



COOLER CLIMES  
2020

*Catering menu*

# CHOMP

BRIGHTEN YOUR PLATE

Menu info:

VG = Vegan/Plant Based

V = Vegetarian

GF = Gluten Free

CN = Contains Nuts

*Passionate about change for the health of the planet and the health of our customers.*

We have removed beef from our menu. It has the biggest impact on the environment of all meats

All plant-based/vegan options are highlighted green

75% of menu options are vegetarian  
57% are plant-based/vegan

COVID-19 safety update: Chomp always adheres to strict hygiene procedures and most of our food items can be individually wrapped. Please notify sales staff if you require this.

## BREAKFAST of CHOMPIONS

Minimum 6 unless otherwise stated

### BREKKY POTS

**Apple Rhubarb Chia Pots - 150ml 5.50**

Chia pudding topped with a cashew cream and a rhubarb, apple & strawberry compote [VG/GF/CN]

**Yoghurt and Granola Pots - 180ml 5.50**

Yoghurt and granola pots topped with poached quince and blueberries [CN]

**Chocolate Quinoa Pots 5.50**

with peanut butter, banana and coconut cream topped with coconut chips [VG/GF/CN]

**Smokey BBQ bean Pots 9.00**

with grilled mushrooms topped with watermelon & tomato salsa, avocado mousse, and smoked coconut chips [VG/GF]

**Seasonal Fruit Pots 4.50**

Snack healthy with fresh, seasonal fruit, cut and ready to easily eat [VG/GF]

### BREAKFAST BAGEL HALVES:

**Avo-break Min 4 6.50**

Avocado and egg salad with parsley, dill, lemon juice & olive oil [V]

**Smokey Beets Min 4 8.00**

Beetroot labneh with smoked salmon, red onion and fried capers

**Mighty Shroom Min 4 8.00**

Sautéed mixed mushrooms and vegan brie [VG]

**The Honey Pot Min 4 5.80**

Honey ricotta with poached cinnamon quince [V]

**Toast and spread Min 4 4.50**

Toasted mixed seed bagel served with a choice of poached rhubarb & apple compote, peanut butter, vegemite or dill & lemon cream cheese [VG/V]

### SAVOURY

**B&E Sliders Min 12 5.10**

Brioche slider buns filled with:

- Free-range crispy bacon, scrambled eggs and our house tomato relish.
- Mushroom and chickpea scramble and our house tomato relish. [V]

**Breakfast pie 5.50**

Puff pastry pie with tomato, mushroom, egg, ham and cheese

**Oui Oui Croissant 9.00**

All butter croissants loaded with relish and cut in half to share...or not.

- Ham, swiss cheese, tomato relish and rocket
- Smashed avocado, sauteed mushrooms, tomato relish and rocket [V]

### INDIVIDUAL BREAKFAST MEALS

**Brekky pot + Breakfast pie 9.00**

**Brekky pot + Fruit pot + Muffin 11.00**

**½ Brekky bagel + Fruit pot 8.50**

**½ Brekky bagel + Banana bread + Fruit pot 10.50**

# CHOMP

BRIGHTEN YOUR PLATE

## BREAKFAST BUFFETS

Minimum 15 people - please advise if you require serving equipment, plates and cutlery

### **The Full Sydney [Contains GF and VG options] 16.00**

Something for everyone with plenty of vegetarian, vegan and gluten free options.

Bacon, scrambled eggs, chickpea scramble, thyme roasted mushrooms, BBQ baked beans, avocado smash, roasted tomato halves, bread rolls, GF bread, house made relish, granola, yoghurt, seasonal fruit salad and platters of fruit.

### **Bad Boy Bagel Bar [Contains VG options] 12.00**

Sweet and savoury spread with plenty of vegan and vegetarian options.

*Savoury:* Lemon & chive cream cheese, smoked salmon, tomato slices with fresh basil and avocado smash.

*Sweet:* Blueberry cream cheese, smashed banana, honey ricotta, nutella and sliced strawberries.

### **Mediterranean Breakfast [Contains VG options] 13.50**

Turkish style scrambled eggs, Israeli salad, olives, labneh, hummus, avocado, tahini, Turkish soft bread, gluten free bread and jam.

## MORNING OR AFTERNOON TEA TREATS

Minimum 6 of each

### **Mad Hatter's Muffins 4.10**

House-made daily and decadently topped, you will receive a mix of our specials of the week [VG/CN]

### **Mini Mad Hatter's Muffins 2.20**

Love our muffins but prefer something slightly smaller? Try these out, they go great with a selection of light bites. [VG/CN]

### **Fruit Pots 4.50**

Snack healthy with fresh, seasonal fruit, cut and ready to easily eat [VG/GF]

### **Mini Croissants 2.20**

Cinnamon and chocolate flavours, great with your morning tea or coffee. [VG]

### **Sweet Treats 3.50**

A chef selection mix of the following:

Apple cinnamon bliss balls [VG/CN]

Peanut slice [VG/CN]

Coconut lamington [VG]

Cherry Ripe slice [VG]

### **Bad Boy Brownies 4.50**

Our MOST WANTED double trouble chocolate brownies with our secret recipe of indulgent cacao, dark, milk and white chocolate [GF]

### **Brownies Bites 2.50**

Bite sizes of our Bad Boys [GF]

### **Coconut, Mango & Banana Loaf Slice - halves 2.50**

Coconut, mango & banana loaf, sliced with a serve of cashew cream on the side [GF/ VG/CN]

### **Frittata 4.50**

Mixed mushroom, cherry tomato, kale, and cheese [GF/V]

### **Panna cotta lamingtons 4.00**

The Aussie favourite, ours could quite possibly be one the softest lamington you will every try. [VG]

# CHOMP

BRIGHTEN YOUR PLATE

## LUNCH

### BANGIN BAGELS AND WRAPS

Minimum 6 unless otherwise stated

#### BAGELS

Dairy, egg, soy & nut free, cut in half

13

#### WRAPS

Perfect for meetings, cut in half

9

#### GLUTEN FREE BREAD

Min 2

13

#### BITE BOX

A bite size selection of quartered bagels, baguettes, sandwich quarters and small wraps. Easy to eat breads with our delicious fillings. Variety at its best! We recommend min 2 pieces per person (Min 5 pieces)

8.80

Order a Pot Luck Platter to receive a variety of our weekly specials:

**Almighty Amalfi** - Prosciutto, bocconcini, tomato and basil pesto, rocket

**Tapas Taster** - Olive tapenade, rocket, tomato hummus, artichokes, and roasted capsicum [VG]

**The Chunky Char** - Charred cauliflower with celeriac, grapefruit & tarragon remoulade [VG]

**The Royal Relish** - Grilled chicken with a carrot and fennel relish finished with tarragon mayo

**Smokey Beets** - Beetroot labneh, smoked salmon, red onion, and fried capers

### HEALTHY BOWLS

(WARM OPTIONS FOR WINTER & FILLING FRESH OPTIONS)

#### SMALL

Minimum 6 per flavour. A light snack, perfect for meetings

8.90

#### MAIN MEAL

Minimum 4 per flavour. Hands off, this is all yours!

15

#### SHARING IS CARING

Serves 6-10 as part of your Chomp spread

65

Packed full of mouthwatering ingredients, make friends with one of our hero bowls for a healthy and exciting lunch that won't leave you hankering for a portion of fries!

#### WARM BOWLS

**Guac & Greens** - Black rice, quinoa, charred corn, sliced avocado, tomato and coriander salsa, red onion, baby herbs, grilled spiced chicken [GF]

**In a Pickle** - Warm brown rice, cherry tomato, cucumber, carrot, daikon, pickled red onion, edamame, soy and apple dressing, baby herbs, teriyaki tofu [GF/VG]

#### COOL BOWLS

**Rainbow Chop** - Mixed cabbage slaw with carrots, beetroot, kale, red onion, seeded mustard and tahini dressing, baby herbs, roasted sweet potato, quinoa and pomegranate. [VG/GF]

**King Cauli** - Roast cauliflower, mixed beetroot, spice roasted chickpeas, hazelnut and lemon dressing, mixed baby leaves. [VG/GF/CN]

# CHOMP

BRIGHTEN YOUR PLATE

## INDIVIDUAL BOXES

Take the hassle out of deciding what to order your staff with these individual packed meals.

½ Bagel + Healthy Bowl (snack size) + Sweet treat **14.00**

½ Wrap + Healthy Bowl (snack size) + Sweet treat **11.00**

Hot soup/stew and dinner roll **8.00**  
Enquire for the weekly special

---

## AMAZE & GRAZE SHARING BOARDS

Share a memorable moment with one of our delicious sharing boards that are a feast for all the senses.

SMALL  
Feeds 3-5

MEDIUM  
Feeds 5-10

LARGE  
Feeds 10-20

MEGA  
Feeds 20-25

### Plant Based Party Platter [VG] - 60 / 85 / 125 / 175

All of the classics with a healthy, animal friendly twist. Vegan cheeses rolled in fresh herbs, thyme roasted mushroom pate, egg-plant jerky, olives, nuts, dates, lavosh, pickled veggies, fresh veggie sticks, house-made dips and kale cheesy chips.

### Mediterranean Magic Platter - 65 / 95 / 145 / 195

Heaving with a fine cheese selection, cured meats, artisan olives, house-made fruit pastes, fresh berries, toasted nuts, medjool dates, crackers, house-made lavosh, pickled veg and more...

### Endless Summer [VG/GF] - 35 / 60 / 90 / 130

A tropical party of seasonal fruit and berries conveniently sliced and ready to eat

### The Veggie Patch [VG/GF] - 40 / 70 / 115 / 155

Super moreish house roasted veggie chips, dehydrated kale chips, a Chomp trio of dips, raw veg sticks and toasted seeds - the perfect healthy snack box.

**[Plant Based]**

### But First, Cheese - 60 / 85 / 125 / 175

Local and lovely, a fine selection of cheeses, house made pastes, chutneys, crackers and grapes with dried fruit and toasted nuts

### Blissful Bites Board [GF/VG/CN] - 35 / 60 / 90 / 130

A healthier alternative for sweet-toothed Chompers! Chomp bliss balls, peanut slice, bounty popsicles, salted cinnamon popcorn, gluten-free brownie bites & banana loaf squares, nuts, dried fruits, fresh berries and cashew cream. Contains Nuts

## GRAZING STATIONS

This is where you can see Chomp really Brighten Your Plate!

From a simple grazing table for a group of friends to wedding feasts, product launches and televised media events, Chomp's offers bespoke styling, florals and creative concepts designed to be the talk of the table.

Speak with the Chomp events team to have your grazing table custom created to suit your needs.

Enquire to [info@chomplife.com.au](mailto:info@chomplife.com.au)

### For One and All - starting from 26.50pp

A show stopping spread heaving with an indulgent selection of fine cheeses, cured meats, antipasto, artisan olives, Iggy's sourdough bread, house made dips and crackers. Everything you need to snack away. Biodegradable plates, cutlery and napkins and all platters included.

Contact Chomp to include tablecloths, florals and foliage for an extra wow factor on the table.

### Plant Based Party [VG] - starting from 20.00pp

It's a plant based extravaganza with a bright bounty of healthy items including our aged pistachio "brie", our rolled "cheese" selection, thyme roasted mushroom pate, charcoal tartlets, veggie chips and house made dips with some guilt free vegan treats to finish off. Styled with fresh green foliage. Biodegradable plates, cutlery and napkins and all platters included.

# CHOMP

BRIGHTEN YOUR PLATE

## OFFICE PARTY FAVES

Treat the hard-working team to a mix of the below Chomp favourites. Minimum 12

### Mini pies

- Chicken, cheddar, caramelised onion and pea pies **3.50**

- Plant-based version filled with vegetable goan curry **[VG] 3.20**

### Vietnamese rice paper rolls **4.10**

Prawn, **tofu** and chicken **[GF/DF/VG option]**

### Plant-based sausage rolls **2.60**

Walnut, caramelised onion and oats sausage roll with rich house-made ketchup **[VG/CN]**

### House-made sausage rolls **3.00**

Free-range pork, fennel and apple with house-made ketchup

### Super Hero Sliders **5.50**

- **Mighty Shroom** - Sautéed mixed mushrooms and vegan brie **[V]**

- **Royal Relish** - Grilled chicken with a carrot & fennel relish finished with tarragon mayo

### Mini Frittata **3.50**

Mini frittata with lemon & dill cream cheese **[V]**

### Kataifi tart

- With prosciutto, cherry tomato and brie **5.00**

- With olive tapenade, artichoke and capsicum **[V] 4.20**

### Sesame crusted watermelon **3.80**

With soy and ginger dipping sauce **[VG/CN]**

### Ginger and chicken cakes **3.80**

with a coriander and lime aioli **[GF]**

### Cured salmon, dill and potato cakes **4.40**

with a sour cream tartar **[GF]**

## HYDRATION STATION

### Almighty Organic Juices 300ml **4.20**

- Apple
- Carrot, Orange, Turmeric
- Orange

### Remedy Kombucha 330ml **4.50**

- Ginger Lemon
- Raspberry Lemonade

### Carton & Co. Boxed Water 500ml **3.50**

### San Pellegrino Sparkling

Mineral Water **250ml 3.50**  
**500ml 5.00**

### Tea and Coffee **4.50**

Freshly ground coffee and an assortment of quality teas, milk, sugar, stirrers and disposable cups.

### Small meeting **4.50**

- served in a handy thermos 12 - 40pax

### Large meeting - 40+ pax **4.30**

- you're catering for a large or all day event and need to keep everyone hydrated and motivated! Served in a coffee percolator and hot water urn and requires access to two power points.

**Coffee Percolator and Hot Water Urn Hire \$60.00 each**

## EXTRAS

### Biodegradeable cutlery pack **1.50**

Plate, cutlery and napkin

## EVENT STAFF

### Food Preparation

- Executive Chef
- Sous Chef

Contact Chomp to discuss your requirements

### Wait staff

- RSA qualified wait staff
- Wait staff
- Cocktail wait staff
- Barista staff

Contact Chomp to discuss your requirements

# CHOMP

BRIGHTEN YOUR PLATE

## EVENT MANAGEMENT

### WE'VE GOT YOU COVERED

PRIVATE EVENTS

FINE FOOD / CANAPES

ALCOHOL PACKAGES

BABY SHOWERS

CORPORATE IN-HOUSE LUNCHES

FILM SHOOT CATERING

PRODUCT LAUNCHES

Rest assured, we've got your special event covered with our unique style.

**Chomp provide:**

**Food & Beverage Staff**

**Qualified Chefs**

**Styling including floral arrangements**

**Equipment Hire**

Please enquire for a quote

[info@chomplife.com.au](mailto:info@chomplife.com.au)

0413 507 450

### FOR THE LOVE OF GOOD FOOD

Our food options are far from limited to this menu, in fact some of our most memorable food comes from having a quick chat with a customer to design a bespoke spread fit for your awesome occasion!

#### T'S + C'S

The simplest way to order is online at [www.chomplife.com.au](http://www.chomplife.com.au) otherwise email your order to

[info@chomplife.com.au](mailto:info@chomplife.com.au)

Orders to be placed by 1pm the day before.

Last minute orders, give us a call can we will do our best to fit you in.

Platter collection: Please could you keep platters ready for collection at your reception or return to our address.

As everything is made fresh to order, a cancellation within 24 hours will be charged at 50% of order.  
50% deposit required one week prior to events and balance payment the day before.

#### Minimum order:

Weekdays: \$150.00 Weekends: \$800

Delivery fee: \$10 within 5km of CBD, 5km+ and weekend delivery fees vary - please enquire.

[www.chomplife.com.au](http://www.chomplife.com.au)

[info@chomplife.com.au](mailto:info@chomplife.com.au)

0413 507 450

