



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
Office ph. 02 40327920



CONFERENCE DAY PACKAGES

PACKAGE ONE \$38 per person

Arrival

Self-service coffee & tea station, Water station

Morning Tea

Self-service coffee & tea station, 350ml Fruit Juice
Mini Danishes & Chocolate Brownies

Lunch

Assorted Gourmet Roll (1per person)
Seasonal Fruit Platter
Self-service coffee & tea station,
500ml Bottled Water

Afternoon Tea

Self-service coffee & tea station
Assorted Freshly Baked Cookies



CONFERENCE DAY PACKAGES

PACKAGE TWO \$48 per person

Arrival

Self-service coffee & tea station, Water station
Mini Danishes

Morning Tea

Self-service coffee & tea station, 350ml Fruit Juice
Mini Lemon Meringue Tartlet & Assorted Cup Cakes
Fruit Platter

Lunch - Choose 1 option

Assorted Gourmet Sandwich & Wraps

or

Packed Salad Boxes

Seasonal Fruit Platter

Self-service coffee & tea station, 500ml Bottled Water

Afternoon Tea

Self-service coffee & tea station
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 & poppudums 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 \$135 (weekday rate)

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 \$14.00

Mimosa Station \$7 per glass

Champagne from \$22 per bottle

Wine from \$22 per bottle

Beers from \$7.50 per bottle

Soft drinks \$4.50 per item

Juice from \$4.00 per glass

Glassware hire \$1 each

Talk to us about beverage packages