Mountain Folk Catering

‘Contact Us’ to Order or Enquire

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MOUNTAIN FOLK Cáfe Retreat

BREAKFAST

Birdseed muesli slice 8

Toasted sourdough English muffin 14
~Expleo bacon, free range egg, tasty cheese, house made relish
~Grilled halloumi, seasonal pesto, spinach, red onion (Veg)

Baked croissant 16
~Ham, tasty cheese, spinach, red onion, house made relish
~Smoked salmon, tasty cheese, spinach, red onion, hollandaise

Fresh fruit pot 14 (GF)
Topped with yoghurt & chia seeds

PACKED LUNCH BOX

Small 20
Gourmet sandwich, slice

Regular 30
Gourmet sandwich, salad, slice

Large 36
Gourmet sandwich, salad, slice, drink, fruit

BAKING

Scone
Mini 4.50 **Regular** 6.50
~Sweet scone, raspberry jam, fresh whipped cream
~Savoury scone, tasty cheese & herb

Freshly Baked Muffin 7.5
~Blueberry lemon
~Apple, carrot, walnut
~Savory bacon & cheese
~Chilli cream cheese & corn

Sweets
Bite size 4 **Regular** 8
~Ginger oat slice
~Birdseed muesli slice
~Caramel slice (GF)
~Chocolate brownie (GF)
~Wholefood bliss balls (GF, DF, V) 4

House Made Sausage Roll, dipping sauce
Mini 4 **Full size** 13
~Beef & chorizo
~Pork, fennel, apple

Roast vegetable frittata, house made relish (Veg)
Bite size 4 **Slice** 13

LUNCH

Hot soup (takeaway pot) 14
Daily flavour with buttered sourdough toast

Club sandwiches (2 pieces) 8
~Ham, cheese & salad
~Curry egg & salad
~Chicken mayo

Fresh filled sandwich16
~Pesto chicken, cheese, red onion, salad
~Grilled halloumi, pesto, cheese, red onion, salad

Sourdough toasted sandwiches 13
-Ham, Cheese, Onion
-Cheese, onion, pesto, spinach Veg

Salmon dill cream cheese rolls 8

Teriyaki chicken rice paper roll 8 (GF)
Sesame kewpie* dipping sauce, lime wedge
**(Plain Kewpie mayo if GF is required)*

Creamy chicken pie 14

Roast vegetable frittata slice 8 (Veg, GF)

CAKES

Signature olive oil carrot cake, cream cheese icing 110
Feeds 30 people

Chocolate celebration cake, whipped ganache, edible flowers 110
Feeds 30 people

Plum Vanilla Cheesecake 110
Ginger biscuit base, creamy vanilla filling and a tangy plum jelly
Feeds 20 people

PLATTERS

Morning tea platter (Choose selections from the 'BAKING' section)
Two or three mini baked items per person 8/ 12

Antipasto platter $145 for 10 people
Cheese, cured meat, olives, house made dips, artisan bread, crackers, seasonal fruit

Hot canapes platter $95
Each platter contains 25 pieces of one type:
~Sticky hoisin & honey glazed pork meatballs
~Chicken coriander meatballs, mango chilli salsa
~Pork belly bites, coconut laksa glaze, wonton crisp
~Hoisin chilli chicken slider buns
~Pork fennel apple sausage rolls
~Potato rosti, seasonal pesto, parmesan (GF, VEG)

Dessert Platter
20/ 50 bite size pieces per platter 70/ 165
~Caramel slice (GF)
~Chocolate brownie (GF)
~Mini cheesecake bite
~Ginger slice
~Wholefood bliss balls (GF, DF, V)