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FOR YOUR EVENT CONTACT

More information on catering packages about holding your event at the MCA roof top venues contact Fresh Catering.

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FRESH CATERING

Fresh Catering offers a superb range of menus featuring Sydney's finest produce, executed by professionally trained chefs who provide our guests with contemporary, innovative dining with broad appeal.

We have included a range of menus for you to choose from, but please don't hesitate to request a menu adding your own Guestal touch. We also offer a range of wines to compliment your menu; please refer to our beverage packages and consumption list.

We employ and train our service staff to guarantee the service at your function will be of the highest standard. We understand the importance of professional service with an accommodating and friendly attitude. Every aspect of your event will be serviced until your departure.

BREAKFAST PACKAGE PRICES



CONTINENTAL BREAKFAST

\$30 per guest

1 Hour Duration

Suggested Menu

Buffet Service of Food & Beverage, Catering Equipment

Minimum 50 guests (Quayside Room)

Minimum 100 guests (Harbourside Room)

COCKTAIL BREAKFAST

\$45 per guest

2 Hour Duration

Suggested Menu

Cocktail Style Service of Food and Beverage, Catering Equipment

Minimum 50 guests (Quayside Room) Minimum 100 guests (Harbourside Room)

PLATED BREAKFAST

\$55 per guest

2.5 Hour Duration

Suggested Menu

Table Service of Food & Beverage, Catering Equipment

Minimum 50 guests (Quayside Room)

Minimum 100 guests (Harbourside Room)

BUFFET BREAKFAST

\$70 per guest

2.5 Hour Duration

Suggested Menu

Buffet Sit Down Food & Beverage Service, Catering Equipment

Minimum 50 guests (Quayside Room)

Minimum 100 guests (Harbourside Room)

ADDITIONALS

Campos Coffee Espresso Upgrade
Special Diet - Vegetarian, Gluten Free
Special Diet - Other
Special Diet - Other
Cabaret Style Setup
Sunday Surcharge
Public Holiday Surcharge
Price on Request
No Surcharge

Prices exclude GST



BREAKFAST MENUS



CONTINENTAL BREAKFAST

Individual Organic Granola Berry Parfait Pots ^v
Freshly Baked Muffins, Selection of Danish Pastries ^v
Bacon & Egg Tarts, Spinach & Cheddar Tarts ^v
Broadbean & Parmesan Frittata ^{v gf}
Freshly Squeezed Orange Juice
Campos Coffee & T2 Tea Selection

COCKTAIL BREAKFAST

Mini Fresh Fruit Skewers, Kaffir Lime Syrup vgf
Organic Granola Berry Pots
Assorted Mini Danish Pastries
Smoked Salmon on Corn Cakes with Crème Fraiche gf
Parmesan Crackling, Prosciutto & Avocado gf
Pecorino & Broad Bean Frittata vgf
Caramelized Leek, Goat's Cheese & Spinach Tart v
Mini Rhubarb & Pistachio Friands v
Gruyere & Double Smoked Ham Mini Croissants
Freshly Squeezed Orange Juice
Campos Coffee & T2 Tea Selection

PLATED BREAKFAST

Seasonal Fruit Platters vgf Breakfast Pastry Baskets v

Select One Main Course:

Scrambled Eggs, Smoked Bacon, Confit Tomato & Toasted Pide
Poached Eggs, Zucchini Fritter, Prosciutto, Rocket & Tomato Relish

Smoked Salmon, Dill & Camembert Frittata, Roast Tomato, Rocket & Mustard Seed Aioli

Scrambled Eggs, Cheesy Cornbread, Sauteed Baby Spinach & Vine Tomato

Leek, Potato & Chorizo Foccacia, Sunny Side Eggs, Rocket & Tomato

Freshly Squeezed Orange Juice
Campos Coffee & T2 Tea Selection

BUFFET BREAKFAST

Seasonal Fruit Platters vgf
Individual Organic Granola Berry Parfait Pots v
Breakfast Pasty Baskets Roasted Portobello Mushrooms, Thyme & Garlic Scrambled Eggs, Streaky Bacon & Organic Sausages
Slow Roasted Vine Tomatoes, Sweet Corn Fritters, Potato Tortilla & Tomato Relish Freshly Squeezed Juices
Campos Coffee & T2 Tea Selection

v - vegetarian gf - gluten free

MORNING | AFTERNOON TEA **PACKAGE PRICES**



MORNING & AFTERNOON TEA PACKAGE 1

\$22 per guest

30 minute duration

Suggested Menu

Buffet Food & Beverage Service

Catering Equipment

Minimum 100 guests (Harbourside Room & Quayside Room)

MORNING & AFTERNOON TEA PACKAGE 2

\$22 per guest

30 minute duration

Suggested Menu

Buffet Food & Beverage Service

Catering Equipment

Minimum 100 guests (Harbourside Room & Quayside Room)

MORNING & AFTERNOON TEA PACKAGE 3

\$29 per guest

30 minute duration

Suggested Menu

Buffet Food & Beverage Service

Catering Equipment

Minimum 100 guests (Harbourside Room & Quayside Room)

MORNING & AFTERNOON TEA PACKAGE 4

\$29 per guest

30 minute duration

Suggested Menu

Buffet Food & Beverage Service

Catering Equipment

Minimum 100 guests (Harbourside Room & Quayside Room)

Prices exclude GST

Package prices are exclusive to the Harbourside Room & Quayside Room



MORNING | AFTERNOON TEA MENUS



MENU 1

Freshly Baked Cookies ^v Mini Fresh Fruit Muffins ^v Iced Water Campos Coffee & T2 Tea Selection

MENU 2

Chewy Almond Cookie ^{v gf} Orange Polenta Cake ^{v gf} Iced Water Campos Coffee & T2 Tea Selection

MENU 3

Assorted Mini Danish Pastries ^v
Apple Berry Oat Bar ^v
Olive, Feta & Sundried Tomato Muffin ^v
Smoked Salmon & Dill Frittata ^{gf}
Iced Water, Freshly Squeezed Juice
Campos Coffee & T2 Tea Selection

MENU 4

Lemon & Lavender Melting Moments ^v
Chewy Triple Chocolate Chip Brownie ^{gf}
Poached Chicken & Walnut Harry's Bar Sandwich
Caramelized Leek & Maffra Cheddar Tart ^v
Iced Water, Freshly Squeezed Juice
Campos Coffee & T2 Tea Selection

v – vegetarian gf – gluten free



CONFERENCE PACKAGE PRICES



CONFERENCE PACKAGE – MENU 1-3 HALF DAY \$62 per guest

5 Hour Duration

Buffet Food and Beverage Service, Catering Equipment Suggested Menu (Morning or Afternoon Tea, Lunch) Minimum 50 guests (Quayside Room) Minimum 100 guests (Harbourside Room)

CONFERENCE PACKAGE – MENU 1-3 ALL DAY \$75 per guest 8 Hour Duration

Buffet Food and Beverage Service, Catering Equipment Suggested Menu (Arrival, Morning Tea, Lunch, Afternoon Tea) Minimum 50 guests (Quayside Room) Minimum 100 guests (Harbourside Room)

CONFERENCE PACKAGE – MENU 4 HALF DAY \$80 per guest

5 Hour Duration

Buffet Food and Beverage Service, Catering Equipment Suggested Menu (Morning or Afternoon Tea, Lunch) Minimum 50 guests (Quayside Room) Minimum 100 guests (Harbourside Room)

CONFERENCE PACKAGE – MENU 4 ALL DAY \$95 per guest

8 Hour Duration

Buffet Food and Beverage Service, Catering Equipment Suggested Menu (Arrival, Morning Tea, Lunch, Afternoon Tea) Minimum 50 guests (Quayside Room) Minimum 100 guests (Harbourside Room) ADDITIONAL CONFERENCE OPTIONS

ORANGE JUICE & MINERAL WATER \$4 per guest Add Orange Juice & Mineral Water to a Tea Break

CHEESE OR FRUIT PLATTER \$8 per guest

Selection of Cheeses, Wafers & Preserves or Seasonal Fresh Fruit

CHEESE & FRUIT PLATTER \$12 per guest

Selection of Cheeses, Wafers & Preserves & Seasonal Fresh Fruit

ALL DAY WHOLE FRUIT STATION \$12 per guest

Seasonal Fruit available for guests all day

CONFERENCE PACKAGE EXTRAS

Packages Below Minimum
Price on Request
Campos Coffee Espresso Upgrade
Price on Request
Special Diet - Vegetarian, Gluten Free
Special Diet - Other
Price on Request
Cabaret Style Set Up
Sunday Surcharge
Public Holiday Surcharge

Public Holiday Surcharge

Price on Request
No surcharge
Price on Request
No surcharge
Price on Request
Price on Request
Price on Request
No surcharge
Price on Request

Prices exclude GST



ALL CONFERENCE MENUS INCLUDE: ARRIVAL COFFEE & TEA, MORNING TEA, LUNCH & AFTERNOON TEA

INCLUSIONS AT ALL CONFERENCE BREAKS: Chilled Water & Mints, Campos Coffee & T2 Tea Selection

CONFERENCE MENU 1

ARRIVAL COFFEE & TEA MORNING TEA

From the Bakery:

- Ginger Date Muffin with Salted Caramel v
- Orange Semolina Muffin vgf

LUNCH - Select 4 of the following:

- · Roast Beef with Grilled Onions, Rocket & Tomato Jam on Sourdough
- Roast Chicken Waldorf on Grain
- Heirloom Vegetable & Ricotta Spinach Wrap v
- · Smoked Salmon Omelette, Caper Remoulade on Turkish
- Italian Salami & Provolone Pillow
- Gourmet Vegetable Slaw Wrap with Pumpkin Hummus

Orange Juice, Mineral Water Campos Coffee & T2 Tea Selection

MINI DESSERTS AND PASTRIES FROM OUR BAKERY Select 3 of the following:

- · Orange Polenta Cake gf
- · Mini Black Forest Gateau
- Limoncello Meringue Pie
- Macadamia Caramel Slice

AFTERNOON TEA

Hand Made Cookies:

- Lemon & Lavender Melting Moment v
- Flourless Apple Blueberry Cake gf
- Ginger Coconut Slice v

CONFERENCE MENU 2

ARRIVAL COFFEE & TEA

MORNING TEA - Select 2 of the following:

- Flourless Orange & Polenta Cake v gf
- Carrot Cake gf
- Selection of Mini Danish Pastries
- Ginger Date Muffin with Salted Caramel
- Mushroom, Artichoke & Feta Tart
- Bangalow Smoked Bacon & Cheddar Tart
- Fresh Fruit Cups v gf

SPRING / SUMMER LUNCH

SANDWICH & SALAD LUNCH - Select 4 of the following:

- Roast Beef with Grilled Onions, Rocket & Tomato Jam on Sourdough
- · Roast Chicken Waldorf on Rye
- Heirloom Vegetable & Ricotta Spinach Wrap
- Smoked Salmon Omelette, Caper Remoulade on Turkish
- · Roast Lamb, Artichokes, Olive Pesto on Ciabatta
- · Shredded Organic Chicken, Walnut & Celery Pillow
- Milanese Salami, Pimentos & Herbed Ricotta Foccacia
- · Bangalow Ham, Maffra Cheddar & House Pickle Baguette
- Vegetable Quinoa, Hummus, Roast Aubergine in GF Wrap vgf

SALADS - Select 2 of the following:

- Macro Salad with Organic Chicken, Rice Vermicelli & Kecap Manis Dressing gf
- Raw Super Food Salad with Heirloom Beetroot, Almonds & Turmeric Dressing vgf
- Roasted Heirloom Vegetable Quinoa Salad with Tahini Dressing vgf

Fresh Fruit Platter v gf

Orange Juice, Mineral Water

Campos Coffee & T2 Tea Selection

OR TARTS, RICE PAPER ROLLS & SALAD LUNCH HOME MADE SAVOURY TARTS - Select 2 fo the following

- Bangalow Double Smoked Bacon & Cheddar Tart
- · Poached Salmon, Dill & Leek Frittata gf
- Feta, Pumpkin & Tarragon Tart v
- Truffled Wild Mushroom & Shallot Quiche
- Cherry Tomato & Haloumi Tart with Walnut Rocket Pesto

RICE PAPER ROLLS - Both included

- Spring Vegetable & Pomelo with Coconut Jam & Nahm Jim v gf
- Spicy Chicken with Shallots, Green Mango & Kecap Manis gf

SALADS - Select 2 of the following:

- \bullet Whole Wheat Orecchiette Pasta Salad with Roasted Bell Peppers, Mushrooms & Pesto Dressing $^{\rm v}$
- Mediterranean Vegetable Salad with

Pine Nuts & Gorgonzola Ranch Dressing vgf

• Asian Quinoa Edamame Salad with

Yuzu Soy Dressing & Toasted Sesame vgf

Fresh Fruit Platter ^{v gf} Orange Juice, Mineral Water Campos Coffee & T2 Tea Selection

AFTERNOON TEA - Select 3 of the following:

- Lemon & Lavender Melting Moment
- Apricot Wheat Germ Crunch
- Fruity Cornflake Cookie
- Ginger Coconut Slice
- Anzac Cookie
- · Peanut Butter Cookie
- Macadamia Caramel Slice
- Chocolate Walnut Brownie gf

v – vegetarian

gf - gluten free



CONFERENCE MENU 3

ARRIVAL COFFEE & TEA MORNING TEA - Select 2 of the following:

- Flourless Orange & Polenta Cake vgf
- · Carrot Cake gf
- Selection of Mini Danish Pastries
- Ginger Date Muffin with Salted Caramel
- Mushroom, Artichoke & Feta Tart v
- Bangalow Smoked Bacon & Cheddar Tart
 Fresh Fruit Cups y gf

AUTUMN OR WINTER LUNCH SOUP & SANDWICH SOUP - Select 1 of the following:

- Maple Roasted Carrot, Lentil, Ginger & Leek vgf
- Tuscan Vegetable & Borlotti Bean vgf
- · Creamy Chicken & Corn gf
- Roasted Pumpkin & Walnut vgf

GOURMET SANDWICH SELECTION - Select 4 of the following:

- Roast Beef with Grilled Onions, Rocket & Tomato Jam on Sourdough
- Roast Chicken Waldorf on Rye
- Heirloom Vegetable & Ricotta Spinach Wrap v
- Smoked Salmon Omelette, Caper Remoulade on Turkish
- · Roast Lamb, Artichokes, Olive Pesto on Ciabatta
- Shredded Organic Chicken, Walnut & Celery Pillow
- · Milanese Salami, Pimentos & Herbed Ricotta Foccacia
- · Bangalow Ham, Maffra Cheddar & House Pickle Baguette
- Vegetable Quinoa, Hummus, Roast Aubergine in Gf Wrap vgf
- * Vegetable Quilloa, Hullillus, Roast Aubergille iii Gi Wrap

Freshly Sliced Fruit Platter Orange Juice, Mineral Water Campos Coffee & T2 Tea Selection

OR

PIE & SALAD

HOME MADE PIES - Select 2 of the following:

- Chicken Cacciatore with Tomato Sugo & Olives
- Lamb with Roasted Vegetables
- · Slow Braised Wagyu with Baby Onions & Lager
- Truffled Leek & Wild Mushroom v
- Braised Vegetables with Curry Spices

SALADS - Select 1 of the following:

- Roasted Mediterranean Vegetable & Chickpea Salad with Yoghurt Dressing vgf
- Risoni Super Salad with Kale, Cajun Chicken & Cumin Ranch Dressing
- Roasted Baby Potato Salad with Shallots, Soft Herbs & Paprika Aioli vgf

LUNCH BEVERAGE & FRUIT & CHEESE

Artisan Cheese Platter, Quince Paste, Nuts, Crackers, Lavoche Orange Juice, Mineral Water Campos Coffee & T2 Tea Selection

AFTERNOON TEA - Select 3 of the following:

- Lemon & Lavender Melting Moment
- Apricot Wheatgerm Crunch
- Fruity Cornflake Cookie
- Ginger Coconut Slice
- Anzac Cookie
- Peanut Butter Cookie
- · Macadamia Caramel Slice
- Chocolate Walnut Brownie gf

INCLUSIONS AT ALL CONFERENCE BREAKS

Chilled Water & Mints
Campos Coffee & T2 Tea Selection

v – vegetarian gf – gluten free





CONFERENCE MENU 4

ARRIVAL TEA AND COFFEE MORNING TEA - Select 2 of the following:

- Savoury Mini Croissant with Smoked Ham & Gruyere
- Orange Polenta Cake gf
- Carrot Cake gf
- · Selection of Mini Danish Pastries
- Ginger Date Muffin with Salted Caramel
- Mushroom, Artichoke & Feta Tart
- Bangalow Double Smoked Bacon & Cheddar Tart Fresh Fruit Cups

HOT BUFFET LUNCH - Select 3 of the following:

- Moroccan Chicken Tagine with Aromatic Cous Cous
- Rosemary Roasted Lamb with Eggplant Caponata gf
- Szechuan Chicken Curry on Fragrant Sesame Rice gf
- Chicken Hot Pot with Spicy Sausage & Creamy Mash gf
- Hungarian Veal Ragout on Chunky Crushed Potatoes gf
- Beef Rendang on Coconut Rice with Cucumber Relish gf
- Penne Pasta with Roast Tomato, Aubergine, Feta & Baby Spinach
- Layered Vegetable Lasagne with Roasted Tomato Sauce

SALADS - Select 3 of the following:

- Rainbow Slaw with Tahini Dressing vgf
- Ancient Grain Salad with Fresh Herbs & Chipotle Dressing
- Barbecued Pumpkin, Red Onion & Chilli Cous Cous Salad v
- Garden Greens with Mustard Vinaigrette vgf
- Middle Eastern Fattoush with Pita Crisps
- Chat Potato Salad with Mint & Chive Ranch Dressing vgf
- Greek Salad with Cucumber, Tomato, Olives & Feta vgf

LUNCH BEVERGE, FRUIT & CHEESE

Platters of Fresh Sliced Fruit^{v gf}
Artisan Cheese Platter, Quince Paste, Nuts, Crackers, Lavoche
Orange Juice, Mineral Water
Campos Coffee & T2 Tea Selection

AFTERNOON TEA - Select 3 of the following:

- Lemon & Lavender Melting Moment
- Apricot Wheatgerm Crunch
- Fruity Cornflake Cookie
- Ginger Coconut Slice
- Anzac Cookie
- · Peanut Butter Cookie
- Macadamia Caramel Slice
- · Chocolate Walnut Brownie gf

INCLUSIONS AT ALL CONFERENCE BREAKS

Chilled Water & Mints Campos Coffee & T2 Tea Selection

v – vegetarian gf – gluten free



FRESH FLOWERS & STYLE FRESH FLOWERS & STYLE Let our resident Florist, Andrew Birley, add a beautiful and professional touch to your event. Andrew brings over 20 years of experience in planning and creating beautiful floral arrangements designed to enhance your event and to suit your budget. Phone: 02 8399 3055 Email: freshflowers@freshcatering.com.au All images exclusively photographed and styled by Fresh Catering. Flowers by Andrew Birley - Fresh Catering resident stylist.