



Conference & Seminar Catering

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Working Breakfast Selection (15+ guests)

Delivery Only. All prices per person +gst

Assorted fruit Danish, croissants with butter & jam,
daily baked sweet muffins, fresh fruit kebabs and orange juice \$10.50

Croissants, sour dough breads and fruit loaf slices
with platters of continental meats, cheese and fresh fruit..... \$12.50

Individual spinach feta muffin with butter, bacon and egg quiche,
mini open bagel with cream cheese and smoked salmon,
bowl of fresh chilled strawberries and orange segments \$14.50

Ham and cheese croissant or spinach scrambled egg and
smoked cheese croissant with individual tubs of vanilla yoghurt
toasted muesli and fresh berries and Ab.Fab. baked sweet muffins \$14.50

Cranberry and walnut scone triangle, date and pecan muffin rye breads
topped with ricotta and vine ripened tomatoes, shredded basil & pumpkin
baguette slices topped with creamy butter, vegemite and havarti cheese slices \$14.50

Corporate Buffet Breakfast (30+ guests)

\$28.50 per person +gst

*Includes all equipment for the heating and serving of food and staff for the event
(max 3hrs base to base).*

Continental

- Organic house made muesli
- Selection of danishes and pastries
- Fresh fruit platters - a selection of fresh seasonal Queensland fruit served with yoghurt

Hot buffet

- Scrambled free range eggs, crispy bacon, mushrooms, beef and basil sausages and grilled tomato
- Individual smoked salmon and spinach eggs benedict with hollandaise sauce
- Mini lemon buttermilk hotcakes with maple syrup
- Toasted turkish bread with condiments
- Freshly brewed coffee and selection of gourmet teas
- Jugs of orange juice and water

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Ab.Fab.s' Famous Sweet and Savoury Morning & Afternoon Tea

Working Morning Tea \$6.00 per person +gst

Special Occasion Morning Tea \$8.50 per person +gst

Similar to our working morning tea but allowing more items and delivered on white/china platters and is inclusive of a 'celebration cake' if required.

As we have such a large number of clients that are using us daily for their seminar catering needs we have designed our menus to rotate each day. We have found this the best way to keep clients happy and has proven to be effective by the huge amount of return business that we receive. All of our products both sweet and savoury are baked fresh in our kitchen daily. To follow is a list of some of the delicious sweet and savoury food items you might find in your order;

Our Sweet Morning Tea Range

Pear and almond slice, chocolate poppy seed cakes, lemon curd tartlets, chocolate pecan slice, lemon luscious slice, date and plain scones, mini pancakes with fruit, chocolate and pecan slice, orange coconut cake, brandy fruit slice, caramel crumble, pumpkin and prune cake, cherry coconut slice, lemon and cream cheese cake, florentine slice, iced patty cakes, marshmallow slice, raspberry yogurt cake, apple tea cake, liquorish allsorts slice, peanut sultana slice, muesli slice, strawberry and white chocolate cups, sweet tarts.

Our Savoury Morning Tea Range

Individual vegetable frittata, mini assorted quiche, cream egg and dill filo tarts, vegetable hummus tartlets, basil and cashew tarts, topped pide, pizza slices, pumpkin almond loaf, ribbon sandwiches, open sour dough beads with avocado and capsicum, tuna capsicum rolls, assorted bruchettas, zucchini pancakes with brie and roast capsicum, corn fritters with salsa topping, rye bread topped with tuna, selection of savoury mini muffins, sweet potato scones with chive cream cheese, bacon biscuits with cheese, olive tartlet with cream cheese and caramelised onions, mini croc monsieur, curried chicken bread cases, asparagus rolls, mini filled croissants, mushroom filled bread cases.

Ab.Fab. High Tea - Morning or Afternoon (20+ guests)

\$25.00 per person +gst. Fully staffed.

- Supply of china, teaspoons, urn, linen cloths and coffee percolator
- Milk, sugar, coffee, assorted teas, milk, juice and disposable clear glasses
- Staff person to attend (max 3hrs base to base)
- Dainty selection of sweet & savoury food items served on tiered platters, inclusive of: red salmon and cucumber mini ribbons, cucumber and chive cream cheese triangles, olive tartlets with creamy feta and grilled capsicum. Blue cheese celery with roasted walnuts, cheese bubble biscuits with aged cheddar and relish and other daily selections. Sweet selections may include fruit tartlets, mini lamingtons, rocky road tartlets, fresh cream fairy cakes and other daily selections.

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Working Lunch Variations

All prices per person +gst

Assorted filled sandwiches using multigrain and white breads	\$7.00
Assorted filled sandwiches with specialty breads i.e. grain rye & Helgas style.....	\$8.50
Sandwiches and rolls	\$8.00
Bagels, Turkish breads, pannini wraps	\$9.50
Assorted wraps and sandwiches.....	\$8.25
Rice paper rolls	\$9.00
Club sandwiches.....	\$12.00
Swedish open faced on sour dough	\$12.00
Gourmet filled sandwiches	\$18.00

Prawn and avocado, turkey camembert, smoked salmon cream cheese and Spanish onions and capers, red salmon cumber, feta grilled vegetable etc.

Special Diet Morning Teas and Lunches

Including gluten free, coeliac, vegan, dairy free..... \$2.00 per person extra per sitting
We understand how important special diets can be and for that reason at Ab.Fab. when a special diet meal is ordered it is prepared and packaged separately and can be marked with the individual clients name if requested.

(Allergy Disclaimer - whilst all efforts are taken in relation to special diet requests our kitchen is not a seafood/nut/dairy/gluten free environment and therefore foods may contain traces of these items. All care is taken but no responsibility accepted).

Fruit, Cheese, Juice

Fruit platters – a sliced selection of fresh seasonal fruits	\$4.00
* Fresh fruit kebabs.....	\$4.00
* Fruit salad tubs	\$4.00
* Fruit salad tubs with vanilla yoghurt	\$4.50
Fresh fruit and selected Australian cheese platter.....	\$7.50
* Australian cheese board with dried fruit, nuts and biscuits.....	\$8.00
Assorted juices	\$7.50 (per 2 ltr bottle)

* Available for groups under 10 persons

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Beverages

Assorted juices	\$7.50 (per 2 ltr bottle)
Buffet selection of gourmet teas and 'Abrisca' percolated coffee. Includes urns and percolators.	
Disposable.....	\$3.00
China.....	\$4.00

Healthy Eating Lunch Combos

Lite & Tasty Combo #1\$18.50 +gst

Morning tea

Savoury finger items and fresh fruit kebabs.

Lunch

Individual salad boxes containing roasted vegetables, nut and feta salad and rye bread open sandwiches with various healthy fillings.

Lite & Tasty Combo #2\$18.50 +gst

Morning tea

Tubs of fresh fruit salad with yoghurt.

Lunch

Grain bread assorted filled sandwiches served together with bowls of fresh garden salad. Assorted filled rice paper rolls.

Optional extra\$4.00 +gst

Fresh fruit kebabs, fruit platters or smoothies.

“Make your own” lunch selection (15+ guests)

Make your own \$16.50 per person +gst

Assorted grain and white breads, rolls, lavash, rice cakes with buffet style selection of platters of Leg ham, roast beef, continental meats, shredded lettuce, tomato, cucumber, carrot, beetroot, cheese with pickles and spreads.

Also included in this package – tubs fresh fruit salad.

Sweet Afternoon Tea

When ordered with lunch only \$4.25 per person +gst

Selection of Ab.Fab. made biscuits, slices, scones or pancakes.

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Hot finger food

\$3.00 – \$4.00 per item per person +gst

Crumbed barramundi with lime mayonnaise, bacon wrapped meatballs, lamb koftas with riata, torpedo prawns, basil pine nut triangles, roasted vegetable kebab and pesto dollop, Ab.Fab. made spring rolls, kebabs, sausage rolls, mini pies with potato topping, quiches, chicken kebabs, etc.

Hot Lunch

All prices per person +gst

Individual portion/containers are served. 2 days notice for hot lunches with minimum of 15 people choice of 1 and for groups of 20+ choice of 2 items.

Lunches are served with fresh crispy salads, assorted breads and butter.

Individual baked quiche and salad	\$14.50
English spinach and feta slice topped with crispy filo pastry.....	\$16.50
Roasted vegetable pies with sour cream and basil pesto dollop	\$16.50
Cottage pie – savoury beef and veg dish with creamy mashed potato	\$16.50
Beef lasagne or vegetable lasagne	\$16.50
Thai chicken stir fry with basil almonds and broccoli	\$16.50
Chicken penne pasta with English spinach feta cheese in tomato based sauce.....	\$16.50
Chicken korma with vegetables and oven baked rice	\$16.50
Lamb and feta ragout pots.....	\$16.50
Chicken Florentine – chicken fillets topped with spinach and mozzarella cheese in Ab.Fab. fresh tomato concasse	\$16.50
Ricotta ravioli with brown butter and sage served atop sautéed leeks zucchini and savoy cabbage	\$16.50
Beef rissoles and sausages in tomato onion gravy with diced butter rolled potatoes	\$16.50
Marinated rump steak slices with asparagus and potatoes in garlic mustard cream sauce.....	\$18.50
Baked sliced fillet of beef atop grilled balsamic vegetables.....	\$18.50
or	
If you would prefer to cater your event buffet style	\$22.50

Delivered hot, self service from chafing dishes and slow cookers (equipment pickup included).

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Ab.Fab. All Day Seminar Packages Suiting groups of 12 or more.

All prices per person +gst. All menu items available individually.

Pre-Registration/Arrival

Ab.Fab. made biscuits on arrival\$3.00

Morning Tea

Sweet and savoury\$6.00

Buffet Lunch.....\$14.00

- Sandwiches and crusty rolls
- Wraps and rice paper rolls
- Fresh fruit platters
- Chilled fruit juices and plastic glasses

Delegate Lunch\$15.00

- Sandwiches and wraps
- Rice paper rolls and
- Roast pumpkin pine nut fetta salad box
- Fruit salad tubs
- Chilled fruit juice and disposable glasses

No Bread Lunch\$17.00

- Rice paper rolls
- Red salmon sushi
- Teriyaki chicken noodle box salad
- Chocolate marshmallow fruit kebabs
- Chilled fruit juice with disposable glasses

Executive Lunch\$19.00

- Selection of bagels and Turkish breads
- Swiss opens specialty bread sandwiches
- Australian cheese board with fruit and nuts
- Chilled fruit juice with disposable glasses

Afternoon Tea

Assorted biscuits, cakes, pikelets etc.....\$4.25

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Optional Coffee/Tea Buffet (if required)

Inclusive of 'Abrisca' percolated coffee, gourmet teas and all equipment.

One (1) sitting only

Disposable ware \$3.00/ph
Chinaware \$4.00/ph

Two (2) sittings only

Disposable ware \$6.00/ph
Chinaware \$8.00/ph

Three (3) sittings only

Disposable ware \$9.00/ph
Chinaware \$12.00/ph

All day tea/coffee buffet including all four (4) sittings

Disposable ware \$11.00/ph
Chinaware \$14.00/ph

*Please note that some function sizes and logistics may require staff to attend.
Talk to us about your specific beverage needs.*

Some Fresh Lunch Ideas

All prices per person +gst

For groups of 10 or more select 1 item; for 20 or more selection 2/3.

Mexican Wrap..... \$9.50

Grilled marinated chicken strips in flat bread rollup with tasty cheese, shredded lettuce and lemon onion slices.

BLT Wrap..... \$9.50

Grilled bacon strips and smoky leg ham, shredded lettuce, avocado and tomato slices and drizzled with Caesar dressing.

Gourmet Beef Burger..... \$10.50

Gourmet beef, bacon and cheese burger with garden salad on side, boxed individually.

Grilled Chicken Burger..... \$10.50

Grilled chicken bacon and burger with garden salad on side, boxed individually.

Individually Boxed Salads \$13.50

All served with assorted bread.

Roasted Vegetable or Roast Beetroot Salad

With mixed salad leaves, red onion, fetta, roasted macadamia nuts and dressing.

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Chicken Salad

Grilled chicken and bacon strips tossed with lettuce, cherry tomatoes, diced celery, shredded capsicum and toasted almonds with dressing (lemon juice, sour cream and mayonnaise) on the side.

Chicken Caesar Salad

Traditional Caesar salad with croutons, bacon and parmesan shards topped with grilled chicken.

Beef Salad

Penne pasta with rare beef slices, parmesan shards, semi-dried tomatoes, olives and feta cheese tossed with assorted lettuce leaves.

Vegan Lunch Box..... \$16.50

Mixed leaves inclusive of spinach and rocket, tomato wedges, grilled capsicum olives lentils and kidney beans, falafels with pesto drizzle, assorted nuts and dried fruits with poppy seed.

The Mexicana \$16.50

Warm flatbreads buffet style, grilled marinated chicken strips, grated cheese, lemon marinated onion slices, shredded lettuce, grilled capsicum slices, sliced tomatoes, guacamole and sour cream.

All of the above supplied with disposable napkins, plates etc.

The above includes basic initial buffet set up and pickup of equipment.

Boxed Lunch Menus

All prices per person +gst

For ease of service with large groups it sometimes suits to choose from our various prepacked and individualised boxed lunches and morning teas, delivered ready to distribute to your attendees.

Boxed Morning teas..... \$7.50

An individualised container with a selection of sweet and savoury items.

Budget Seminar Box..... \$13.50

Filled gourmet roll, cheese portion, biscuits, fresh fruit, chocolate bar and poppa.

Anipasto Gourmet Pack \$19.50

Selection of Moroccan chicken slices, leg ham, turkey, Continental meats with vegetable frittata slices, tub of grilled capsicum, roasted cherry tomatoes and olives, roasted tomato hommous, Turkish bread slices, cheese, dried fruit & nut mix, patty cake, poppa. Includes bread knife, fork, salt & pepper pack.

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Terms and Conditions

Pricing

Pricing current from May 2010 and subject to change.

Our trading terms are 7 days net (unless otherwise negotiated). Processing fees may apply after this period.

All pricing is plus GST and is based on delivery only. A \$15.00 delivery/accounting fee (once per day) applies to all invoices and a further delivery fee may apply where outside normal areas and times.

Ab.Fab. staff set up and food/alcohol service are an extra fee.

Most departments have budgets to work within and we try to accommodate these budgets.

All menus available Monday to Friday (Saturday by arrangement).

Sunday functions attract an extra surcharge.

Service

We rotate our menu daily and most clients are happy to leave the morning/afternoon tea selection to us.

All food is served on platters and decorated with fresh herbs/flowers/fancy lettuce and is ready for serving.

Thank you for your enquiry and we look forward to speaking with you.

Helen Grace

Ab.Fab. Catering

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Disclaimer

While all care is taken with producing our clients orders please be advised that our registered and Health Department and Brisbane City Council approved kitchen does produce some items that contain peanuts, sesame, seafood, whole wheat flour, dairy products, halal and non halal food items. Individuals with health threatening allergies or food intolerances might be best suited to provide their own food items.