

breakfast

Functions
& Events

Continental	Shared to the table	29.5
	or Served individually	31.5
	Selection of chilled juices	
	Filtered coffee and selection of teas	
	Fresh fruits & berries	
	Greek yoghurt pots, strawberry compote & puffed grain granola V	
	Assorted mini danish, muffins, croissants & local preserves	
	Selection of savoury filled mini croissants	
	Double smoked ham & Swiss cheese and Tomato & basil pesto V	
Plated	Shared to the table	38
	or Served individually	39.5
	Selection of chilled juices	
	Filtered coffee and selection of teas	
	Fresh fruits & berries	
	Greek yoghurt pots, strawberry compote & granola V	
	Assorted mini danish, muffins, croissants & local preserves	
Choose one hot item	Served individually	
	Grilled sourdough, heirloom tomatoes, smashed avocado, poached egg, goat's fetta, dukkah & micro basil V	
	Scrambled free-range eggs, Barossa grilled bacon, breakfast sausage, roasted tomato, grilled portobello mushroom & charred Turkish bread NF	
	Potato hash, pulled beef, poached eggs, baby spinach & hollandaise NF GF	
	Charred sourdough, poached eggs, chorizo & beans, tomato sugo & grilled halloumi NF	

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V vegetarian | VG vegan | GF gluten free | NF nut free | DF dairy free

morning & afternoon tea

Functions
& Events

Coffee & teas

Freshly brewed filtered coffee & a selection of teas

1 Break item

Shared to the table | 11 or Individual serves | 11.50

2 Break items

Shared to the table | 15 or Individual serves | 15.5

3 Break items

Shared to the table | 19 or Individual serves | 19.5

Break Items

Favourites

Fresh seasonal fruit platters V DF NF GF

Assorted fruit danish pastries

Assorted mini muffins, chocolate, blueberry, apple, white chocolate & raspberry

Freshly baked scones, Beerenberg jams & whipped cream NF

Portuguese custard tarts

Carrot & walnut cake

Slices

Selection of

Lemon coconut

Peanut butter & white chocolate blonde

Cheesecake crumble

Anzac caramel

Muesli & yoghurt

Cup Cakes

Selection of

Vanilla raspberry

Lemon curd

Banana caramel

Chocolate salted caramel

Peanut snickers

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morning & afternoon tea

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Break Items Continued

Cookies (6cm)	<p>Selection of White chocolate & macadamia nut Chocolate fudge Polka dot Raspberry & white chocolate chunk</p>
Scrolls	<p>Selection of Smoked chicken & green olive NF Gypsy ham & sun-dried tomato NF Mediterranean vegetable & basil pesto V</p>
Quiches	<p>Bacon & gruyere cheese NF Chorizo & olive NF Baby spinach & cherry tomato V Zucchini & ricotta V</p>
Savoury	<p>Balfours cocktail pastries, Beerenberg tomato sauce NF Cheese & bacon muffins</p>
Healthy options	<p>Protein bliss balls / energy bites</p> <ul style="list-style-type: none">- cocoa & peanut butter- pistachio & cranberry- salted caramel- toasted hazelnut & date- coconut & apricot <p>Chia seed, almond milk & raspberry pots Activated nuts & dried fruit Greek yoghurt & puffed grain granola Blueberry, flaxseed & oat bars</p>

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working lunch

Lunch Box 1	<p>Served individually 35</p> <p>Filled lunch roll - roasted chicken, avocado, salad & mayonnaise NF DF</p> <p>Salad bowl - wild rocket, roasted beetroot, Persian feta & hazelnut dukkah GF</p> <p>Lemon slice</p> <p>Fruit salad V VG GF NF DF</p> <p>Tea, coffee & soft drinks</p>
Lunch Box 2	<p>Served individually 35</p> <p>Filled lunch roll - double smoked ham, vintage cheddar, tomato & dijon mustard NF</p> <p>Salad bowl - spice roasted chickpea & pumpkin, cranberries, toasted almond & goats curd V GF</p> <p>Chocolate brownie slice</p> <p>Fruit salad V VG GF NF DF</p> <p>Tea, coffee & soft drinks</p>
Lunch Box 3	<p>Served individually 35</p> <p>Filled lunch roll - roasted beef, caramelised onion, sundried tomato pesto & rocket leaves</p> <p>Salad bowl - roasted potato salad, pancetta crisps, shaved pecorino & mustard cream NF</p> <p>Cheesecake crumble slice</p> <p>Fruit salad V VG GF NF DF</p> <p>Tea, coffee & soft drinks</p>
Lunch Box 4	<p>Served individually 35</p> <p>Filled lunch roll - roast lamb, tabouli, tzatziki & salad leaves NF</p> <p>Salad bowl - Greek feta, olive, tomato, cucumber & sticky balsamic GF NF DF</p> <p>Anzac caramel slice</p> <p>Fruit salad V VG GF NF DF</p> <p>Tea, coffee & soft drinks</p>

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working lunch

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Variety Lunch Box

Served in individual lunch boxes | 37
or Served on platters to the table | 35

Turkish finger sandwiches – assorted flavours
Garden salad V
Slices – assorted flavours
Fruit salad V VG GF NF DF
Tea, coffee & soft drinks
Vegetarian option included

The Opera Box

Served in individual lunch boxes | 39

Assorted charcuterie, pickles & olives
Spinach & ricotta frittata
Mini artisan brie & vintage cheddar, lavosh crackers
Lemon meringue tart
Tea, coffee & soft drinks

The Poke Bowl Lunch Box

Served in individual lunch boxes | 39

Assorted Poke bowls, yellowfin tuna, seared sesame beef or lemongrass & coconut poached chicken
Fruit salad V VG GF NF DF
Portuguese custard tarts
Tea, coffee & soft drinks
Vegetarian option included

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hot fork lunch

Hot Lunch Box	Served in individual lunch boxes 41 1 hot fork dish 1 salad 1 slice Fruit salad Tea, coffee & soft drinks
Hot Lunch	Served to the table 47 2 hot fork dishes 1 vegetarian hot fork dish 2 salads Fresh fruit platters Served with bread & butter Tea, coffee & soft drinks
BBQ	Served to the table 49 Served individually 51 2 hot fork dishes 1 vegetarian hot fork dish 2 salads Fresh fruit platters Served with bread & butter Tea, coffee & soft drinks
	Post Event Sundowner 19.5 45 minutes, beverage & platters

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hot fork dish selection

*Functions
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Chicken

- Butter chicken (Murgh Makani), butter, cream, cashew & spices GF
- Korean fried chicken, fermented cabbage salad, fried beans & green onion NF DF
- Honey sriracha BBQ chicken, charred corn, pineapple & coriander verde NF GF DF
- Middle eastern baked chicken chop, green olive & almond, grilled tomato & preserved lemon DF GF

Lamb

- Persian lamb tagine, dates & pickled lemon, moghrabieh GF NF
- Kashmiri lamb rogan josh, yoghurt, spices & chilli
- Noisette of lamb, sliver beet, pickled walnuts & rosemary jus GF DF
- Slow roasted lamb shoulder, sumac roasted chickpeas, pomegranate syrup & caramelised yoghurt NF GF

Pork

- Braised pork belly, turmeric, lemongrass & coconut GF DF
- Cuban mojo BBQ pork shoulder, black bean salad & mango lime salsa DF
- Char sui pork, Cantonese eggplant, grilled broccolini & black vinegar DF
- Sticky pork belly, sweet & sour vegetables, sesame noodles NF DF

Beef

- Memphis style smoked beef brisket, grilled vegetables, pickled onions & chipotle butter GF DF
- Beef medallions, portobello mushroom, red wine braised baby onions & mustard cream DF
- Slow-cooked BBQ beef short rib, grilled potatoes, BBQ glaze & chimichurri NF GF
- Massaman beef curry, coconut cream, Thai spices & roasted peanuts DF

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hot fork dish selection

*Functions
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Seafood

Soy braised wild caught barramundi, steamed pak choi, garlic chips & chilli NF

Mustard & red miso baked atlantic salmon, toasted sesame, asparagus, nori & yuzu butter

Grilled kingfish charred Provencal vegetables, green olive & basil tapenade NF DF

Atlantic salmon, roasted kipfler potatoes, caper & preserved lemon butter NF

Vegetarian

Vegetable biryani, potato, peas & saffron spice

Indonesian nasi goreng, cabbage, soy & crispy shallots

Cauliflower & chickpea masala, chilli, cashew & coriander

Moroccan baked sweet potato, roasted peppers & red onion

Potato gnocchi, wild mushroom, roasted baby tomato & herbs

Lentil & black bean chilli, toasted tortilla & sour cream

Salad

Southern-style macaroni, Cajun sweet potato & cider vinegar V NF

Spice roasted chickpea & pumpkin, cranberries, toasted almond & goats curd V GF

Sesame grilled broccolini, pickled onion & lemon tahini V DF NF

Roasted cauliflower, crispy chorizo, dried tomato & halloumi NF

Grilled corn, Mexican beans, red peppers, mango & fresh herbs V NF DF

Wild rocket, roasted beetroot, Persian feta & hazelnut dukkah V GF

Roasted potato salad, pancetta crisps, shaved pecorino & mustard cream GF

BBQ Selection

Chicken tandoori marinated, fried potato & mango chutney GF NF

Beef brisket, slow cooked, smokey BBQ bourbon glaze, lime & chipotle buttered corn cob NF GF

Lamb cutlets, Portuguese style, black-eyed beans & roasted tomato yoghurt GF NF

Pork belly, master stock braised, chargrilled, spicy plum & apple salad GF NF DF

Atlantic salmon, chilli, mustard & honey & rough-cut herb salad DF NF

Chargrilled vegetables, grilled halloumi & salsa verde GF NF

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plated lunch & dinner

Pricing

2 Course Lunch		59
set entrée & set main OR set main & dessert		
3 Course Lunch/Dinner		75
set entrée & set main & dessert		
3 Course Dinner		81
set entree, alternate main, set dessert		
Alternate drop per course		6
Additional Choice Entree		9
Additional Choice Main		12
Additional Choice Dessert		9
Pre Event Canapes - chefs selection 3 items 30 mins		13.5
Add 1 hot & 1 salad side dish		7.5

**All lunch & dinner menus served with assorted bread rolls,
freshly brewed coffee, a selection of teas & petit fours**

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Vvegetarian | **VG** vegan | **GF** gluten free | **NF** nut free | **DF** dairy free

entree

Cold

SA antipasto plate, locally sourced charcuterie, pickled vegetables, frittata, olives & toasted crostini

78° gin & lime cured hiramasa kingfish, kohlrabi, grapefruit, radish & roe DF NF GF

Poached king prawn, salted cucumber, pickled avocado, sea vegetables & yuzu pearls DF GF NF

Prawn & crab salad, compressed melon, cucumber, asparagus & puffed wild rice DF GF NF

Hot smoked salmon, beetroot, watercress, creme fraiche & confit shallot NF GF

Lamb, ancient grains, goat's feta, pomegranate & baby herbs

Chicken, smoked eggplant, lentil salad, chicken crackling & sage DF NF GF

Smoked duck, sour cherries, pickled walnut, goat curd & sorrel GF

Burrata, dukkha, roasted heirloom tomatoes, garlic chips & schiacciata

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entree

Hot

Charred Cuban chicken, roasted pineapple, black bean salsa, lime & baby coriander GF NF DF

Seared duck breast, fermented red cabbage puree, grilled pear, fennel & orange GF NF DF

Zaatar rubbed lamb, pickled Lebanese eggplant, glazed pumpkin, tahini yoghurt

Braised pork belly, torched apple, celeriac, charred corn & cider vinegar aioli NF GF

Poached veal fillet, white anchovy, caponata, lemon & parsley pangrattato NF GF

Charred prawn, green mango, fermented chilli, apple, palm sugar & lime caramel NF GF DF

Scorched scallop, parsnip, squid ink cracker, caramelised cauliflower & shichimi NF

Coorong Mullet, smoked potato, edamame, wasabi, sour cream & cured egg yolk GF NF

Potato gnocchi, fried speck, garden peas, truffle oil, burnt butter & pecorino NF

Spinach & ricotta cannelloni, roasted tomato, shaved parmesan & pesto V

Taste of SA

Add | 6.5

Clean Seas Hiramasa Kingfish crudo, coconut yoghurt, wasabi & coastal greens NF GF

Woodside goats feta, pickled local beets & white balsamic syrup V GF NF

Paringa farm lamb, smoked tomato, ancient grain tabouli & baked yoghurt

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main course

Beef

Beef fillet, baked pumpkin gnocchi, smoked garlic, roasted sprouts, grilled leek & jus NF

Beef fillet, potato & parmesan galette, duck fat, charred asparagus, swiss mushroom jus NF GF

Beef short rib, sweet potato purée, rainbow chard, grilled artichoke & chimichurri NF GF

Slow-cooked beef sirloin, confit new potatoes, roasted broccoli, king oyster, fermented garlic & mustard butter NF GF

Sticky beef cheek, kimchi, pickled green mango, baked eggplant & herb salad NF DF

Chicken

Chicken breast, barley, parsnip purée, baby vegetables & banana shallot NF

Chicken breast, smoked scarmorze risotto, grilled corn & roasted peppers, asparagus & almond crumble GF

Confit Maryland, cauliflower skordalia, pickled cauliflower, roasted tomato, pumpkin flower, chicken glaze NF

Chicken breast, soft goats cheese polenta, cured pork belly, braised wild mushrooms, red pesto GF

Duck

Duck breast & leg, balsamic beetroot, celeriac fondant, dried plum & blood plum oil GF NF DF

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main course

Lamb	<p>Lamb rump, freekeh salad, braised fennel root, smoked tomato & Persian feta</p> <p>Lamb rump, roasted carrot purée, candied beetroot, silverbeet & burnt yoghurt GF NF</p> <p>Lamb rack, goats cheese soufflé, creamed spinach, butter-poached shimeji mushroom NF</p> <p>12 hr braised shoulder, roasted butternut, heirloom carrots, mint vinegar & Tuscan gremolata GF NF</p>
Pork	<p>Pork cutlet, grain mustard & herb butter, celeriac purée, braised pork cheek & savoy cabbage NF</p> <p>Pork belly, cavolo nero, nashi pear, pickled fennel, sage butter & crackling GF NF</p>
Seafood	<p>Atlantic salmon, potato purée, fried chorizo, green peas, pea shoots & citrus cream NF</p> <p>Hiramasa kingfish, sweet potato fondant, buttermilk, roasted corn & herb oil GF NF</p> <p>Atlantic salmon, Goolwa pipis, saffron, kipfler potatoes & smoked roe salsa GF NF DF</p> <p>Barramundi, roasted tomato, pickled ginger, charred broccolini, lemon & almond gremolata GF NF</p>
Veg	<p>Grilled sweet potato, goats cheese, roasted heirloom tomatoes, semi-dried olives, salsa verde GF NF</p>

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side dishes

*Functions
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Served to the table

Hot

Garlic & parmesan herb baked baby potatoes V NF GF

Steamed broccolini, preserved lemon, toasted almond & olive oil V DF GF

Baked pumpkin, maple glaze, feta & toasted seeds V

Moroccan spiced roasted cauliflower, tahini hummus V GF NF DF

Wild thyme & balsamic roasted vegetables V GF NF DF

Salad

Green leaf salad, aged sweet vinegar dressing V GF NF DF

Roasted pear, shaved parmesan, candied walnut & rocket salad V GF

Heirloom tomato, cherry bocconcini, pickled onion, fresh basil & sticky balsamic V GF NF

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desserts

Desserts

Spiced apple custard crumble, blueberry coulis, macadamia nut ice cream

Blonde chocolate brownie, peanut butter biscuit, buttermilk honey ice cream

Soft centre chocolate pudding, rum soaked muscatels, vanilla bean ice cream, creme anglaise NF

Devils chocolate mousse cake, soft chiffon sponge, raspberry jelly NF

New York baked cheesecake, fresh berries, salted caramel ice cream NF

Opera slice, coffee macaroon, gold leaf, chocolate cream

White chocolate creme caramel, poached pair, pistachio biscotti

Salted caramel layered mousse cake, chocolate crumbs, honeycomb ice cream NF

Bourbon flourless chocolate cake, mascarpone espresso cream, toffee popcorn & Dutch cocoa NF

Baked lemon tart, torched italian meringue, berry sorbet, creme fraiche NF

Bittersweet dark chocolate tart, praline mousse, hazlenut granola, white chocolate sorbet

Chefs platter of mini desserts

Cheese

SA cheese platter

| 14.5pp

locally sourced artisan cheeses, Adelaide hills semi-dried fruits & pastes, tuckers savour crackers

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CANAPES

Cocktail Food	1 Hour (3 hot/2 cold)	
	Shared to the table 25 or Individual serves 27	
	1.5 Hours (5 hot/3 cold)	
	Shared to the table 36 or Individual serves 38	
Cocktail Food	2 Hours (7 hot/3 cold)	
	Shared to the table 44 or Individual serves 46	
	1 Hour (4 canapes & 2 substantial)	
	Shared to the table 42 or Individual serves 44	
Substantial Cocktail Food	1.5 Hours (5 canapes & 3 substantial)	
	Shared to the table 59 or Individual serves 61	
	2 Hours (6 canapes & 4 substantial)	
	Shared to the table 75 or Individual serves 77	
Live Food Stations	Mexican Station	20
	Vietnamese Station	20
	Seafood Station	24
	Spanish Station	20
	Curry Bar	20
	Pizza Station	20
	Bao Bun Bar	20
	Dessert Stations	20
	Live food Station Package (4 Stations)	75
	Minimum 200 guests	
Please choose one cold canape, one hot canape & four food stations		

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CANAPÉS

Cold

Tuna, sesame crusted, roasted nori & ponzu DF NF
Scallop, green mango & palm sugar caramel GF DF NF
Kingfish ceviche, coconut yoghurt & smoked fish roe GF DF NF
Braised octopus, roasted olive & tomato gel GF DF NF
Poached chicken, crispy chorizo & red pepper chutney NF
Peking duck pancake, pickled carrot, spring onion & plum
Smoked lamb, hummus, sumac & toasted grains GF
Honey goats cheese tart, medjool date, micro pepper leaf V NF
Pickled watermelon, goat's feta & confit shallot V GF
Almond milk panna cotta, charred pumpkin & almond dukkah V GF DF

Hot

Pulled beef brisket mac n cheese croquette, smokey BBQ bourbon glaze NF
5 spice chicken strip, toasted sesame, green onion & kewpie mayonnaise NF
Chicken satay skewer, roasted peanut & coconut sauce GF DF
Southern fried chicken, chipotle & lime aioli DF NF
Chilli & lime salted squid, chilli & palm sugar syrup
Potato spun prawns, miso ginger caramel & green onions
Tempura prawn, fried chilli, shallot & sesame soy
Greek lamb kofta, preserved lemon tzatziki NF
Herb crusted pulled lamb, smoked paprika & mint tabouli NF
Sticky pork bao, fermented cabbage, sriracha & radish NF
Char sui pork bites, eggplant chutney & black vinegar dressing DF GF
Arancini, wild mushroom, truffle parmesan, panko herb crumbed, black garlic aioli V
Pumpkin & toasted almond samosa, spicy tomato kasundi V
Mini pizzette, tomato pesto, basil & bocconcini V

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substantial canapes

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Sliders

Selection of

Beef slider, American cheese, pickle, mustard & tomato NF

BBQ chicken slider, slaw & sriracha mayonnaise NF

Vego slider, grilled mushroom, halloumi & beetroot relish V NF

Canpes

Mini taco, Mexican chilli, guacamole, lime & coriander NF DF

Tandoori chicken pots, basmati & raita GF

Seafood basket, panko crumbed whiting, tempura prawn & salt and pepper squid

Harissa lamb cutlet, puffed wheat tabouli & mint yoghurt NF

Smoked beef rib, pickled watermelon & chimichurri GF NF DF

Sticky prawn, Thai vegetables & chilli marmalade GF DF

Pulled lamb, goats cheese risotto, pea & mint pesto GF

Chicken & chorizo paella, lemon aioli NF GF DF

Braised beef ragu, potato gnocchi & parmesan NF

Pork belly, nashi pear & fennel salad, celeriac remoulade NF DF GF

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Mexican | 20

Taco & burrito bar

- Chicken, beef & vegetarian
- Mexican cheese, jalapeno, roasted corn salsa, guacamole, sour cream & fresh herbs

Vietnamese | 20

Bahn mi

- Crispy pork & chicken DF
- Fresh herbs, cucumber, pickled carrot & radish, onion & chilli

Pho

- Beef & vegetarian GF DF
- Glass noodles, bean sprouts, broth & Vietnamese herbs

Seafood | 20

Tempura prawn

Battered flathead

Chilli lime salted squid

Fresh lemon & lime, sesame soy, tartare & aioli

Spanish | 20

Paella chicken & chorizo

Pinchos Morunos (spicy pork skewer) GF DF NF

Black bean, charred mango, lime & coriander salsa

Curry bar | 20

Butter chicken

Massaman beef curry

Spice-scented steamed basmati rice

Pizzeria 9" | 20

Classic margarita, tomato, bocconcini & basil

Prosciutto, smoked scamorza, olive & rocket

Double smoked ham, sopressa, Italian sausage, fior di latte & herbs

Bao Bun Bar | 20

Crispy pork belly, Peking duck & soy & miso fried tofu

- Spicy plum, pickled carrot & radish, chilli, red cabbage & fresh herbs

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dessert food stations

Salty & Sweet | 20

Hot cinnamon doughnuts

Choc-tops

Popcorn

Just all things chocolate | 20

Brownie

Cupcakes

Fudge cookies

Caramel slice

Mousse cups

Ice cream cart | 20

6 assorted flavours

Waffle cones & toppings

Espresso coffee cart & sweet treats | 20

Barista made espresso coffee & a selection of teas

Mini desserts & pastries

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glossary

Ancient grains include varieties of wheat, spelt, freekeh, bulgur, farro, einkorn, and emmer; the grains millet, barley, teff, oats, and sorghum & quinoa, amaranth, buckwheat, and chia.

Arancini are stuffed Italian rice balls which are coated with breadcrumbs and then deep-fried.

Bánh mi is the Vietnamese word for bread. In Vietnamese cuisine, it also refers to a type of baguette which is often split lengthwise and filled with various savoury ingredients.

Black garlic is sometimes described as fermented garlic, but it is made from standard garlic bulbs, slowly cooked until the cloves are black and almost treacly.

Boa bun is a type of lotus leaf bun.

Burrata is a fresh Italian cow's milk cheese made from mozzarella and cream.

Caponata is a Sicilian eggplant dish consisting of a cooked vegetable salad made from chopped fried eggplant, celery, vinegar & capers.

Char Siu is a popular way to flavour and prepare barbecued pork in Cantonese cuisine. It is classified as a type of Siu mei, Cantonese roasted meat.

Charcuterie is the art of preparing and assembling cured meats and other meat products.

Chimichurri (Argentinian) is a piquant sauce or marinade traditionally used on grilled meat, typically containing parsley, garlic, vinegar, olive oil, and flakes of chilli pepper.

Chipotle is a smoke-dried ripe jalapeño chilli pepper used for seasoning. It is a chilli used primarily in Mexican and Mexican-inspired cuisines.

Confit is any type of food that is cooked slowly over a long time as a method of preservation. Confit is a cooking term that describes when food is cooked in oil at a low temperature.

Crudo in Italian means "raw."

Dukkha is an Egyptian dry mix of roasted nuts, seeds and finely blended spices.

glossary

Edamame are young soybeans that are soft and edible.

Freekeh is a cereal food made from green durum wheat that is roasted and rubbed to create its flavour.

Hiramasa kingfish is the Japanese name for this fish and it is highly regarded in Japan.

Jalapeño peppers are medium-sized chilli peppers with a mild to moderate amount of heat, used to flavour many Mexican dishes.

Kasundi is the Asian or Bengali variety of mustard sauce. It is a pungent paste of fermented mustard seeds & spices.

Kewpie mayonnaise is a smoother, creamer mayonnaise, and it's made with rice vinegar rather than distilled vinegar.

Kimchi is a traditional Korean dish consisting of fermented vegetables, which is mainly served as a side dish.

Kohlrabi is part of the cabbage family. The name translates as 'turnip cabbage' and the mild, sweet flavour is somewhere between a turnip and a water chestnut, with a crisp, crunchy texture.

Kombu is an edible kelp from the family Laminariaceae eaten in East Asia. It may also be referred to as kombu, dashima or haidai.

Labneh is yoghurt that has been strained to remove most of its whey, resulting in a thicker consistency.

Laksa is a spicy noodle soup it consists of thick wheat noodles or rice vermicelli with chicken, prawn or fish, served in spicy soup based of rich and spicy curry coconut milk.

Leaf celery, also called Chinese celery or Nan Ling celery, is a variety of celery cultivated in East Asian countries for its edible, flavourful stalks and leaves.

Miso is a traditional Japanese seasoning produced by fermenting soybeans with salt and sometimes rice, barley, seaweed or other ingredients.

Mojo is the name of several types of sauces, varying in spiciness, consisting primarily of olive oil, pepper varieties, garlic, paprika, cumin or coriander, and other spices.

Paella is a Spanish rice dish originally from Valencia. Paella is one of the best-known dishes in Spanish cuisine.

glossary

Pangrattato is Italian for breadcrumbs or “grated bread”.

Pho is a Vietnamese soup consisting of broth, rice noodles, herbs & meat – usually beef.

Ponzu is a citrus-based sauce commonly used in Japanese cuisine. It is tart, with a thin, watery consistency and a dark brown colour.

Quinoa is a grain crop that is grown for its edible seeds.

Rainbow Chard (spinach/silverbeet family) is a colourful leafy vegetable. The leaf stalks are large and often prepared separately from the leaf blade.

Schiacciata It’s a type of flatbread made with flour, water, yeast, salt and olive oil, Schiacciata literally means “squashed”.

Shichimi is a spicy Japanese seasoning blend, also known as Shichimi Togarashi, which includes chillies, sesame, orange peel, nori and more, is used to flavour soups, noodles dishes, grilled meats and seafood.

Skordalia is a thick purée in Greek cuisine traditionally made by combining crushed garlic, potato puree & olive oil.

Speck is smoked or pickled pork belly.

Sriracha is a type of hot sauce or chilli sauce made from a paste of chilli peppers, distilled vinegar, garlic, sugar and salt.

Tapas is an appetiser or snack in Spanish cuisine and translates to a small portion of any kind of Spanish cuisine.

Tofu, or bean curd, is a popular food derived from soya.

Wakame is a species of edible seaweed, a type of marine algae.

Wasabi or Japanese horseradish is a plant of the family Brassicaceae, which also includes horseradish and mustard in other genera.

Yuzu fruit is a highly prized Japanese citrus fruit with a beautifully perfumed smell and juice.

Zaatar is the name of a spice mixture typically used as a condiment, which contains the herb along with toasted sesame seeds, dried sumac, and often salt, as well as other spices.