

– LET –  
THEM  
EAT

# Catering & Function Menu's



# Let Them Eat

Let Them Eat specialises in crafting flavourful, nutritious, and comforting cuisine. With extensive experience in preparing numerous lunches, morning teas, afternoon teas, and snacks for our corporate clientele. We are confident that we have discovered the perfect formula. Creating the most delicious dishes that cater to a wide range of taste preferences, dietary needs, and budget constraints. Our diverse offerings ensure there is an option to delight everyone!

Our expansion into catering sees us creating menus that follow Let Them Eat's core values. Giving you delicious, healthy, comforting food, that appeals to our wide variety of tastes. Let Them Eat is known for our vegetarian and vegan menu, but we have expanded that to include meats and seafood in our catering division. Rest assured, if you want a completely vegetarian or vegan menu look no further.

Whether you are catering for a large or small crowd, Let Them Eat has you covered! Weddings, birthdays, office functions, maybe a baby shower. Catering onsite at a client's house, office, or event venue.

Drinks packages are on offer, whether it's a per person package or drinks on consumption. We offer a range of drinks on the menu, however if you would like something in particular, we are happy to quote on request.

If you have any questions or special requests, please contact the catering team and we will endeavour to help you.



ABOUT US

# MENUS

Whether you're catering for a small gathering or a sizable crowd, Let Them Eat provides a diverse range of menus to meet your needs. Our catering menus encompass a wide array of dietary preferences and include meat options for our omnivorous guests.

For more intimate occasions, our standard Corporate Catering menu offers a versatile selection suitable for professional meetings or casual gatherings. It includes options like grazing platters, fruit platters, cakes, biscuits, sandwiches, wraps, and rolls.

If you prefer a standing or casual grazing setting, our "More Than a Mouthful" menu is designed for you. It features a variety of Let Them Eat favourites, along with special items crafted specifically for this menu. A relaxed finger food menu, designed to be eaten whilst standing with ease.

For larger and more sophisticated gatherings, our Cocktail Menu provides a mix of petite bites and substantial morsels to keep guests content.

Planning a grand event like a wedding or a party? Turn to our Buffet Menu, offering a delectable array of comforting dishes suitable for serving the masses a hearty seated meal.

Whatever the occasion, Let Them Eat has a menu tailored to make your event memorable.



# CORPORATE CATERING

This is our go to for everyday catering. You don't need to be corporate to order from this menu. We deliver to office, home, school or venue. Anywhere you need to be fed! Easy online orders with cut off 4pm day prior.

## Morning Tea / Afternoon Tea

- Cake & biscuit platters
- Scones with jam & cream
- Grazing platters
- Fruit platters
- Tea & coffee

## Lunch

- Brown bag lunches
- Assorted wraps, rolls or sandwiches
- Finger foods
- Salads

Simply log on [catering.let-them-eat.com.au](http://catering.let-them-eat.com.au), if you need any assistance please contact the office 8352 1334 or [catering@let-them-eat.com.au](mailto:catering@let-them-eat.com.au)



# MORE THAN A MOUTHFUL

A relaxed finger food menu, designed to be eaten whilst standing with ease.

Choice of 5 menu items @ \$38.95 GST incl. per head

Minimum of 30 people

## INCLUSIONS

- Menu is prepared off site and delivered to be served at room temperature
- Delivery within metro included else delivery fees apply, quoted on distance
- Disposable platters
- Serviettes included

## OTHER CONSIDERATIONS

- Crockery, hire or disposable can be quoted on request.
- Food is labelled on request.
- Wait staff can be supplied by Let Them Eat, charges vary depending on penalty rates.

## Dietaries

We cater for all dietary requirements, please ask us.

vgn = vegan

vgno = can be supplied as an option

v = vegetarian

gf = gluten free

gfo = can be supplied as an option



# MORE THAN A MOUTHFUL

Sweet corn & feta fritters – topped with smoked salmon and dill & caper cheese.

Baby chickpea burgers with mango chutney, red cabbage & greens (vgn)

Sweet potato & kimchi fritters with guacamole & onion rings (vgn)

Mac & cheese slider with corn & jalapeno relish (vgn)

Black bean pattie sandwich with pickled cucumber & chipotle mayo (vgn/gfo)

Middle eastern lamb pastries with mint labneh

Baby Vietnamese rolls with beef or chicken or tofu, thai salad & lime mayo (vgno)

Pork, sage & feta sausage rolls with chilli jam

Mini falafel wrap in flat bread (gfo) (vgn)

Mini salad bowls (1-2 salad per bowl, can do assorted trays)

Baby pizzas choose two varieties

- Caramelised onion, gorgonzola, pear & walnut (v)
- Prosciutto, parmesan & rocket
- Roast pumpkin, chorizo, hummus & rocket
- Margherita (vgno)

Skewers of cauliflower clusters served with sweet red pepper dipping sauce (vgn)

Broccoli & haloumi fritters with slow cooked lamb & eggplant relish

Assorted arancini choose two varieties served with pesto dipping sauce.

- Pumpkin & feta (v)
- Mushroom & mozzarella (v)
- Sicilian with vegan bolognese (gf/vgn)

Assorted filo parcels choose two varieties served with garlic & lemon dipping sauce.

- Mushroom moussaka (vgn)
- Jalapeno pasty (vgn)
- Spanakopita (v)
- Cauliflower cheese (v)

Assorted Savoury Tartlets choose 2 varieties

- Leek & gruyere (v)
- Bacon, tomato & thyme
- Sweet potato & goats cheese (v)
- Carrot & sweet garlic (gf/v)



# COCKTAIL MENU

Choice of 6 menu items, 3 petite and 3 substantial @ \$61.50 GST incl. per head  
Minimum of 50 people

## INCLUSIONS

- Menu is prepared on site with kitchen staff.
- Delivery within metro included else delivery fees apply, quoted on distance
- Platters and serving ware
- Serviettes included

## OTHER CONSIDERATIONS

- Requires a kitchen or cost to set one up.
- Crockery, hire or disposable can be quoted on request.
- Food is labelled on request.
- Wait staff can be supplied by Let Them Eat, charges vary depending on penalty rates.

## Dietaries

We cater for all dietary requirements, please ask us.

vgn = vegan

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# COCKTAIL MENU

## PETITES

Stuffed green olives baked in parmesan pastry (v)

Salted mozzarella sticks (v)

Smoked salmon with dill & caper cream cheese on a sweet corn & feta fritter

Sticky sesame chicken skewers (gf)

Beef carpaccio, capers, pickled onion & parmesan aioli on brioche toast

Buttermilk fried chicken tenders with chipotle mayonnaise

Tarte flambe – french style pizza with sour cream, bacon & onion

Garlic lamb & vegetable spring rolls with sweet chilli dipping sauce (gf)

Caramelised onion, pear & blue cheese tart tartin with truffle honey (v)

Petite skewers

· Baby bocconcini, tomato & basil (gf)

· Prosciutto & melon (gf)

· Grilled vegetables with woodside cherve & barossa valley dukkah (gf)

Assorted arancini choose 2 varieties served with pesto dipping sauce.

· Pumpkin & feta (v)                      · Sicilian with vegan bolognaise (gf/vgn)

· Mushroom & mozzarella (v)

## SUBSTANTIAL

Leek & gruyere tartlet in sour cream pastry with truffle waldorf salad (v)

Tofu burger with pickled parrot & peanut sauce (vgn)

Chickpea burgers with grilled eggplant & mango chutney (vgn)

Beef burgers with beetroot relish, cheddar & smokey mayo (vgn)

Southern style chicken burger with pineapple slaw

Mac & cheese burger with corn & jalapeno relish (vgn)

Middle eastern lamb pastries with saffron yoghurt cheese

Beef & guinness potato pies

Crispy skin roast pork with pickled cucumber & cress in a steam bun with plum aioli





# BUFFET MENU

Choice of 4 mains and 5 sides @ \$55.10 GST inclusive per head  
Minimum of 50 people

## INCLUSIONS

- Bread rolls and butter
- Kitchen staff to prepare and set up buffet
- Delivery within metro included else delivery fee apply, quoted on distance
- Buffet crockery and serving ware
- Refrigerated transport

## OTHER CONSIDERATIONS

- Guest crockery, hire or disposable can be quoted on request.
- Food is labelled on request.
- Wait staff can be supplied by Let Them Eat, charges vary depending on penalty rates.

## Dietaries

We cater for all dietary requirements, please ask us.

vgn = vegan

vgno = can be supplied as an option

v = vegetarian

gf = gluten free

gfo = can be supplied as an option



# BUFFET MENU

## MAINS – VEGETARIAN

Mushroom moussaka – mushroom stew with eggplant, potato & bechamel sauce (vgn)

Pumpkin & red lentil lasagne (v)

Mild yellow curry with chickpea & vegetables served with fragrant rice (vgn)

Hearty lentil & vegetable pie with a whipped potato topping (v)

Mac & not cheese with jalapeno crumb (vgn/nuts)

Hand rolled falafel (gf/vgn)

Middle eastern cauliflower fritters (gf/vgn)

Tarts

· Spanakopita (v) · Eggplant, caramelised onion & feta (v)

· Leek & gruyere in sour cream pastry (v) · Sweet potato & goats cheese (v)

· Carrot & sweet garlic with lemon & parsley (gf)

Arancini

· Pumpkin with a herb & feta centre (v)

· Mushroom with a mozzarella & parmesan centre (v)

· Sicilian with a vegan bolognese centre (gf/vgn)

Bunless ‘burgers’

· Mild curried chickpea (gf/vgn)

· Sesame crusted tofu (gf/vgn)

· Mexican black bean (gf/vgn)

Fritters

· Broccoli & haloumi (v) · Kimchi & sweet potato (vgn)

· Sweet corn & feta (v) · Beetroot & caramelised onion (vgn)

Filo parcels

· Cauliflower & cheese (v)

· Mushroom moussaka (vgn)

· Jalapeno pasty (vgn)

## MAINS – Meat & Seafood

Lamb

· Traditional lamb & eggplant moussaka

· Slow roasted lamb shoulder marinated in lemon & herbs (gf)

· Lamb korma curry mild north indian style curry with rice & pappadums

Beef

· Guinness & braised beef pie with potato topping

· Slow roasted beef brisket in a smokey barbeque sauce (gf)

Chicken

· Butter chicken in a mild creamy curry sauce with fragrant rice (gf)

· Roasted chicken pieces with portuguese spices (gf)

Pork

· Classic italian pork meatballs with parmesan

& lemon in a rich tomato sauce (gf)

Seafood

· Salmon tikka masala a light tomato based curry  
with ginger & capsicum with saffron rice (gf)

## CONDIMENTS – Choose 3

Hummus (gf/vgn)

Balsamic onion jam (gf/vgn)

Minted yoghurt (gf)

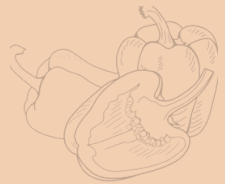
Chilli jam (gf/vgn)

Tomato relish (vgn)

Red pepper dipping sauce (v)

Mango relish (gf/vgn)

Moroccan eggplant relish (gf/vgn)



# BUFFET MENU

## COLD SIDES - salads

Carrot & quinoa with toasted seeds (gf/vgn)

Cashew pesto pasta salad (vgn/nuts)

French lentil salad with mustard vinegarette (gf/vgn)

Leafy greek gf)(v)

Green salad with avocado dressing (gf/vgn)

Kale & black beans with a zingy dressing (gf/vgn)

Kale & brown rice tabouli (gf/vgn)

Middle eastern cracked wheat with pomegranate & roast pumpkin (v)

Mung beans with ginger, soy & honey (v)

Pear, rocket & walnut salad (v)(gf)

Persian cous cous with roasted cauliflower (vgn)

Raw beetroot with avocado dressing (gf/vgn)

Risoni & baby spinach with lemon & mint (vgn)

Spiced chickpea with mushroom & roast capsicum (gf/vgn)

## HOT SIDES

Bang bang spicy roasted cauliflower (vgn)

Baked cauliflower & gruyere au gratin (v)

Barbecued corn on the cob with porcini salt (gf/vgno/v)

Broccolini & beans with miso garlic butter (gf/vgno/v)

Creamy mashed potatoes (gf/vgno)

Crushed roasted potatoes with salsa verde (gf/vgn)

Fried potatoes with sage sea salt (gf/vgn)

Maple roasted carrots with toasted seeds(gf/vgn)

Mediterranean grilled eggplant with tahini dressing & feta (gf/v)

Ratatouille – chunky tomato braised vegetables (gf/vgn)

Roasted pumpkin wedges with hummus, coriander & chilli (gf/vgn)

Steamed baby potatoes with herb butter (gf/vgno/v)

Steamed herb buttered vegetables (gf/v)



# Packages

OPTION 1: Let Them Eat provides bar staff for a minimum of 3 hours, to serve drinks supplied by client.

@\$28.00 per person GST incl 2 hour package.

Glassware charged @\$1.60 per glass

1 x RSA Bar Staff @ \$52.50 + GST p/h (min 3hr shift).

A range of menus to suit every occasion

- Staff cost on public holidays incur penalty rates
- Number of staff required is dependent on number of guests

OPTION 2: Charged on consumption. You are billed after the event for all drinks consumed.

Glassware charged @\$1.60 per glass

1 x RSA Bar Staff @ \$52.50 + GST p/h (min 3hr shift).

Ice 3 bags @ \$23.30

- Staff cost on public holidays incur penalty rates
- Number of staff required is dependent on number of guests



## TERMS & CONDITIONS

A site inspection prior to the event may be necessary, additional hire equipment is at the cost of the customer. Menu choices may be restricted by available equipment.

Confirmation of catering must be made in writing with a deposit of 20% of the estimated invoice.

Final numbers of guests must be confirmed 7 days prior to the event; this is the minimum number of guests that will be charged for.

Menu items & prices are subject to change without notice or consent.

Surcharge applies to public holidays.

Cancellations must be made in writing. Cancellations within the 7 days prior to the event will forfeit all the deposit paid. Cancellations prior to this will incur an administration fee.



## CONTACT OUR TEAM

The office is staffed Monday to Friday 9am to 5pm. For urgent requests, no later than 4pm business day prior please call us, else we will respond to your request within one business day.

Phone: 08 8352 1334 or 0434 574 368

Email: [catering@let-them-eat.com.au](mailto:catering@let-them-eat.com.au)

