



**MEALS WITH IMPACT**

**Feeding your  
curiosity, fuelling  
the community  
and fostering  
sustainable  
employment.**

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## **CATERING MENU**

**Autumn | Winter Menu**

Morning Teas | Private Events | Cultural Events | Corporate Meetings

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# small bites.

## SWEET

5 per piece

### Saffron Yoghurt Pot (GF)

Organic sweetened saffron-infused yoghurt with fruits, nuts & seeds.



### Sago Pot (VE | GF)

with Passionfruit & Coconut. Refreshing, classic Asian dessert with a creamy texture that's slightly sweet.

### Persian Honey Nut Bar (GF)

Slightly sticky and sweetly spiced, this bar is a healthy combination of seeds, nuts and spices, bound with honey.

### Apple & Date Bliss Balls (VE | GF)

Energizing bite sized balls filled with dates, tangy apple and lightly dusted with cinnamon

### Afghani Sheer Pira Fudge (GF) ☆

Rich, buttery handcrafted traditional fudge, scented with cardamom

### Fresh Fruit 'Kebabs' (VE | GF)

Classic, seasonal bite sized fruit pieces on a skewer

### Traditional Baklava ☆

Syrupy flaky pastry filled with pistachio, almond and walnut

### Persian Love Cake (GF)

Delicate and aromatic, this blend of almond meal, rose water & pistachio is lightly spiced with a moist chewy centre and crunchy exterior

### Basbousa

Traditional Middle Eastern dessert made with semolina and coconut, sweetened with a blend of sugar syrup & rose water making it moist and flavourful.

### Apple, Cardamom & Date Muffins

Healthy, lightly spiced mini muffins made with fresh apple and dates

## SAVOURY

5 per piece

### Spinach & Cheese Empanadas (VG)

Latin American style pastry filled with fresh spinach, ricotta and mozzarella

### Roasted Red Capsicum & Feta Tarts (VG)

Pastry case baked with egg filling, roasted capsicum, feta and parsley

### Social Impact Pies (O) ☆

your choice of Chicken Doro Wat or Beef Suqaar filling, paired with eggplant & tomato relish

### Sambusa (O)

East African pastry triangle with your choice of Spiced Beef or Tuna & Spring Onion filling, paired with sweet chilli sauce

### Aloo Tikki Fritters (VE | GF)

with Green Sauce. Popular in Northern India, these fried mashed potato fritters are crispy on the outside, fluffy on the inside

### Vine-wrapped Dolma (VE | GF)

Rolled vine leaves filled with rice, spices, fresh herbs and sour barberry

### Mushroom Roulade (VG)

Rolled puff pastry filled with mushroom duxelle and mustard, served with whipped feta

### Chicken & Corn Siu Mai Dumpling

Chinese dumpling filled with minced chicken and corn kernels, served with soy & ginger dipping sauce

### Vegetable Dumpling (VE)

Gyoza style dumpling filled with shiitake mushroom and vegetables, served with soy & ginger dipping sauce

### Eritrean Falafel (VE | GF) ☆

Handmade with chickpeas, fava beans, fresh herbs and spices, served with beetroot hummus



# sandwiches, wraps & salad.



**3 SANDWICH POINTS OR 0.75  
PER WRAP PER PERSON.**

## SANDWICHES

9 per person

### Berberé Spiced Roast Beef

with tomato, capsicum relish & rocket



### Ethiopian Chicken

spiced shredded chicken breast with harissa mayo & lettuce

### Chopped Egg (VG)

with kewpie mayo, nori & sesame salt

## WRAPS

9 per person

### Slow Cooked Lamb Shoulder

with baba ghanouj, cucumber & baby spinach

### House made Falafel (VE)

with spiced pumpkin hummus, tomato & kale

### Aloo Tikki (VG)

with shredded cabbage salad & cucumber raita

## SALADS

16 per person (Full Serve)

5 per person (Side Serve)

### Sumac Roast Cauliflower (VE | GF)

with butter beans, rainbow chard, cranberry, radish, toasted seeds & tahini lemon dressing

### Afghani Spiced Chicken Breast (GF)

with chickpeas, roast carrot, pickled red onion, currants, kale, almond & harissa vinaigrette

### Berberé Spiced Rare Beef

with freekeh, roasted root vegetables, rocket, toasted buckwheat & spicy zhoug dressing

### House made Falafel (VG)

with pearl couscous, tomato, cucumber, roast capsicum, spring onion, rocket & yoghurt dressing

### Miso Baked Salmon (GF)

with brown rice, roasted broccoli, green beans, avocado, baby spinach & sesame dressing

### Chilli Marinated Tofu (VE | GF)

with rice noodles, asian slaw, fried shallots & soy & ginger dressing



**FOR BOOKINGS EMAIL [INFO@MEALSWITHIMPACT.COM.AU](mailto:info@mealswithimpact.com.au)**



# hot dishes.

**SERVED WITH RICE**  
**OPTIONAL EXTRA ZAATAR**  
**BREAD\***

\*\$1 extra for bread

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## HOT DISHES

17 per person

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### Lubya (VE | GF)

Afghani Red Kidney Bean Curry - hearty comfort food made with root vegetables, spiced tomato gravy and sweet caramelized onions.

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### Doro Wat (GF) ☆

Eithiopian Braised Chicken - aromatic slow cooked chicken stew using our unique Berbere spiced blend, served with hard boiled egg.

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### Beef Suqaar (GF) ☆

Somali Braised Beef - a hybrid of stew & stir-fry, this incredibly warming dish carries tender beef, sauteed vegetables and aromatic spices.

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### Vegetable Tagine (VE | GF) ☆

North African Vegetable & Chickpea Stew - with seasonal vegetables, chickpeas and green olives in a fragrant sweet and sour sauce.

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### Moroccan Meatballs (GF)

Beef & Vegetable Meatballs - simmered in a rich tomato sauce with North African spice blend.

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### Lamb Zigni (GF)

Eritrean Braised Lamb - using our unique Berbere spice blend, this slow cooked spicy stew is full of flavour that will pack a punch.

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### Chicken Korma (GF)

Classic Indian Chicken Curry - tender chicken pieces, peas and sweet potato in a mildly spiced curry sauce.

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### Poulet Au Coco Rico (GF)

Congolese Chicken Meatballs - juicy chicken and peanut meatballs with African spices simmered in a rich yellow curry sauce.

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# events info.



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## THE NITTY GRITTY

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### Staffed Events

Service labour hire pricing will depend on expected numbers, location and style of service and will be charged at an hourly rate with a minimum of 4 hours. Please contact us to discuss your requirements.

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### Packaging

All catering will be packaged in large recyclable catering boxes, unless otherwise specified. Napkins, biodegradable plates & cutlery are also available at a small charge of \$1 per person.

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### Deposit

We require 48 hours minimum for catering orders. A 50% deposit may be requested for orders over \$500, to be paid upon event confirmation. Full payment is required on the day of the event via cash, credit card or bank transfer (unless other trading terms have been agreed). A tax-deductible invoice can be provided upon request. Note, a minimum order amount of \$500 applies.

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### Cancellation

In the situation you wish to cancel your event, 48 hours notice must be provided for cancellation of any catering order and a full refund will be provided. No refund will be provided less than 48 hours notice.

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### Delivery

A delivery fee of \$35 will apply for events within 20km, for distances further a \$50+ fee will apply. Delivery charges may increase during peak traffic times. Price upon application.

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### Bespoke Menu Items

For bespoke or specially curated items, please contact us to discuss your needs. Additional charges will apply and will be priced at an hourly rate.

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### Allergens

Please note that whilst every precaution is taken to prevent cross-contamination, we cannot guarantee traces of allergens are not present. Please advise us of any allergies ahead of the event.

GF = Gluten friendly, VE = Vegan, DF = Dairy Free, VG = Vegetarian, O = Option Available

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### Minimum Order Amount

Please note that we have a minimum catering spend of \$500

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**MEALS WITH IMPACT**

**Thank you  
for supporting  
our social  
enterprise!**

**100% OF OUR PROCEEDS**

go towards our mission, to support women from migrant & refugee backgrounds to find sustainable, meaningful work through the co-creation of food.

