

**FOODLAB**  
Sydney

Spring '24

# Catering Menu





## Who We Are

FoodLab Sydney is a registered charity and social enterprise kitchen incubator that provides training and kitchen space to food entrepreneurs from refugee, migrant, women and First Nations backgrounds. Since 2019, we have helped launch over 27 food businesses, from food service, to products and catering.

## What We Do

We specialise in drop-off catering options of shared platters and individually packed meals.

We also offer canapes, and can offer full meal services on site. **Our packages require a minimum spend of \$1,190 on weekdays and \$1,890 on weekends. Delivery fees may apply.**

## We empower our participants through your orders by...



### Training

Your event offers paid training opportunities for entrepreneurs to work with the FoodLab chef team.



### Purchasing

Our menu is dotted with products from our talented entrepreneurs that we buy from wholesale.



### Subsidising

Your event subsidises kitchen space for our entrepreneurs and provides essential business training.

# Sandwiches and Pastries

## Delivered Catering

Select a maximum of three varieties. Let us know of any dietary requirements!

### Fresh Rolls or Wraps\* (GF avail)

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Spice-rubbed chicken, Oaxacan salsa macha, crisp lettuce, pickled onion, sour cream

Fijian pulled pork with coconut, roasted spices, curry leaf and cucumber salsa (DF)

Roasted eggplant, smoked tahini, rocket, crispy onion and house pickles (Vegan)

Shakshuka baked eggs, fermented hot sauce, vegan aioli and potato crisps (Veg)

Mushreuben- Reuben style with portabello, B&B pickles, sauerkraut, swiss cheese, mustard (Veg)

\*Sandwiches on Bread and Butter Project crusty rolls, wraps on fresh pita bread.

Mix and match our fresh baked products make a filling lunch with a side from our salad platters.

### The FoodLab Bakery (GF avail)

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Lebanese Shawarma lamb sausage roll, house pickles and garlic yoghurt

Masala chicken sausage roll, lemongrass, curry leaf, coconut, green tomato aioli (DF)

Turkish Red lentil and feta sausage roll, herbs, tahini (Veg)

Puff pastry pasty with smoked cheddar, potato, fire-roasted peppers and salsa verde (Veg)

**Veg - Vegetarian V - Vegan**  
**GF - Gluten Free DF - Dairy Free**





# Share Platters

## Delivered Catering

Mix and match these delicious platters! We recommend ordering one warm share platter with two salad platters.

### Warm Share Platters

Feeds 10 (with a side)

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Ricotta and kale dumplings with lemony braised white beans and chilli crisp (Veg)

Lebanese shawarma spiced lamb with miso sumac rub, house pickles, garlic sauce (GF)

East African Piri Piri chicken, crispy onion, lemon, braised greens (GF, DF)

Ginger spiced chicken, shitakes, pickled green onion and chilli oil (GF, DF)

Pumpkin, coconut, lime leaf and green pea curry, carrot sambol (V)

Sri Lankan chicken curry with roasted spices, yoghurt, tomato, curry leaves (GF, DF available)

#### Extras

Fresh Roti (V)

Basmati rice pilaf (V)

### Salad Share Platters

Feeds 10 (as a side)

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Baby romaine hearts, marinated feta, herb salad, lemon miso and za'atar (Veg)

Curried potato salad, baby peas, spiced cashew and curry leaf crunch (V)

Charred carrots, braised chickpeas, smoked tahini sauce, tamari almonds and mint (V)

Spring vegetables, preserved lemon dressing, green olives, capers and currants (V)

Burnt honey glazed pumpkin, red bolt lentils, spiced pepitas, smoked yoghurt (Veg)

Tangy slaw with savoy cabbage, daikon radish, sweet carrots and a light coriander dressing (V)

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**GF - Gluten Free DF - Dairy Free**

# Individually Packed Meals

## Delivered Catering

For quick and convenient service, our lunch packs are a great option to grab and go. Choose a maximum of three types of individually packed meals for your next lunch function.

Our lunch packs arrive hot in Biopak containers, ready to serve.

Ginger spiced chicken with shitakes, pickled green onion and a herbed wombok and apple salad (GF, DF)

Pumpkin and green pea curry, basmati, fresh roti (V)

Sri Lankan chicken curry with roasted spices, greens, tomato, coconut and basmati rice (GF)

Ricotta and kale dumplings with lemony braised white beans, shredded greens and chilli crisp (Veg)

Lebanese shawarma spiced lamb with miso sumac rub, house pickles, garlic sauce and herbed rice pilaf (GF) (+\$2)

Aromatic cous cous with chickpeas, yoghurt sauce and your choice of:

- Green pea falafel, tahini and pickles (V)
- Berbere spiced chicken, green olives, house pickles
- Crispy pork, Aleppo chilli rub, green onion dressing
- East African Piri Piri chicken, braised greens
- Haloumi fritters, smoked chilli relish

(GF avail; sub lemon rice pilaf for cous cous)

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# Morning & Afternoon Tea

## Delivered Catering

A range of morning and afternoon tea goodies for the office. We suggest two sweet and two savoury items.

### Sweet

Also available in canape size

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Creamy labneh (yoghurt) with seasonal fruit tossed in rosewater and orange

Burnt butter and wattleseed scones, banana cream, chocolate crumb

Cardamon carrot cake, whipped cream cheese, candied pumpkin seeds

Pandan-infused vanilla slice, toasted coconut, jaggery and butter puff pastry

Choc-chip tahini cookies with sea salt

Shortcrust tartlet with whipped curd, orange blossom, salted pistachio praline

Mini meringue with lemon curd etc

Seasonal fruit platter

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### Savoury

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Mini Wraps

- Roasted eggplant, smoked tahini, rocket, house pickles
- Spice-rubbed chicken, smokey salsa macha, crisp lettuce, pickled onion, sour cream
- Mushreuben style with portabello, pickles, sauerkraut, cheese, mustard

Mini Sausage Rolls

- Lebanese shawarma lamb, house pickles and garlic yoghurt
- Masala chicken, lemongrass, curry leaf, coconut, curry leaf aioli (DF)
- Turkish spiced red lentil and feta, herbs, tahini (Veg)

# Beverages

Choose something refreshing that will also support refugee and migrant food businesses. Delivered ice cold as a perfect accompaniment to your meal.

## **Auntie's Ginger Tonic 330ml**

### **Flavours**

Tamarind  
Lemon Ginger  
Pineapple  
Clove

## **Emba Kitchen's Iced Tea 350ml**

### **Flavours**

Cardamom & Orange Blossom  
Lemonade & Orange Blossom



# Canapes

## Event Catering



### Bites

Labne croquette, fermented cues and beetroot salt (Veg)

Chevre, nori, radish, rice cracker (V, GF)

Crispy chicken, shitake aioli, pickled spring onion in romaine leaf (DF)

Cassava cracker, coconut beef, curry leaf (GF, DF)

Green pea falafel, almond tahini, fermented cues (DF, V)

Spring roll with oyster mushroom, glass noodle, ginger, spring onion (DF, V)

Yellow split pea fritter, curry leaf, cashew cream (GF, V)

### Substantials

Green pea falafel, almond tahini, herb salad on B&B Project slider (Veg)

Free range chicken, smokey salsa matcha, fermented jalapeno on B&B Project slider

Lebanese shawarma lamb mini sausage roll, house pickles and garlic yoghurt (GF avail+\$1)

Masala chicken mini sausage roll, coconut and curry leaf (GF avail+\$1)

Turkish red lentil kofte mini sausage roll, herbs, tahini (V, GF avail+\$1)

White bean puree, salsa verde, pumpkin seed crunch on tostada (V, GF)

Pulled pork, poblano chilli, shredded iceberg, chilli oil, lime on tostada (GF)

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Our catering packages are freshly cooked and enjoyed at room temperature. They are delivered in Biopak catering trays with plates and napkins if requested.

Choose 3 bites and 2 substantials per person (additional items can be added for additional costs- please ask us). Add sweet canapes from our morning tea range for a full menu.

Onsite chef service can be arranged if required for an additional fee.





# Ready to Eat?

Order through [this link](#) or  
email [catering@foodlabsydney.org.au](mailto:catering@foodlabsydney.org.au) with your enquiry

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