

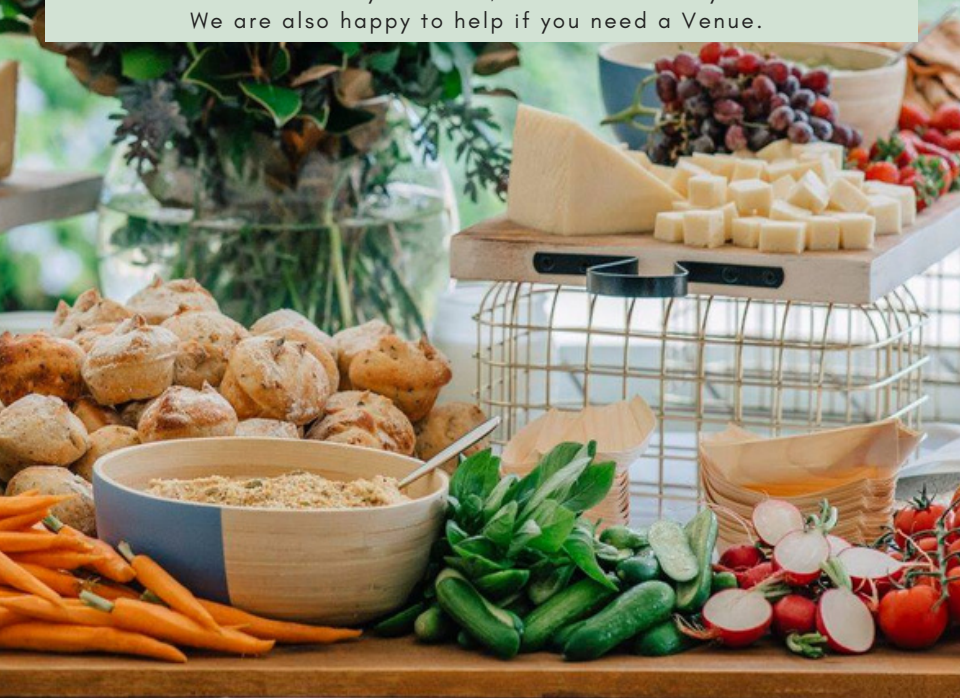


SPROUT

Vegan 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.



CANAPES
SAVOURY ITEMS

COLD SELECTION

Tomato Bruschetta
Vietnamese rice paper rolls
Assorted Sushi
Ratatouille and hummus crustini
Crudités with hummus

HOT SELECTION

Vegan porcini mushroom Arancini
Falafel with romesco sauce
Vegan Pumpkin Arancini
Vegetables spring rolls with soya dipping sauce
Fried Tofu with homemade black-bean sauce
Mini grilled Veggie sliders
Black bean taco with corn and salsa Verde
Tempura vegetables
Roasted carrot and spice soup
Corn Fritters spices tomato capsicum relish
Steamed Asparagus with roasted garlic Cashew cheese
Zucchini & chickpea Fritters tomato chutney
Cauliflower soup with truffle oil

SWEET CANAPÉS

Chocolate Coconut slice
Orange & poppyseed syrup cakes
Caramel kisses
Carrot & Rasin Cakes

GRAZING TABLE

\$16.50 PER PERSON

Vegan Cheese
Guacamole, Hummus, Tomato salsa
Vegetables Crudities
Garlic olive oil, Dukkah
Wholemeal bread and White sourdough.
Corn Chips

CANAPÉS PACKAGES PER PERSON

9 CANAPÉS \$36.00 (CHOICE OF 7 ITEMS)
12 CANAPÉS \$46.00 (CHOICE OF 9 ITEMS)
15 CANAPÉS \$57.00 (CHOICE OF 12 ITEMS)

ADD GRAZING TABLE FOR \$18.50PP

BANQUET

Mains- Pick 2

Falafel and hummus w/ romesca and Celeraic Salad
Curry with roasted Pumpkin, broccoli and hard Tofu
Pumpkin Arancini with roasted Garlic aioli Fennel & Rocket salad
Vegetable Lasagna
Stuffed Mushrooms

Pick 4 sides

Bean salad w/ fennel, parsley and roasted capsicum
Brown rice salad with tomato, mint, coriander & seeds
Roasted vegetable & Spinach salad
Cos lettuce salad w/ cucumber, radishes, onions and peas
Fresh Thai pineapple salad with nam jim dressing
Roasted carrot Salad with Ply lentils, mint & rocket
Home made Coleslaw Salad
Chickpea Salad with fresh tomato with fresh herbs and lemon
dressing
Roasted Beetroot Salad with fennel, frisse & Walnuts

Desserts - pick 2 (alternate drop)

Black sticky rice with coconut sorbet & fresh fruit
Apple & blackberry crumble with coconut sorbet
Raw chocolate raspberry slice with raspberry sorbet & fresh
berries
Chocolate & Almond cakes with cream rice sorbet

5 CANAPÉS OR GRAZING TABLE , BANQUET MAINS & ALTERNATE

DROP DESSERT. \$66.00 PER PERSON

GRAZING TABLE , 5 CANAPÉS, BANQUET MAINS & ALTERNATE

DROP DESSERT. \$78.00 PER PERSON