



## Office, Conference & Seminar Menus

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Please Click here to view our [Terms & Conditions](#)

GF – Gluten Free | DF – Dairy Free | V – Vegetarian | VG - Vegan

**All Prices are per person, excluding GST**

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### Breakfast Menus

#### Working Breakfast Selection (15+ guests)

**\$23.00... with compostable cutlery, plates & napkins**

- WB1** Assorted fruit Danish, croissants with butter and jam, daily baked sweet muffins, fresh fruit kebabs, juice
- WB2** Streaky bacon and parmesan pastry tart  
Open mini bagel with cream cheese, smoked salmon and lemon  
Fresh fruit kebabs, juice
- WB3** Spicy egg and bacon burrito  
Mexican fresh corn cake and salsa (V)  
Individual fruit salad tubs, juice
- WB4 Vegetarian Gluten Free Breakfast**  
3 cheese herb omelette (GF,V)  
Roasted tomato, zucchini, rosemary skewers (GF,DF,VG)  
Natural yoghurt, berries, nuts and seeds (GF,V), juice

#### Stand Up Breakfast/Brunch (40+ guests)

**\$30.00... Suitable for large groups, served buffet style with compostable cutlery, plates & napkins**

- Mini Danish and Croissants
- Sweet muffins
- Bacon, egg and tasty cheese breakfast wrap
- Warm breakfast tart (V)
- 3 cheese & herb omelette (V,GF)
- Chia Pudding with Coconut Yoghurt & Berries (DF, GF)
- Open mini bagel with cream cheese, smoked salmon
- Fresh fruit skewers and Juice

#### Add-Ons

**\$8.50 per serve (min 10)**

- Crispy bacon rasher (GF, DF)
- Smashed Avocado and Persian feta (GF)
- Buttermilk pikelets strawberries and cream (V)
- Roast mushroom with spinach and beans (VG, GF)

\*Percolated coffee and Tea (not included in above pricing) [Tea & Coffee Pricing](#)

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## Morning Tea & Afternoon Tea Menus

### Ab. Fab. Famous Sweet and Savoury Morning & Afternoon Tea

<b>Sweet &amp; Savoury Morning or Afternoon Tea (V)</b> 3.5 items pp .....	<b>\$9.00</b>
<b>Substantial Morning or Afternoon Tea (V)</b> 5 items pp .....	<b>\$13.50</b>

Chef's daily creations, changes daily. *Also available as sweet or savoury only*

#### A sampling of some of our selections:

**Sweet** Orange poppyseed cake, chocolate pecan slice, lemon luscious slice, liquorice allsorts slice, orange coconut cake, cherry coconut slice, Florentine slice, mini cupcakes, marshmallow slice, chocolate sour cream cake, lemon cream cheesecake, hummingbird cake, raspberry yoghurt cake, apple tea cake, passionfruit slice, coffee walnut slice, muesli slice.

**Savoury** Individual vegetable frittata, mini assorted quiche, topped pide pizza slices, artichoke cigars, mini bruschetta, polenta slice, open sour dough breads, bocconcini tomato skewers, zucchini pancakes with brie and roast capsicum, sushi, corn fritters with salsa topping, selection of savoury mini muffins, mini filled croissants, stuffed marinated mushrooms.

**Healthy Option Morning or Afternoon Tea (V)**..... **\$11.00**  
Assorted dips, cheese cubes and crudité platters (GF), fresh fruit platter or fruit kebab

**Sweet Afternoon Tea – ordered with lunch** 2.5 items pp.....**\$6.75**  
Chef's selection of cakes and slices, available when ordered with lunch

*\*Percolated coffee and Tea (not included in above pricing) [Tea & Coffee Pricing](#)*

**Ab.Fab. High Tea buffet style - Morning or Afternoon (25+ guests)**  
**\$34.00 Delivery and set up only (usual delivery charges apply)**  
**Extra fees apply for staffed event**

- Supply of china, teaspoons, black linen cloths and glassware.
  - Milk, sugar, percolated coffee, assorted gourmet teas, milk, and juice.
  - Staff person to attend (max 3hrs base to base)
  - Dainty selection of sweet & savoury food items served on tiered platters, inclusive of: mini ribbon sandwiches, pesto and ricotta filled cheese puffs, palmiers, frittata, cucumber cups with Asian salad, blue cheese celery with roasted walnuts, cheese bubble biscuits with aged cheddar and relish and other daily selections.
- Sweet selections may include melting moments, mini cupcakes, profiteroles, scones with jam and cream, orange coconut cake, brownies with ganache and raspberries plus other daily selections.

#### **Special diet options; GF, DF, V, VG, allergies etc...**

*\$2.25 extra per meal – tailored to suit individual needs; separately prepared, packaged and labelled. See our [allergy disclaimer](#) for details*



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## Working Lunch Variations

### Bread Based Options

#### 1 round per person

Assorted filled sandwiches using multigrain and white breads.....	<b>\$9.75</b>
Assorted filled sandwiches with specialty breads i.e. sour dough, grain, rye .....	<b>\$11.50</b>
Sandwiches and rolls.....	<b>\$11.25</b>
Bagels, Turkish breads, wraps.....	<b>\$13.00</b>
Assorted wraps and sandwiches.....	<b>\$12.50</b>
Rice paper rolls(3 per serve) (VG,GF).....	<b>\$12.50</b>
Club sandwiches.....	<b>\$14.50</b>
Rye opens sandwich with assorted toppings (2.5 per serve).....	<b>\$14.50</b>

### Make Your Own Lunch Options

**“Make your own Lunch” [MYOL] (15+ guests) .....\$22.00**

Assorted grain and white breads, rolls, flatbreads, 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 and a fresh fruit platter.

**MYO Greek Yiros (Served cold 15+ guests) .....\$25.00**

Selection of pitas and Turkish bread, lemon and garlic marinated chicken slices, lemon and oregano marinated lamb strips, shredded lettuce, tomato, red onion slices and grilled haloumi with Tzatziki and Greek salsa

### Fruit & Cheese

Fruit platters a sliced selection of fresh seasonal fruits – minimum 10 people... ..	<b>\$6.75</b>
Fresh fruit kebabs.....	<b>\$6.75</b>
Fruit salad tubs.....	<b>\$6.75</b>
Fruit salad tubs with vanilla yoghurt.....	<b>\$7.75</b>
Australian cheese board with dried fruit, nuts and crackers - minimum 6 people.....	<b>\$14.25</b>

*Fruit platters and Fruit/cheese platters can be ordered with lunch and or morning/afternoon tea only.*

### **Special diet options; GF, DF, V, VG, allergies etc...**

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## Individual Nutritious Salad Lunches

**Individually Boxed Salad Lunches** (15+ guests).....\$19.75

Minimum 10 per type of salad. Served with dinner roll, compostable cutlery and napkins.

### **Special diet options; GF, DF, V, VG, allergies etc...**

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#### **Nanjing Salad (GF,DF,VG)**

Continental cucumber, straw carrots, sweet pineapple pieces, mint and rocket dressed with chilli citrus dressing

#### **Lentil Salad w Mediterranean Roasted Vegetables (GF,V)**

Medley of greens with lentils, zucchini, roasted capsicum, sweet potato, and crumbled feta with Moroccan spiced dressing

#### **Chicken Salad (GF,DF)**

Grilled chicken and bacon strips tossed with lettuce, cherry tomatoes, diced celery, shredded capsicum and toasted almonds with lemon cream mayo dressing.

#### **Chicken Caesar Salad**

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

#### **Beef Pasta Salad**

Penne pasta with beef slices, roasted capsicum strips, parmesan shards, semi-dried tomatoes and olives tossed with assorted lettuce leaves and a zingy pesto dressing

#### **Roasted Vegetable Salad (GF,V)**

Mixed salad leaves, oven roasted vegetables, feta, toasted almonds and honey raspberry dressing

#### **Teriyaki Chicken Noodle Salad (GF,DF)**

Teriyaki chicken, rice noodles, rocket, capsicum strips, crunchy wombok, snow pea sprouts & soy chilli lime dressing

#### **Watermelon Salad (GF, V)**

Mixed leaves, feta, watermelon and mint with a pistachio dukkah dressing

#### **Thai Beef Salad (GF,DF)**

Thai marinated beef strips atop mixed leaves, capsicum strips, crunchy wombok and snow pea sprouts with a soy chilli and lime dressing

#### **Middle Eastern Spiced cous cous salad (V)**

Cous cous, rocket, toasted almonds, feta and dried fruit in a Middle Eastern spiced dressing

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## Quick-Service Boxed Lunches

### Cold Boxed Lunches (min 15+)

**Combo Box**.....\$18.00

Gourmet wrap & House-Baked Sweet or Savoury Muffin

**Seminar Lunch Box**.....\$18.50

Filled gourmet Turkish, cheese & crackers, fresh fruit, individual 250mL water

**Corporate Lunch Box**.....\$21.50

Gourmet filled Turkish bread, Ab Fab green side salad, cheese and crackers, fresh fruit, biscuit and individual juice. Includes compostable cutlery, napkin, salt & pepper

**Ploughman's Lunch Box**.....\$23.50

Sliced ham and roast beef, chicken terrine, brie and cheddar cheese, Dill pickles & house-made chutney, sour dough roll & butter, individual juice and fruit garnish. Includes compostable cutlery, napkin, salt & pepper

**Healthy Lunch Box**.....\$25.50

Peri Peri chicken fillet with avocado salsa, Frittata, wombok noodle salad, bread roll, fresh fruit and individual juice. Includes compostable cutlery, napkin, salt & pepper

## Quick-Service Nourish Bowls

### Cold Lunch Bowls (min 15+)

**Nourish Bowls**..... \$23.50

**Mediterranean Bowl** of chicken strips, haloumi, hummus, chickpeas & hearty salad

**Buddha Bowl** of domaldes, olives, hummus & hearty salad (GF, VG, DF)

**Mexi Bowl** Grilled marinated chicken strips, Beans & Rice (Gallo Pinto), field greens, sliced tomatoes, grated carrots, corn pico de gallo, grated cheese, tortilla, and sour cream

**Greek Yiros Bowl** Lemon & garlic marinated chicken, OR marinated lamb strips, mixed field greens, tomato, pickled red onions, olives and feta with Tzatziki and Turkish Bread

**Asian Nourish Bowl** Rice salad, teriyaki sesame chicken, pickled cabbage, ginger miso sweet potato and broccoli, egg, wasabi mayo GF, DF

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## Hot Lunch

**Hot Individual Lunches** Minimum 15 per type of Hot Lunch, served with garden salad, dinner roll  
**Individual portion/compostable containers, fork & napkin.....\$25.00**

***Special diet options; GF, DF, V, VG, allergies etc...***

*\$2 extra per meal – Chef will tailor to suit individual needs; separately prepared & packaged. See our [allergy disclaimer](#) for details*

- Creamy chicken pesto penne with semidried tomato and mushroom
- Red chicken and lychee coconut curry with basmati rice (DF, GF)
- Beef, red wine, bacon and mushroom ragout with basmati rice (GF, DF)
- Spicy pumpkin curry with basmati rice (VG, GF)
- Chickpea & mint curry, topped with Greek yoghurt (V, GF, can be DF & VG upon request)
- Spinach & fetta tortellini, Napoli sauce with rocket and capers (V)
- Moroccan lamb with apricots, chickpeas and spiced feta, served with basmati rice (GF)
- Daily baked quiche filo; bacon, Tasty cheese & egg with salad (Vegetarian option available)
- Spinach, feta & pine nut slice with filo and salad (V)
- Beef or Vegetarian Lasagne, Potato Bake
- Smoked Beef Brisket with Barbara Bush’s mopping sauce, kumara & fetta mash, seasonal vegetables (GF)
- Chicken Mignon with roasted capsicum sauce, kumara & fetta mash, seasonal vegetables (GF)
- Beef Stroganoff with Sour Cream & Shallots
- Sweet & Sour Pork with Basmati Rice



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**Cold Buffet Lunch Combos (min 15+)**

**Working Lunch .....\$20.00**

- 1 sandwich or wrap or roll per person
- 1 rice paper roll per person
- Fresh fruit platter
- Chilled fruit juices and compostable glassware

**Delegate Lunch.....\$24.00**

- ½ Sandwich or ½ wrap or 1 rice paper roll (GF, DF) per person
- Roast pumpkin, toasted almonds, feta salad box (V) per person
- Fresh fruit platter
- Chilled fruit juices and compostable glassware

**No Bread Lunch.....\$24.00**

- 1 Rice paper roll (GF, ,VG) per person
- Assorted sushi (GF, DF) 1 per person
- Teriyaki chicken salad box (GF, DF) 1 per person
- Fresh fruit platter
- Chilled fruit juices and compostable glassware

**Healthy Lunch (Served Cold).....\$24.50**

- Peri Peri chicken fillets with avocado salsa (GF, DF)
- Vegetarian frittata (GF,V)
- Roast pumpkin, feta, macadamia & red onion salad (GF, V)
- Glass noodle salad with coriander, mint, bean sprouts, wombok, lime & ginger (GF, DF, VG)
- Sourdough roll
- Chilled fruit juices and compostable glassware

**Special diet options; GF, DF, V, VG, allergies etc...**

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## Hot Buffets

### Hot Buffet Lunch or Dinner (15+ guests)

**Delivered hot, self-service, equipment & compostable plates & cutlery included**

#### **Soup & Salad Lunch served with dinner roll & butter portion..... \$17.00**

Soup Choices; pumpkin, spicy tomato and lentil, cauliflower and bacon, minestrone, potato and leek. Compostable cutlery and napkins.

#### **Make Your Own Mexicana (MYOM)..... \$24.00**

Grilled marinated chicken strips (GF,DF,Halal)

Refried Beans (GF,VG)

Lemon marinated onion slices, shredded lettuce, sliced tomatoes, grated cheese, grilled capsicum

Served with warm flatbreads, guacamole and sour cream

#### **Make Your Own Burger Bar (MYOB)..... \$24.00**

Grilled beef patties, grilled chicken thighs (GF,DF)

Vege burgers (GF, VG, Halal)

Shredded lettuce, tomato, carrot, beetroot, cheese, sauces and mustard

Hamburger rolls (GF avail)

#### **Braised Lunch Menu..... \$28.50**

Smoked Beef Brisket with house-made BBQ sauce (GF)

Chicken Mignon with Garlic Herbed Butter (GF)

Sweet Mashed Potatoes (GF)

Seasonal Vegetables (GF, DF)

Sourdough dinner rolls

*Vegetarian option (upon request);*

Baked capsicum filled with brown rice, spinach, salsa (GF, VG)

#### **Curry Lunch..... \$25.00**

Butter chicken curry 'murgh makhani' (GF,Halal)

Coconut pumpkin curry (GF,DF,VG)

Steamed Jasmin rice (GF,DF)

Pickle, chutney & riata (GF), Pappadums (VG,GF,DF)

Garden salad (VG,GF,DF)

### Build Your Own Buffet Lunch or Dinner (30+ guests)

**Any 2 choices.....\$32.00**

**Any 3 choices.....\$36.00**

Peri Peri marinated chicken fillets topped with avocado salsa (GF,DF)

Chicken Florentine; pan fried chicken in tomato sauce, wilted spinach & mozzarella (GF)

Spinach and feta slice topped with buttered filo (V)

Lentil and goats cheese tart topped with roasted cherry tomatoes (V)

Baked sliced fillet of beef served with chermoulah

Sticky lemongrass and ginger thigh fillets (GF, DF)



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### Hot Finger Food Items

#### Delivered ready to serve on platters

(Minimums apply. Available Mon – Fri 9am – 3pm)

Individually .....\$4.50/item

#### Hot

- Crumbed white fish with lime mayonnaise (DF)
- Prosciutto wrapped beef meatballs (GF,DF)
- Spicy lamb koftas with riata (GF)
- Sausage rolls with bitey tomato sauce
- Mini cottage pies
- Chicken macadamia balls with lime aioli (GF,DF)
- Prawn & Potato Twist, with passionfruit chilli (GF,DF)
- Pork and fennel kebabs
- Buttermilk chicken wings with blue cheese sauce
- Chicken kebabs with satay sauce (DF,GF)
- Miniature Chicken Parmies
- Bacon, spinach and tomato quiche
- Chicken and leek quiche
- Double brie and spring onion quiche (V)
- Ginger miso beef skewers (GF, DF)
- Balinese Beef skewers with satay sauce (GF,DF)
- Florentine turkey meatballs with spicy cranberry dipping sauce
- Salami and tomato mini toasties
- Sweet potato balls with passionfruit chilli sauce (VG, GF)
- Spring rolls with Asian chilli sauce (VG)
- Satay tofu and vegetable skewers (VG, GF)
- Mini dagwood dogs (GF)
- Mini Turkish pizza slices, olives, red onion & parmesan (V)
- Pumpkin arancini with herbed aioli (GF, VG)

#### Cold

- Bocconcini and cherry tomato picks (GF,V)
- Chorizo and grilled capsicum frittata (GF)
- Pepperonata, rocket and goats cheese frittata (GF, V)
- Avocado and smoked salmon tartlets (GF,DF)
- Bruschetta with blue cheese, walnut and roasted tomatoes (V)
- Mushroom and olive filo tartlets (VG)
- Bacon biscuits topped with camembert and chutney
- Mushrooms stuffed with capsicum pine nut salsa (VG)
- Smoked chicken and almond tartlets (GF)

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### Ab.Fab. Tailored Seminar Packages (15+ guests)

**Mix & Match to create your perfect package, great for large events and conferences**

**Pre-Registration/Arrival** (unavailable to substitute for a morning or afternoon tea)

House-made biscuits or mini muffins on arrival.....\$3.75

#### Morning Tea

Sweet & Savoury 3.5 items pp .....\$9.00

**Working Lunch**.....\$20.00

- 1 sandwich or wrap or roll plus 1 rice paper roll per person
- Fresh fruit platter and chilled fruit juices, compostable glassware

**Corporate Buffet Lunch (min 50)** ..... \$25.00

- 1 Sandwich or 1 Mini open bagels plus 2 pieces of sushi per person
- 1 Quinoa salad or watermelon salad or roasted pumpkin salad per person (8oz).
- Fresh fruit platter

**Delegate Lunch**.....\$24.00

- Roast pumpkin, toasted almonds, feta salad box (V) plus ½ Sandwich or ½ wrap or 1 rice paper roll (GF, DF) per person
- Fresh fruit platter and chilled fruit juices, compostable glassware

**No Bread Lunch**.....\$24.00

- Teriyaki chicken salad box (GF, DF), plus 1 rice paper roll and piece of sushi per person
- Fresh fruit platter and chilled fruit juices, compostable glassware

**Healthy Lunch (Served Cold)**.....\$24.50

- Peri Peri chicken fillets with avocado salsa (GF, DF)
- Vegetarian frittata (GF,V)
- Roast pumpkin, feta, macadamia & red onion salad (GF, V)
- Glass noodle salad with coriander, mint, bean sprouts, wombok, lime & ginger (GF, DF, VG)
- Sourdough roll and chilled fruit juices, compostable glassware

#### Afternoon Tea

Sweet & Savoury 3.5 items pp.....\$9.00

Sweet Afternoon Tea 2.5 items pp (only available if ordered with lunch).....\$6.75

### Percolated Coffee & Tea Buffet (min numbers apply)

Number of Sitzings:	1 Sitting		3 Sitzings		4 Sitzings
Compostable Cups.....	\$4.50/pp		\$13.50/pp		\$18.00/pp
Chinaware.....	\$6.50/pp		\$19.50/pp		\$26.00/pp

### Cold Beverages

Bottled mineral water or still water (Serves 10) ..... \$8.50/pp

Juices (orange, apple) (2L bottle) ..... \$10.50/pp

Individual bottled water or juice ..... \$4.25/pp

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