



Meals with Impact.

CATERING MENU

SPRING | SUMMER



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CONTACT US

**NEED ASSISTANCE WITH YOUR EVENT?
EMAIL OR VISIT US!**

events@mealswithimpact.com.au

www.mealswithimpact.com.au

Tower 3, Shop 1-2/747 Collins Street, Docklands



Savoury Bites.

MORNING TEA | AFTERNOON TEA | CANAPES



Mini Croissants with Cheese & Tomato (VG)

Flaky croissant with cheese and ripe tomato slices



Serves 12 | \$70

Mini Croissants with Turkey & Cheese

Flaky croissant with tender turkey and cheese



Serves 12 | \$80

Roasted Capsicum & Feta Tart (VG)

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



Serves 15 | \$100

Spiced Lamb Mini Pide

Mini Turkish flatbread boat stuffed with traditional spiced lamb



Serves 20 | \$100

Spinach & Cheese Mini Pide

Mini Turkish flatbread boat filled with a light mixture of spinach and cheese



Serves 20 | \$100

Savoury Bites.

MORNING TEA | AFTERNOON TEA | CANAPES



Social Impact Pies - Chicken Doro Wat

Hand made mini pies filled with our Ethiopian spiced chicken, paired with eggplant & tomato relish



Serves 20 | \$120

Social Impact Pies - Beef Suqaa

Hand made mini pies filled with our Somali beef suqaar sauce, paired with eggplant & tomato relish



Serves 20 | \$120

Savoury Muffin (VG)

Healthy, savoury option for breakfast & morning tea.



Serves 15 | \$85

Asparagus, Pea & Feta Frittata (VG, GF)

Protein and vegetable packed frittata



Serves 15 | \$100

Gulgula Spiced Beef Sausage Rolls

Classic with a twist, served with eggplant & tomato relish



Serves 20 | \$130

Sweet Bites.



MORNING TEA | AFTERNOON TEA | CANAPES

Passionfruit & Coconut Sago Pot (VE, GF)

Refreshing, classic Asian dessert with a creamy texture that's slightly sweet



Serves 8 | \$60

Saffron Yoghurt Pot (GF)

Organic sweetened saffron-infused yoghurt with fruit, nuts & seeds



Serves 8 | \$60

Persian Love Cake (GF)

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



Serves 12 | \$80

Pistachio & Rosewater Scones

Fragrant blend of pistachio and rosewater in a classic scone paired with jam and cream



Serves 12 | \$80

Almondine Biscuits

Classic Lebanese butter cookie that is delicate, and deep golden brown with a crunchy texture



Serves 15 | \$80

Sweet Bites.

MORNING TEA | AFTERNOON TEA | CANAPES



Chocolate Brownie (GF)

Moist, decadent and indulgent classic brownie



Serves 15 | \$90

Persian Nut Slice (GF)

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



Serves 15 | \$95

Basbousa

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



Serves 15 | \$80



Salads.

LUNCH | DINNER



Sumac Roast Cauliflower (VE, GF) -
with butter beans, rainbow chard,
cranberry, radish, toasted seeds &
tahini lemon dressing



Serves 10 | \$120

Afghani Spiced Chicken Breast (GF)
with chickpeas, roast carrot, pickled
red onion, currants, kale, almond &
harissa vinaigrette



Serves 10 | \$150

Berberie Spiced Rare Beef
with freekeh, roasted root
vegetables, rocket, toasted
buckwheat & spicy zhoug dressing



Serves 10 | \$150

House made Falafel (VG)
with pearl couscous, tomato,
cucumber, roast capsicum, spring
onion, rocket & yoghurt dressing



Serves 10 | \$150

Roasted Broccoli with Brown Rice,
with green beans, avocado,
radish, baby spinach & sesame
dressing



Serves 10 | \$120

Chilli Marinated Tofu (VE, GF)
with rice noodles, asian slaw,
fried shallots &
soy & ginger dressing



Serves 10 | \$120

Platters.



MORNING TEA | AFTERNOON TEA

Seasonal Fruit Platter (VE, GF)

Colourful, sweet and refreshing mixture of seasonal fruit



Serves 10 | \$60

Crudites Platter (VE, GF)

Fresh, crisp crudite platter, a garden of crunchy and healthy vegetables



Serves 10 | \$60



Sandwiches & Rolls.

LUNCH | MORNING TEA | AFTERNOON TEA



Pastrami

with swiss cheese, sauerkraut, mustard mayo sandwich



Serves 8 | \$90

Ethiopian Chicken

spiced shredded chicken, harissa mayo, avocado & lettuce sandwich



Serves 8 | \$85

Chopped Egg (VG)

with kewpie mayo, nori & sesame salt



Serves 8 | \$85

Shredded Spiced Chicken Ciabatta Roll

with harissa mayo, avocado & lettuce



Serves 15 | \$170

Grilled Vegetables Seeded Roll

with hummus & spinach



Serves 15 | \$170

Berbere Roast Beef Wholemeal Roll

with tomato relish, cucumber & rocket



Serves 15 | \$170

Hot Dishes.

LUNCH | DINNER



Lubya (VE, GF)

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



Serves 10 | \$160

Doro Wat (GF)

Ethiopian Braised Chicken - aromatic slow cooked chicken stew using our unique Berbere spiced blend



Serves 10 | \$160

Beef Suqaar (GF)

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



Serves 10 | \$160

Vegetable Tagine (VE, GF)

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



Serves 10 | \$160

Hot Dishes.

LUNCH | DINNER



Moroccan Meatballs (GF)

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



Serves 10 | \$160

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.



Serves 10 | \$160

Chicken Korma (GF)

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



Serves 10 | \$160

Congolese Chicken Meatballs

Juicy chicken and peanut meatballs with African spices simmered in a rich yellow curry sauce.



Serves 10 | \$160

Individual Packs.

TAKE HOME | LUNCHES



Vegan Bundle

Lubya (5 packs)

Vegetable Tagine (5 packs)

Feeds 10 | \$125

Classics Bundle

Congolese Chicken Meatballs (10 packs)

Chicken Korma (10 packs)

Beef Suqaar (10 packs)

Vegetable Tagine (10 packs)

Feeds 40 | \$500

Bundle

Order 1 flavour (min 25 units)

- Lubya
- Doro Wat
- Beef Suqaar
- Vegetable Tagine
- Moroccan Meatballs
- Lamb Zigni
- Chicken Korma
- Congolese Chicken Meatballs

Feeds 25 | \$300



Sides.



ACCOMPANIMENTS

Pilau Rice

Authentic fluffy pilau rice flavoured with turmeric shallots and coriander



Serves 10 | \$25

Za'atar Bread

Middle Eastern soft flatbread made with spice blend of sumac, thyme, oregano, cumin and sesame seeds



Serves 10 | \$35

Beverages.

Strangelove Drinks

(Choose Flavour)

Cloudy Pear
Double Ginger Beer
Holy Grapefruit
Lemon Squash
Smoked Cola



\$5 each

HRVST Cold Pressed Juices

(Choose Flavour)

Apple
Orange
Super Green
Watermelon Pear



\$5 each

Water

Sparkling Water
Still Water



\$4.5 each

Information.



THE NITTY GRITTY

Staffed Events

Service labour hire pricing will depend on expected numbers, location, date 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.

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.

Lead Time

We require 3 business days notice at minimum for small catering orders. For larger, staffed events, we require 10 business days notice for 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 credit card or bank transfer (unless other trading terms have been agreed).

Cancellation

In the situation you wish to cancel your order, 2 business days notice must be provided for cancellation of any catering order and a full refund will be provided. No refund will be provided less than 2 business days.

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. In accordance with our sustainability goals, where possible deliveries within 5-10km of Docklands will be delivered by bike courier unless otherwise discussed.

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. We are unable to adjust the quantities allocated within each box.

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.

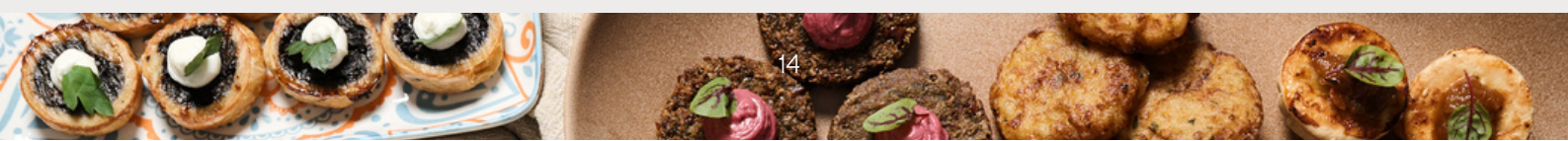
GF = Gluten friendly, VE = Vegan, DF = Dairy Free, VG = Vegetarian.

Minimum Order Amount

Please note that we have a minimum catering spend of \$500, not including GST and delivery for weekday catering & events.

Pricing

All prices in the menu are ex-GST.





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.

