



## Day Conference Catering

### MENU

Our menus are tailored specifically to the time of your event, whether it is held at your home, or at a venue of your choice  
We are also happy to help if you need a Venue.

[www.sproutcatering.com.au](http://www.sproutcatering.com.au)  
Office ph. 02 40327920



## CONFERENCE DAY PACKAGES

PACKAGE ONE \$32 per person

### **Arrival**

Self-service coffee & tea station, Fruit Juice & Iced Water

### **Morning Tea**

Self-service coffee & tea station, Fruit Juice & Iced Water

Mini Danishes & Chocolate Brownies

### **Lunch**

Assorted Gourmet Roll (1per person)

Seasonal Fruit Platter

Self-service coffee & tea station, Fruit Juice and Iced  
Water

### **Afternoon Tea**

Self-service coffee & tea station, Fruit Juice and Iced  
Water

Assorted Freshly Baked Cookies

## CONFERENCE DAY PACKAGES

PACKAGE TWO \$42 per person

### **Arrival**

Self-service coffee & tea station, Fruit Juice & Iced Water  
Mini Danishes

### **Morning Tea**

Self-service coffee & tea station, Fruit Juice & Iced Water  
Mini Lemon Meringue Tartlet & Assorted Cup Cakes  
Fruit Platter

### **Lunch** - Choose 1 option

Assorted Gourmet Sandwich & Wraps  
or

Packed Salad Boxes

UPGRADE to The Station for Extra \$1.50

Seasonal Fruit Platter

Self-service coffee & tea station, Fruit Juice & Iced Water

### **Afternoon Tea**

Self-service coffee & tea station, Fruit Juice & Iced Water  
Assorted Freshly Baked Cookies

## LUNCH OPTIONS ASSORTED

GOURMET ROLLS \$9.50 per person (1 per person)

ASSORTED GOURMET SANDWICHES & WRAPS \$14.50 per  
person (1.5 per person)

Example of fillings available:

Egg - homemade mayonnaise and cos lettuce

Tuna - flaked tuna with lemon mayonnaise, spring onions, corn  
& cos lettuce

Salad - tomato, cucumber, coleslaw and chilli jam

Roasted vegetable - sweet potato, zucchini, roasted capsicum  
with hummus & rocket

Chicken Caesar - chicken breast, cos lettuce, crispy bacon & egg

Turkey - shaved turkey, cucumber, Swiss cheese, cranberry  
sauce

Ham - double smoked ham, Swiss cheese and mustard pickle  
with mixed lettuce

Salami - mild salami, aioli, rocket, tomato & shaved Parmesan

Pastrami and coleslaw - pastrami, coleslaw & horseradish  
mayonnaise



## LUNCH OPTIONS ASSORTED

PACKED SALAD BOXES \$14.50 per person

Asian Vegetables Noodle salad GF & V

Chicken Caesar salad

Thai beef Salad GF

Pasta salad with Chicken pesto roasted capsicum tomato &  
Parmesan

Caramelise pork salad with hokum soba noodle salads & soya  
ginger salad

Roasted vegetable and lentil salad with feta & rocket GF & V

Grilled chicken salad with brown rice salad, currants & tomato  
herbs GF

THE STATION - \$16.00 per person

(choose 2 options)

The station food is usually eaten with a fork and self served into

Palm Leaf plate.

Selection from

Thai Beef or Chicken Salad GF

Butter Chicken with steamed Rice & popudums GF

Chicken, Pumpkin & Pea Risotto GF

Braised Beef with Mushroom & Pasta Salad

Thai Sweet Potato & Cashew Curry with Coconut Rice GF, V

Chicken Penang Curry with Steamed Rice GF

Moroccan Lamb & Date Tagine with Pistachio Cous cous

## ADD ONS

COFFEE & TEA SERVICE 3.50 per person

Self-service coffee & tea station, with hot water urn, coffee, tea collection, milk and sugar.

(Cup, saucers, Teaspoons & Urn additional charge)

SERVICE STAFF from \$120

For 3 hours minimum

Our professional & experience team will arrive, set up, and take care of service and clean up.

BEVERAGES - Charged on Consumption

Cocktails from \$12.00

Mimosa Station \$7 per glass

Champagne from \$18 per bottle

Wine from \$18 per bottle

Beers from \$5.50 per bottle

Soft drinks \$4.50 per item

Juice from \$4.00 per glass

Glassware hire \$0.80 each

Talk to us about beverage packages