



**WARMER CLIMES
2020**

Catering menu

CHOMP

BRIGHTEN YOUR PLATE

Menu info:

VG = Vegan/Plant Based

V = Vegetarian

GF = Gluten Free

CN = Contains Nuts

We're passionate about doing our bit for the health of the planet and the health of our customers.

- **We have removed beef from our menu - it has the biggest impact on the environment of all meats**
- **All plant-based/vegan options are highlighted green**
- **75% of menu options are vegetarian**
- **57% are plant-based/vegan**

BREAKFAST of CHOMPIONS

BREKKY POTS	Minimum 6	\$ 5.50	SAVOURY		
Peaches and Cream Chia Pots - 150ml			B&E Sliders	Minimum 12	\$ 5.10
Grilled peach compote on top of smooth chia pudding with almond cream. [VG/GF/CN]			Brioche slider buns filled with:		
			- Free-range crispy bacon, baked eggs and our house tomato relish.		
			- Chomp's signature chickpea scramble, grilled mushroom and our house made tomato relish. [V]		
Mango Passion	Minimum 6	\$ 5.50	Bagel Brunch	Minimum 6	\$ 7.00
Yoghurt Crumble Pot - 180ml			Organic bagel open halves topped with your choice of		
Smooth Greek yoghurt topped with toasted muesli and house-made mango & passion fruit compote. [V/GF/CN]			- Smashed avo and finger lime [VG]		
			- Smoked salmon, dill cream cheese & lemon		
Mango Passion Coconut Yoghurt Crumble Pot - 180ml	Minimum 6	\$ 8.00	- Smashed avo, banana and maple - [VG]		
Creamy coconut yoghurt topped with toasted muesli and house-made mango & passion fruit compote. [VG/GF/CN]			- Spiced mascarpone, fresh berries & vanilla bean - [V]		
HEALTHY			Big B&E Roll	Minimum 6	\$ 9.00
Mexi Morning Bowl	Minimum 6	\$ 9.00	- Free-range crispy bacon, scrambled egg and house made tomato relish on a soft organic dusted roll.		
Chomp's Smokey BBQ breakfast beans with grilled mushrooms topped with watermelon & tomato salsa, avocado mousse and smoked coconut chips [VG/GF]			- Chomp's signature chickpea scramble, grilled mushroom & and our house made tomato relish. [VG]		
- option to add soft boiled egg [V/GF]		\$ 10.50	Bonjour Croissant	Minimum 6	\$ 9.00
			All butter croissants loaded with relish and cut in half to share...or not.		
Smashed avo on sourdough	Minimum 6	\$ 9.00	- Swiss cheese, free range ham and sun dried tomato pesto		
Smashed avo on sourdough toast with a choice of:			- Grilled mushroom, spinach and red onion relish [V]		
- Danish feta [V]					
- Thyme roasted mushrooms [VG]					
- Smoked salmon.		\$ 10.50			

BREAKFAST BUFFETS

Minimum 15 people - please advise if you require serving equipment, plates and cutlery

The Full Sydney [Contains GF and VG options]	\$ 16.00
Something for everyone with plenty of vegetarian, vegan and gluten free options. Bacon, scrambled eggs, chickpea scramble, thyme roasted mushrooms, BBQ baked beans, avocado smash, roasted tomato halves, bread rolls, GF bread, house made relish, granola, yoghurt, seasonal fruit salad and platters of fruit.	
Bad Boy Bagel Bar [Contains VG options]	\$ 12.00
Sweet and savoury spread with plenty of vegan and vegetarian options. Savoury: Lemon & chive cream cheese, smoked salmon, tomato slices with fresh basil and avocado smash. Sweet: Blueberry cream cheese, smashed banana, honey ricotta, nutella and sliced strawberries.	
Mediterranean Breakfast [Contains VG options]	\$ 13.50
Turkish style scrambled eggs, Israeli salad, olives, labneh, hummus, avocado, tahini, Turkish soft bread, gluten free bread and jam.	

CHOMP

BRIGHTEN YOUR PLATE

MORNING OR AFTERNOON TEA TREATS

Minimum 6 of each



Mad Hatter's Muffins

\$4.10

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

- Plum pudding
- Peach melba
- Mango madness

Mini Mad Hatter's Muffins - sweet

\$2.20

Hit the spot in 3x bites with a weekly change of berry & honey to lemon and ricotta.

- vegan on request **[VG/CN]**

Mini Mad Hatter's Muffins - savoury

\$2.20

Perfect little bites with an assortment of flavours of the week including olive & sun dried tomato and pumpkin & thyme

- vegan on request **[VG/CN]**

Fruit Skewers

\$3.10

4 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! **[VG/GF]**

Mini Croissants

\$2.20

House made and great with your morning tea or coffee. **[VG]**

- Chocolate
- Cinnamon
- Vegemite and vegan cheese

Sweet Treats

\$3.50

A Chomp's choice mix of the following:

- Cookie sandwich: house baked cookies sandwiched with coconut peanut butter whip **[CN]**
- Lemon myrtle swiss roll: light lemon sponge filled with a lemon myrtle cream cheese whip
- Snickers slice: crunchy biscuit butter base, topped with peanut butter and a layer of dark chocolate **[CN]**
- Summer fruit tart: mini tartlets filled with pandang custard and topped with summer fruit & edible flowers

Bad Boy Brownies

\$4.50

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

Brownies Bites

\$2.50

Bite sizes of our Bad Boys **[GF]**

Banana & Mango bread slice - halves

\$2.50

A bite size, healthier alternative than the usual. Baked with fresh mango, ripe bananas and no added sugar. **[VG/GF]**
Served with almond cream on the side which contains nuts. **[CN]**

Sunshine Fritters

\$2.30

A healthy bite of zucchini & corn topped with a variety of avocado mousse, salsa, pesto and more - option to add smoked salmon **[GF/V]**

Plant-based Sweet Treats **[VG]**

Min 12 total

\$3.30

- Bliss Balls, lemon myrtle or snickers **[VG/GF]**
- Cacao coconut cream truffle - **[VG/GF]**
- Blueberry coconut ice **[VG/GF]**
- Silky smooth, rich velvet mousse with a surprise tofu hero ingredient! **[VG/GF]**
- Coconut pannacotta lamington **[VG]**

Lamingtons **[VG]**

\$2.30

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

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/VG]**

3 delicious flavours

- Apple & Cinnamon
- Goji Berry & Cacao Nib
- Dark Choc & Orange

ROOTS
HEALTH FOODS

CHOMP

BRIGHTEN YOUR PLATE

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:

Tahini Taster - Roasted cauliflower, eggplant, tahini sauce, spinach & carrot top gremolata [VG]

Pesto Shroom - Grilled mushroom, avocado, cucumber & sun dried tomato with basil pesto [VG]

Peas in a Pod - Crushed green peas with mint, grated carrots, sun dried tomato strips & lemon vegan mayo. [VG]

Sweet Chick - Poached free range chicken with tarragon, cucumber, spinach with summer peach compote

Sweet Hambo - Free-range ham roasted pumpkin, honey mustard mayo, Swiss cheese & salad leaves

Gone Fishing - Smoked Tassie salmon, lemon & herb cream cheese, red onion relish with rocket [Pescatarian]

Capponata Chick - Poached free-range chicken, olives, capsicum & grilled eggplant and basil mayo with rocket

Antipasto - Mild spiced salami, Swiss cheese, olives, grilled veg and capsicum mayo

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!

Pocket Rocket - Cauliflower and broccoli takes the place of real cous cous, charred sweetcorn, cherry tomato and rocket with a herbed dressing and toasted seeds [VG/GF]

Chomp's Caprese - Grilled stone fruit caprese with bocconcini, heirloom tomatoes, spinach and rocket with a summer raspberry vinaigrette [V/GF]

Beach Bowl - Carrot, daikon, cherry tomato, radish and red onion on a bed of brown rice topped with sesame seeds, nori, pepitas with apple soy dressing [VG/GF]

Scandi Side - Baby potato salad with chives, dill, red onion and vegan mayo topped with crispy onion on baby cos lettuce [VG/ GF]

Sunshine Crunch - Crunchy green beans, sugar snaps, snow peas, capsicum and zucchini on a bed of mixed leaves topped with fresh herbs, toasted seeds and a Green Goddess dressing [VG/GF]

CHOMP

BRIGHTEN YOUR PLATE

BUILD YOUR OWN - THE POWER IS IN YOUR HANDS!

Summer Beach Bowls **\$18.00**

Base - Brown rice with quinoa
Salad- Carrot, daikon, tomato, red onion, radish, pickled veg, zucchini, broccoli
Toppers - Nori seaweed, toasted seeds, roasted chickpeas
Proteins - Grilled mushroom, crispy tofu, pulled chicken
Dressing - Green Goddess Avo or Apple Soy

Lettuce Loaders **\$17.00**

San Choy Bao style with crispy lettuce cups ready to be filled with your choice of:
Seared salmon, crispy spiced tofu, poached lemon grass chicken
Pickled veg, capsicum, rice noodles, fresh mint, fresh ginger and a choice of sweet chilli ginger dressing or sesame soy

Beyond a Burger **\$17.50**

Burgers - Smokey black bean & tofu or Southern style chicken
Toppings: Sliced beetroot, tomato, avocado, red onion, Swiss cheese slices
Sauces: Japanese BBQ or Chilli mayo
Buns 90g dusted bap, charcoal brioche

BANGIN BUFFET MENU / STAFF LUNCHES



MIN 20 ppl

\$17.60 per person

Havana Street Party

Mains

- BBQ style pulled chicken [GF]
- Chipotle Pulled Mushroom [VG/GF]

Sides

- Black beans, charred corn, red onion and brown rice medley - [VG/GF]
- Crunchy coleslaw - [VG/GF]
- Whipped coconut & avocado cream - [VG/GF]
- Watermelon & tomato salsa - [VG/GF]
- Mini soft tortillas - [VG]

Southern Soul

Mains

- Secret spiced grilled chicken thighs [GF]
- Loaded sweet potato boats with capsicum, corn and avo - [VG/GF]

Sides

- American style slaw with coriander & lime - [VG/GF]
- Truffle mac & cheese - [VG]
- Mild chilli sauce - [VG/GF]
- Mini corn breads - [VG/GF]

Spice Temple Plant Power

Mains

- Sweet & sour pineapple and tofu curry [VG/GF]
- Stuffed sweet potato boats with tahini dressing [VG/GF]

Sides

- Turmeric rice [VG/GF]
- Spiced chick pea scramble [VG/GF]
- Peach chutney [VG/GF]
- Flat breads [VG]

Summer in Sicily

Mains

- Thyme roasted chicken thighs with preserved lemons [GF]
- Mediterranean veggie bake with butter beans - [VG/GF]

Sides

- Grilled stonefruit caprese salad [VG/GF]
- Spring pasta salad. [VG]

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

BRIGHTEN YOUR PLATE

LUNCH continued...



GRAZING STATIONS

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

From a deliciously different grazing table for a group of friends to wedding feasts, product launches and media events, Chomp's offers bespoke styling, florals and creative concepts designed to be the talk of the table.

Speak with Chomp's events team to have your grazing table custom created to suit your needs.

Enquire to info@chomplife.com.au

For One and All - starting from \$26.50pp

A show stopping spread heaving with an indulgent selection of fine cheeses, cured meats, antipasto, artisan olives, Iggy's sourdough bread, house made dips and crackers. Everything you need to snack away. Biodegradable plates, cutlery and napkins and all platters included.

Contact Chomp to include tablecloths, florals and foliage for an extra wow factor on the table.

Plant Based Party [VG] - starting from \$20.00pp

It's a plant based extravaganza with a bright bounty of healthy items including our aged pistachio "brie", our rolled "cheese" selection, thyme roasted mushroom pate, charcoal tartlets, veggie chips and house made dips, mini rice paper rolls with some guilt free vegan treats to finish off. Styled with fresh green foliage. Biodegradable plates, cutlery and napkins and all platters included.

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

Plant Based Party Platter [VG] M \$85, L \$125, Mega \$175

All of the classics with a healthy, animal friendly twist. Vegan cheeses rolled in fresh herbs, thyme roasted mushroom pate, eggplant jerky, charcoal tartlets with sunflower seed cream, fresh veggie sticks, house-made dips and kale cheesy chips.

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...

But First, Cheese [V] - M \$85, L \$125, Mega \$175

Local and lovely, a fine selection of cheeses, house made pastes, chutneys, crackers and grapes with dried fruit and toasted nuts

Aloha Summer [VG] - M \$55, L \$80

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

The Veggie Patch [VG] - 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.

Baked! Cookie Sandwich Box - M \$60, L \$120, Mega \$140

Chomp's house baked cookies flavoured with native Aussie ingredients including lemon myrtle and macadamia with serves of mixed nut butters to make your own cookie sandwiches!

Blissful Bites Board [GF/VG/CN] - M \$60, L \$120, Mega \$140

A healthier alternative for sweet-toothed Chompers! Chomp bliss balls, bounty popsicles, chocolate peanut slice, salted cinnamon popcorn, coconut truffles, banana loaf squares, nuts, chocolate bark, fresh berries and cashew cream.

Sweets n Treats Platter - \$120

Oh so sweet! The chefs selection of our delicate, bright & fun mini cakes including pannacotta lamingtons, vegan choc mousse, blueberry coconut ice and salted caramel choc tartlets! Serves 20 people with 2 treats per person.

CHOMP

BRIGHTEN YOUR PLATE

OFFICE PARTY FAVES



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

Mini pies - Chicken, cheddar, caramelised onion and pea pies - Sweet potato, green pea and spinach pies with kasundi chutney [VG]	\$3.50	Arancini Mushroom, truffle, cheese arancini with truffle mayo [V]	\$3.40
Vietnamese rice paper rolls Prawn, tofu and chicken [GF/DF/VG option]	\$4.10	Corn and crab croquette balls with burnt butter mayo	\$3.40
Premium Plant-based rice paper rolls [VG] Peking Duck, Bi Fare, Chicken Satay rolls - honestly, these are all plant based!	\$5.00	Teriyaki Tempeh Skewers Sticky, sweet and tangy tempeh skewers with a crisp coating ready to dip into a fresh ginger and peanut dipping sauce [VG/GF]	\$3.00
Plant-based sausage rolls Walnut, caramelised onion and oats sausage roll with rich house-made ketchup [VG/CN]	\$2.50	Super Hero Sliders - Satay tofu with sweet and sour pickle & extra satay sauce [V/CN] - Seared cod with lemon & caper tartare and mixed leaf - Southern style spiced chicken with chilli mayo and slaw	\$5.50
House-made sausage rolls Free-range pork, fennel and apple with house-made ketchup	\$3.00	Mini sesame coconut prawn toasts	\$3.00
Massaman skewers Free range chicken thigh skewers [GF] Massaman mushroom skewers [VG]	\$3.85 \$3.50	Grilled peach crostini with thyme, walnut & honey on plant based "cheese" [VG]	\$3.30
		Mini charcoal tart with sunflower seed cream and crispy cauliflower [VG]	\$3.50
		BBQ chicken pancakes with cucumber, shallot and hoi sin peanut sauce [CN]	\$3.90

HYDRATION STATION



Emma & Tom's Juice 350ml	350ml	\$4.20	San Pellegrino Sparkling Mineral Water	250ml	\$3.50
Carton & Co. Boxed Water – 500ml	500ml	\$3.50		500ml	\$5.00

Tea and Coffee min 12 **\$4.50**

Quality coffee makes a difference, so we use only the best locally roasted beans from Single O. Brewed fresh and delivered in our insulated pump action dispensers. One dispenser for the coffee, one with hot water for tea. Easy setup, no power points required, just pump and go. Includes an assortment of quality teas, milks, sugar, stirrers and disposable cups

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
- Barista 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

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

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

All prices include GST
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
info@chomplife.com.au
0413 507 450

