



SPROUT

Canapés & Stations

Catering

2024 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.



SAVOURY ITEMS

COLD SELECTION

Tomato Bruschetta V

Bruschetta w Olive Tapenade & Goat's Cheese V

Prawn, peanut & cucumber Rice Paper Rolls GF

Asparagus Bundles wrapped in Prosciutto with Pine Nut

Mayonnaise GF

Vegetable Frittata V, GF

Blinis with Smoked Salmon & Lemon Crème Fraiche

Smashed Pea, ricotta & Mint Tartlet V

Duck liver Pate on Crouton with Fig Jam

Assorted Sushi V GF

Thai style Sweet & Sour Pork salad on Crispy Wonton

Chicken Herb & Mayonnaise Finger sandwich

Vietnamese Vegetarian rice paper rolls V, GF

Peking Duck Pancakes with Cucumber & Hoisin sauce

HOT SELECTION

Spring rolls with Soya dipping sauce V

Ricotta & Spinach rolls V

Mini Quiches V

Mini Fish Taco with Salsa Verde

Crumb Prawn with lemon Romesca

SAVOURY ITEMS

Pumpkin Risotto Balls V
Chorizo & smoked Cheddar Croquettes w Chipotle Aioli
Chicken Satay Skewers GF
Braised Pork Slider with Cabbage Slaw & chipotle Mayo
Mexican Chicken Taco with Salsa Rojo
Spiced roasted Carrot Soup cups V
Prawn Wontons with Coriander Chilli sauce
Crispy fried Squid Lime & Chili Aioli
Sticky onion & fetta Pissaladiere V
Tempura Vegetables V
Seared Tuna w Seaweed salad GF
Mini Rosemary & Lamb Pies with Tomato relish
Mini Thai curry Vegetable pie V
Chicken & Corn empanada
Crisp Pork Bao Buns
Braised Beef & Mushroom pie

SUBSTITUTES \$1.00 per person each item
Fresh Sydney Rock Oysters GF
Seared Scallops in shell with fennel salsa GF

V Vegetarian options
GF Gluten Free

SWEET ITEMS

SWEET CANAPÉS

Profiteroles with cream & dipped in Chocolate

Rich Chocolate Brownie

Lemon Meringue Tarts

Chocolate & Pistachio Truffles GF

Berry Almond tarts

Assorted Macaroons GF

Salted Caramel & Chocolate Tarts

Churros with Chocolate dipping sauce

V Vegetarian options

GF Gluten Free

PER PERSON

9 CANAPÉS \$36.00 (CHOICE OF 7 ITEMS)

12 CANAPÉS \$46.00 (CHOICE OF 9 ITEMS)

15 CANAPÉS \$56.00 (CHOICE OF 12 ITEMS)



ADD ONS

ROVING ENTRÉE \$17 per person

This is an excellent add on to a canapé selection & is certain to ensure your guest's appetites are satisfied.

Thai Beef or Chicken Salad GF

Butter Chicken with steamed Rice GF

Chicken, Pumpkin & Pea Risotto GF

Chinse Dumplings, soy & chilli

Crumbed Fish & Chip w Lemon Tartar sauce

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

Moroccan Lamb & Date Tagine with Pistachio Cous cous

Chicken Caesar Salad

Mini Beef Nachos (vegetarian option)

Mini Hamburger, Onion Jam, Cheese, & French fries

THE STATION - \$24.00 per person

The station food is usually bite sized or eaten with a fork and small hand Palm Leaf plate.

Selection from Thai Beef or Chicken Salad GF

Butter Chicken with steamed Rice & poppadums GF

Chicken, Pumpkin & Pea Risotto GF

Braised Beef with Mushroom & Mash Potato GF

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

GRAZING TABLES

\$19 per person

(In conjunction with Canape, Banquet or Alternate Drop Package)

ANTIPASTA

Dips, sliced Cured Meats, Cheese, Olives, Crusty bread
& Grissini

TACO STATION (3 per person)

Pulled Pork & Chicken, Salad fillings, Salsa, Corn
& Flour Tortilla

CHEESE TABLE

Assorted cheese, Quince paste, Grapes, Lavash & Crackers

CHINESE DUMPLING

Assorted Dumpling, Condiments & Fortune Cookies

LOLLIE STATION Assorted Sweets \$10.00

MINI SWEETS (4 per person)

Macaroons, Biscuits, Chocolates, Mini filled Tarts,
& Cup cakes

If you would like any further suggestions for your event, or have any dietary requirements, please do not hesitate to ask our team.