@chomplife.com.au](mailto:info@chomplife.com.au)

## 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

# CHOMP

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## OFFICE PARTY FAVES



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

<b>Mini shepherds pie</b> - 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 <b>[Vegan]</b>	<b>\$3.50</b>	<b>Arancini</b> Mushroom, truffle, cheese arancini with truffle mayo <b>[Vegetarian]</b>	<b>\$3.40</b>
<b>Vietnamese rice paper rolls</b> Prawn, tofu and chicken <b>[GF/DF]</b>	<b>\$4.10</b>	<b>Mini Frittata</b> Mini frittata with feta and chive whip <b>[Vegetarian]</b>	<b>\$3.50</b>
<b>Premium Plant-based rice paper rolls</b> Peking Duck, Bi Fare, Chicken Satay rolls - honestly, these are all plant based!	<b>\$5.00</b>	<b>Teriyaki Tempeh Skewers</b> Sticky, sweet and tangy tempeh skewers with a crisp coating ready to dip into a fresh ginger and peanut dipping sauce <b>[Vegan]</b>	<b>\$3.00</b>
<b>Plant-based sausage rolls</b> Walnut, caramelised onion and oats sausage roll with rich house-made ketchup <b>[Vegan / Contains nuts]</b>	<b>\$2.50</b>	<b>Super Hero Sliders</b> - <b>Truffle Mushroom</b> - Panko crumbed mushroom schnitzel on a bed of rocket and truffle mayo <b>[Vegetarian]</b> - <b>Santorini Slider</b> - Marinated Greek gyros style chicken, fresh tomato, crumbly feta and tzatziki	<b>\$5.50</b>
<b>House-made sausage rolls</b> Free-range pork, fennel and apple with house-made ketchup	<b>\$3.00</b>		
<b>Mediterranean Chicken skewers</b> Lemon & thyme chicken thigh skewers with aioli <b>[GF]</b>	<b>\$3.85</b>		

## HYDRATION STATION



<b>Emma &amp; Tom's Juice 350ml</b>	350ml	<b>\$4.20</b>	<b>Tea and Coffee</b>	<b>\$4.50</b>
<b>Carton &amp; Co. Boxed Water – 500ml</b>	500ml	<b>\$3.50</b>	Freshly ground coffee and an assortment of quality teas, milk, sugar, stirrers and disposable cups.	
<b>San Pellegrino Sparkling Mineral Water</b>	250ml	<b>\$3.50</b>	Small meeting	<b>\$4.50</b>
	500ml	<b>\$5.00</b>	- served in a handy thermos 12 - 40pax	
			Large meeting - 40+ pax	<b>\$4.30</b>
			- you're catering for a large or all day event and need to keep everyone hydrated and motivated!	
			Served in a coffee percolator and hot water urn and requires access to two power points.	

## EXTRAS

<b>Biodegradable cutlery pack</b> Plate, cutlery and napkin	<b>\$1.50</b>
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## EVENT STAFF

### Food Preparation

- Executive Chef	Contact Chomp to discuss your requirements
- Sous Chef	

### Wait staff

- RSA qualified wait staff	Contact Chomp to discuss your requirements
- Wait staff	
- Cocktail wait staff	
- Barista staff	



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](mailto: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](http://www.chomplife.com.au) otherwise email your order to [info@chomplife.com.au](mailto: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](http://www.chomplife.com.au)

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