



# Roaming Gourmet

**roaminggourmet.com.au**

**02 9971 0399**

Roaming Gourmet has been operating for over 30 years.  
Our business is to understand your needs  
and to provide an efficient delivery service.

We understand your budget constraints  
& work to get maximum value for your dollar.  
We offer set menus to control your costs (detail see page 2)  
or we can tailor a menu to suit your specific occasion.

Roaming Gourmet has 4 refrigerated,  
HACCP certified vans on the road every day.

We know our way around Sydney,  
and are able to offer a quality, reliable  
& consistent service, at an affordable price.

Join our REWARDS Programme.

(please register online)

Every dollar spent, earns points towards David Jones & Westfield gift vouchers.

## **4 easy ordering options:**

- |          |  |
|----------|--|
| 1. Phone | 02 9971 0399   |
| 2. Fax   | 02 9971 0714   |
| 3. Email | <a href="mailto:info@roaminggourmet.com.au">info@roaminggourmet.com.au</a> |
| 4. Web   | <a href="http://www.roaminggourmet.com.au">www.roaminggourmet.com.au</a>   |

Find a downloadable Order Form on our website.

**Confirmation email will be sent for all orders.**

For any queries, we are contactable on any of the above.



## CREDIT CRUNCH LUNCH (Min: 15pp)

Gourmet Sandwich, Bap, Baguette (1per person)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Budget Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$14.50 plus GST** – To add Cheese to Fruit Platter: add \$1.50 per person

## MENU A

Bap, Baguette, Crusty Knot, Brown Roll, Turkish Bread, Wrap. (1per person)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Choice of 100% Freshly Squeezed Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$15.65 plus GST** – To add Cheese to Fruit Platter: add \$1.50 per person

## MENU B

Gourmet Sandwich (1 ½per person)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Choice of 100% Freshly Squeezed Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$18.00 plus GST** – To add Cheese to Fruit Platter: add \$1.50 per person

## MENU C

Baps, Baguettes, Crusty Knot, Brown Roll, Turkish Bread, Wraps. (1 ½per person)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Choice of 100% Freshly Squeezed Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$19.80 plus GST** – To add Cheese to Fruit Platter: add \$1.50 per person

## MENU D

Finger Food - choice of 3 varieties (see page 7)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Choice of 100% Freshly Squeezed Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$22 plus GST** – To add Cheese to Fruit Platter: add \$1.35 per person

## MENU E

Gourmet Sandwich (1per person)  
Finger Food – choice of 1 variety (see page 7)  
Seasonal Fruit Platter with 97% Fat Free Yoghurt  
Choice of 100% Freshly Squeezed Orange Juice or Apple Juice, Mineral Water, Soft Drinks or Still Water  
Disposable cups, plates, forks, knives & serviettes

**\$19 plus GST**



## SANDWICHES

Gourmet Sandwiches	cut in 1/4	\$8.65
Bap Rolls	cut in 1/2	\$9.50
Baguette Rolls	cut in 1/2	\$9.50
Crusty Knot Rolls	cut in 1/2	\$9.50
Brown Rolls	cut in 1/2	\$9.50
Multigrain Rolls	cut in 1/2	\$9.50
Turkish Bread	cut in 1/4	\$9.50
Wraps	cut in 1/3	\$12.50
Bagels	cut in 1/2	\$9.50
Simple Sandwiches	cut in 1/4	\$7.60
Open Baguettes	cut in 1/2	\$6.20
Lavosh	cut in 1/4	\$4.20
Pin Wheels	multiplies of 8	\$2.50

### **Best quality ingredients made fresh daily, always.**

1. Sliced Turkey with avocado, lettuce & cranberry sauce.
2. Caesar Salad Chicken – Chicken breast, crispy bacon, Cos lettuce with Caesar salad dressing.
3. Chicken breast with avocado, Béarnaise sauce, lettuce, mayonnaise & sprinkled with walnuts.
4. Double smoked Leg Ham with avocado, lettuce, chopped shallots & your choice of mustard.
5. Chicken breast with mango, mayonnaise, lettuce & chopped chives.
6. Tasty or Cottage cheese with carrots, cucumber, alfalfa, lettuce & freshly ground black pepper.
7. Tandoori Chicken – Chicken breast marinated in a rich Tandoori & yoghurt sauce.
8. Red Salmon or Tuna with alfalfa, homemade mayonnaise & a squeeze of lemon juice.
9. Pastrami with sun-dried Tomato, grated tasty cheese & pesto.
10. Rare Roast Beef with avocado, red onion, tasty cheese & grain mustard.
11. Rare Roast Beef with cream cheese, chives, lettuce, red onion & horseradish.
12. Cottage cheese, carrot, dates & sprinkled with walnuts.
13. Thai Beef Salad with cucumber, carrots, chopped coriander, basil & homemade sweet chilli sauce.
14. Double Smoked Leg Ham with tomato, tasty cheese & grain mustard.
15. Spicy Pastrami with avocado, lettuce & Béarnaise sauce.
16. Double smoked Leg Ham with tasty cheese, potato salad & avocado.
17. Salami with roasted capsicum, sun-dried tomato, lettuce & chutney.
18. Thai Chicken with carrot, cucumber, coriander & sweet chilli sauce.
19. Satay Chicken with red onion, carrot, coriander & peanut sauce.
20. Grilled Eggplant, grilled red pepper, mushrooms, chives, sour cream & pesto.
21. Rocket & mixed lettuce with tomato & bocconcini cheese.
22. Asparagus with camembert & coral lettuce.
23. Roasted Kumara with grilled red pepper, feta & pesto.
24. Design your own.

### **Best quality ingredients made fresh daily, always.**

## BREAKFAST

Muffins	each	\$5.50
Danish	each	\$5.50
Friands	each	\$4.50
Tarts	each	\$4.50
Banana Bread	each	\$5.20
Apple & Cinnamon Bread	each	\$5.20
Pear & Raspberry Bread	each	\$5.20
Mini Muffins	each	\$3.30
Savoury Muffins – Honey & Oats or Spinach, Pumpkin Seed & Cream Cheese	each	\$4.00
97% Fat Free Yoghurt Pots with your choice of Muesli, Strawberries, Raspberries or Blueberries. 250ml	each	\$5.50
Mini Yoghurt Pots with Strawberries 125ml	each	\$4.00
Mini Quiche Homemade	each	\$3.85
Mini Frittata	each	\$3.85
Croissants with Jam & Butter (cut 1/2)	each	\$6.00
Croissants with Ham & Cheese (cut 1/2)	each	\$7.80
Scones with Jam and Cream Cook fresh. 2per serve	each	\$6.50
Bagels w Bacon, Free-Range Egg, Cheese & Hollandaise (cut 1/2)	each	\$8.60
Bagels with Smoked Salmon, Spanish Onion, Cream Cheese & Capers (cut 1/2)	each	\$9.50
Fruit Platter with 97% Fat Free Yoghurt	Small: Large:	\$45 \$70
Mini Fruit Skewers <b>(GF)</b>	each	\$4.50
Fruit Cobbler <b>(GF)</b>	each	\$4.50
Brownie Kiss	each	\$3.50
Caramel Kiss	each	\$3.50
Lemon Kiss <b>(GF)</b>	each	\$3.50



## PLATTERS

**Small serves 6    Large serves 10**

<b>FRUIT PLATTER</b> Seasonal Fruit including pineapple, watermelon, rockmelon, strawberries, grapes, kiwi fruit, passion fruit, apples, oranges & dried apricots served with 100% Gourmet Fat Free Yoghurt.		Small: \$45 Large: \$70
<b>CHEESE &amp; FRUIT PLATTER</b> Appetizing selection of four varieties of King Island Cheeses & Seasonal Fruit served with Mixed Nuts & Crackers.		Small: \$50 Large: \$80
<b>SAVOURY CHEESE PLATTER</b> Chefs selection of King Island Cheese, Home-Made Pate & Dip, Olives, Salami Sticks & Mixed Nuts.		Small: \$52 Large: \$73
<b>CRUDITÉ &amp; DIP PLATTER</b> Your selection of 3 dips : Salsa, Guacamole, Sun-dried Tomato & Basil, Salmon & Chives, Pistachio & Blue Cheese or French Onion Dip - served with Crudités & Stone Ground Corn Chips.		Small: \$50 Large: \$78
<b>SAVOURY CHEESE PLATTER with CRUDITÉS &amp; DIP</b> King Island Cheese, Pate, Olives, Pickled Vegetables, Salami & Mixed Nuts served with Crudités & Stone Ground Corn Chips, along with your choice of 3 dips: Salsa, Guacamole, Sun-dried Tomato & Basil, Salmon & Chives, Pistachio & Blue Cheese or French Onion Dip		Small: \$70 Large: \$105
<b>ANTIPASTO PLATTER</b> Chefs selection of sliced cold meat including Leg Ham, Salami & Pastrami, served with Grilled Red Peppers, Zucchini, Eggplant, Picked Vegetables & Toasted Turkish Bread.		Small: \$66 Large: \$102
<b>MEZZE PLATTER</b> Middle Eastern delicacies, including Dolmades, Haloumi, Marinated Feta, Falafel Balls, Kalamata Olives, Hummus, Tzatziki, Tabouli, Cheese & Spinach Triangles, served with Toasted Turkish Bread .		Small: \$66 Large: \$102
<b>MIXED PLATTER</b> Chefs selection of Middle Eastern delicacies, antipasto & finger food served with Toasted Turkish Bread.		Small: \$70 Large: \$105
<b>PLOUGHMANS PLATTER</b> Mixed selection of sliced cold meat, cheese, vegetables & salad, served with Crusty Knot Rolls.		Small: \$70 Large: \$105
<b>TAPAS PLATTER</b> Garlic Mushrooms, Haloumi wrapped with Prosciutto & Rosemary, Kalamata Olives, Falafel Balls, Mushrooms stuffed with Goats Cheese & Ricotta, Meatballs in a Napolitana Sauce and served with Toasted Turkish Bread		Small: \$100 Large: \$155
<b>SEAFOOD PLATTER</b> Chefs selection of King Prawns, Balmain Bugs, Mussels, Oysters & Blue Swimmer Crab, served with cocktail sauce & lemon wedges.		Small: \$180 Large: \$300
<b>SUSHI PLATTER</b> Selection of freshly made sushi, served with soy sauce & wasabi.	40pieces approx 70pieces approx	Small: \$80 Large: \$125

<b>MEAT PLATTERS</b> All served with Tossed Green Salad with Avocado & Crusty Bread Rolls. Select any 3 - * Medium-Rare Roast Beef, served with Horseradish, Relish or Mustard of your choice * Marinated Chicken Wings or Drumsticks * Double Smoked Leg Ham, served with Mustard of your choice * Sliced Roast Turkey, served with Cranberry Sauce * Chicken Satay Sticks, served with our delicious Peanut Sauce * Pastrami (Italian cured beef with a pepper crust)	Small: \$110 Large: \$175
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**GOURMET MEALS**  
 Small serves 6    Large serves 10

<b>PAD THAI</b> Traditional Thai noodle dish with Chicken, Roasted Peanuts, Egg, Bean Sprouts & Thai Spices (Add \$2 per person for seafood option. Eg: Small \$12, Large \$20)	Small: \$80 Large: \$120
<b>ROAST CHICKEN PLATTER <u>W</u> STUFFING</b> served with a Tossed Green Salad & Crusty Bread Rolls. Your choice of seasoning: Cajun, North African, Asian	Small: \$98 Large: \$160
<b>HOME MADE QUICHE</b> with a Green Salad & Crusty Bread Rolls. Your choice of: Kumara & Feta, Lorraine or Asparagus & Camembert (serves 8-10)	30cm diameter \$105
<b>LASAGNE</b> (Vegetarian or Meat) with a Tossed Green Salad & Crusty Bread Rolls (serves 8-10)	30cm diameter \$105

**SALADS**  
 Small serves 6    Large serves 10

<b>GOURMET SALADS</b>		
Italian Summer Pasta Salad	Small: \$50 Large: \$72	
Rice Salad (contains nuts)		
Rocket & Parmesan with Crispy Bacon Salad		
Pumpkin, Feta & Baby Spinach Salad		
Cous Cous Salad		
Thai Beef Salad		
Brown Rice: Beetroot, spinach, sun flower seeds, Walnuts, Roast Veg, Apricots		
<b>HEALTHY CHOICES</b>		
Calcium Injection: Bugler wheat, Butter Bean, Chicken, Walnut, Cranberries, Spinach	Small: \$50	
Fibre Filled: Chickpeas, Chicken, Butter Beans, Sundried Tomatoes, Green Beans	Large: \$72	
Protein Pack: Mixed Leaf, Tuna, Tomatoes, Egg, Chat Potato, Green Beans, Olives		
<b>SIMPLE SALADS</b>		
Greek Salad	Small: \$45 Large: \$68	
Caesar Salad		
Creamy Potato Salad		
Coleslaw Salad		
Tossed Green Salad with Avocado	Small: \$42 Large: \$60	



## GOURMET FINGERFOOD

Made to order fresh daily by our Chef

Minimum order quantities apply		
Mini Veg Burgers <b>(V)</b>	each	\$4.75
Mini Oz Burgers with Beetroot	each	\$5.00
Thai Chicken Cakes with Kaffir Lime Leaves and Galangal Green Beans	each	\$3.90
Smoked Salmon & Dill Blini	each	\$3.00
Dry Roasted Moroccan or Tandoori Chicken Tenderloin Skewers	each	\$4.50
Salmon Cakes with Lemon Aioli	each	\$4.40
Savoury Tarts: Caramelized Onion & Feta / Kumara, Feta & Sun-dried Tomato / Thai Beef / Antipasto	each	\$4.20
Mini Homemade Gourmet Quiche – Lorraine or Spinach <b>(V)</b>	each	\$3.85
Homemade Chicken or Beef Puff Pastry Rolls: Mexican Beef / Thai Chicken	each	\$3.70
Parmesan crusted Chicken with Tomato & Olive Relish	each	\$4.00
Baked Ricotta Cakes with Mushroom, Spinach and Herbs	each	\$4.00
Savoury Vol-Au-Vents (2per serve)	serve	\$4.00
Beef Skewers with chunky grilled vegetable	each	\$5.00
Mediterranean Vegetable Skewers with Grilled Vegetables	each	\$4.00
Zucchini Slice with Zesty Tomato Relish	each	\$4.00
Vietnamese Rice Paper Rolls – Vegetarian or Chicken (1per serve)	serve	\$3.85
Bruschetta with Basil and Balsamic Reduction (1per serve) <b>(V)</b>	serve	\$3.85
Duck Pancakes with Hoisin sauce	serve	\$4.20
Smoked Salmon, Brie and Spanish Crepes	each	\$3.20
Grilled chorizo with Goats Cheese & Roasted Peppers	each	\$2.65
Vegetarian Curry Cups with Crispy Indian Pastry	each	\$5.00

## SIMPLE FINGER FOOD

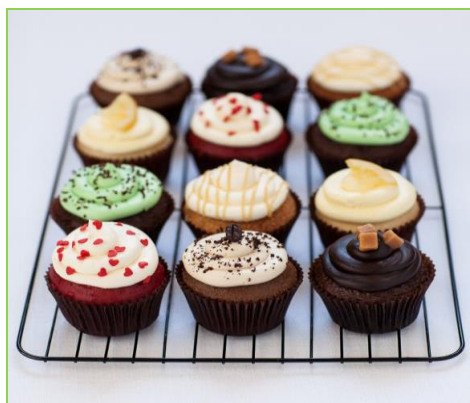


Chicken Satay Sticks with peanut sauce	\$3.30
Oriental Meatballs	\$1.80
Mini Thai Fish Cakes with Thai chilli sauce	\$2.70
Cheese & Spinach Triangles <b>(V)</b>	\$2.40
Spicy Meat Triangles	\$2.40
Mini Quiches	\$3.30
Curry Puffs with sweet chilli sauce <b>(V)</b>	\$2.50
Mini Sausage Rolls with tomato sauce	\$3.00
Gourmet Party Pies (chicken/beef/lamb)	\$3.20
Chilli Squid with Lemon and Garlic Aioli	\$2.50
Cocktail Samosas with sweet & sour sauce <b>(V)</b>	\$1.70
Falafel <b>(V)</b>	\$2.00
Meat or Vegetable Spring Rolls with sweet & sour sauce	\$2.50
Pastizzi: Garlic and herb, Mexican Beef	\$3.00

## PASTRIES, SWEETS & TARTS

Muffins Large cut into 4	each	\$5.50
Mini Muffins	each	\$3.30
Danish Large cut into 4	each	\$5.50
Friands Cut into 2	each	\$4.50
Tarts: Fruit, Pineapple, Portuguese, Lemon	each	\$4.50
Banana Bread, Apple & Cinnamon Bread, Pear & Raspberry Bread	each	\$5.20
Brownie Kiss, Caramel Kiss, Lemon Kiss <b>(GF)</b>	each	\$3.50
Fruit Cobbler <b>(GF)</b>	each	\$5.00
Cupcakes: Butterscotch, Chocolate Peppermint, Lemon Curd, Mocha, Mud Fudge, Red Velvet	Kids	\$3.00
	Adult	\$4.50
Custard Filled Eclairs	each	\$2.50
Chocolate Dipped Profiteroles	each	\$2.50
Gourmet Slice: Apricot, Lemon Coconut, Macadamia Brownie, Jam & Coconut, Peppermint, Caramel Slice, Triple Choc Brownie	each	\$4.85
Cake Slice: Chocolate, Hummingbird, Carrot, Banana	each	\$4.85
<b>Birthday Cakes:</b> Chocolate Mud Cake, Mississippi Mud Cake, Chocolate Grand Marnier Torte, Caramel Chocolate Cake, Chocolate strawberry Cake, Sacher Torte, Double Chocolate Mousse Cake, Chocolate Sponge Cake, Flourless Chocolate Cake, Chocolate Indulgence, Milk Chocolate Rocher.	Sml serves 10-14 Large serves 20-24	S: \$55 L: \$70
<b>Gluten Free Birthday Cakes (Large only):</b>		
Gluten Free Chocolate Devil Cake		\$75.00
Gluten Free Milk Chocolate Rocher		\$75.00
Flourless Pavlova		\$75.00
Flourless Orange Almond Cake		\$75.00
Flourless Chocolate Cake		\$75.00
Dairy Free Carrot Cake		\$75.00

Cupcakes



Butterscotch



Ind Chocolate Mousse Cake



Mini Muffins





## GLUTEN-FREE OPTIONS

Individual Chicken & Avocado Salad	\$15.00
Vietnamese Rice Paper Rolls (Celiac) (V) 1per serve	\$3.85
Frittata	\$3.85
Baked Ricotta	\$3.85
Vegetable Mediterranean Skewers	\$4.50
Fruit Salad Ind 250gr	\$5.50
Cheese & Fruit Ind	\$13.50
Muffins (Celiac)	\$5.85
Sago Cups with Fresh Passionfruit and Coconut Cream	\$5.50
Fruit Cobbler	\$5.50

## LUNCH OR DINNER HOT MEALS

**Minimum orders apply for each item**

Lamb Cutlets with oregano & preserved lemon (1 cutlet:70g ea)	each	\$7.00
Rack of Lamb with mint jelly (3 cutlets per rack)	each	\$22.50
Salmon Fillets with macadamia crust & pesto (200g)	each	\$15.95
Jewfish Fillets Tamarind Glaze and Black Sesame Seeds (200g)	each	\$13.75
Lamb Rogan Josh Curry with steamed rice (200g)	each	\$13.75
Beef Vindaloo Curry with steamed rice (200g)	each	\$13.50
Butter Chicken with steamed rice (200g)	each	\$13.50
Chicken Breast filled with brie & asparagus (200g)	each	\$12.00
Roast Beef (medium rare) with jus (200g)	each	\$12.00
Roast Pork with crackling & apple sauce (200g)	each	\$12.00
Pasta Carbonara (200g)	each	\$12.50
Pasta Napolitana (200g) <b>V</b>	each	\$10.50
Vegetarian Curry with steamed rice (200g) <b>V</b>	each	\$11.50
Potato Gnocchi in a cream wine sauce finished in truffle oil	each	\$13.50

## SIDES

Garlic Seasonal Greens (3 varieties) (150g)	each	\$4.50
Pumpkin, Potato & Parsnip (150g)	each	\$4.50
Beetroot, Bocconcini & Macadamia Nut Salad (100g)	each	\$5.00
Roasted Seasonal Vegetables (150g)	each	\$4.00
Polenta (150g)	each	\$3.35
Asian Greens (150g)	each	\$4.00
Gravy, Jus, Honey & Soy, Mustard or Apple Sauce	per person	\$1.00

## DESSERTS

Chocolate / Mocha Mousse	each	\$6.00
Pannacotta	each	\$6.00
Tropical Sago with Fresh Passionfruit and Coconut Cream (V) (GF)	each	\$6.00
Apple Crumble or Summer Berry Pudding	(Serves 30)	\$80

*Prices subject to change without notice, depending on market conditions*

## REFRESHMENTS

100% Orange Juice	2.2L	\$9.00
100% Apple Juice	2.2L	\$9.00
Flavoured Mineral Water	1.25L	\$5.00
Mineral Water	1.25L	\$5.00
Coca Cola	1.25L	\$5.00
Diet Coke	1.25L	\$5.00
Lemonade	1.25L	\$5.00
Still Water	1.5L	\$4.50
Budget Orange Juice	2L	\$7.00
Budget Apple Juice	2L	\$7.00
Still Water	600ml	\$3.00

## INDIVIDUAL REFRESHMENTS

Coke, D Coke, Coke Z, Fanta, Sprite, Lift 450ml Range	Each	\$3.50
Deep Spring	Each	\$3.80
Coconut Water	Each	\$3.80
Mount franklin Water 600ml	Each	\$3.00
Mother 500ml	Each	\$5.00
V Green, V Blue, V Not Orange, V Sugar Free 250ml	Each	\$3.50
Alovera Water	Each	\$3.20

## GREAT AUSSIE BBQ

\$30per head Delivered Cooked and Ready to go, Raw BBQ \$22pp
Scotch Fillet Steak 200gr and Beef, Pork or Lamb Gourmet Sausages.
Salads: Your Choice of Two: Toss Green, Potato, Coleslaw Salad, Protein Packed, Fibre Filled.
Sliced Onion
Mixed Bread Rolls with butter 1.5per Head
Condiments of Tomato Sauce, BBQ Sauce & Wholegrain Mustard
100% Orange Juice & 100% Apple Juice, Flavoured & Plain Mineral Water
Plastic Plates, Cutlery, Cups & Serviettes
Roaming Gourmet can come out and cook the BBQ on site anywhere.
BBQ Hire \$140 for every 45pp
Chef \$200 for every 45pp
Any combination or Quote please contact Roaming Gourmet 99710399

## OTHER SERVICES

STAFF		
Wait Staff	4 hour minimum- per hour	\$50
Chef	4 hour minimum- per hour	\$60
EQUIPMENT		
Bain-marie		Please enquire

## DELIVERIES / ORDERING / CHARGES

### 24/7 Ordering Service

All orders must be placed BEFORE 3pm the previous day, as delivery schedules & drivers are arranged the day prior. Delivery charges apply to certain locations – please enquire. Orders placed after working hours will incur a \$10 charge.

## CANCELLATIONS

Cancellations accepted the day prior delivery at no charge. Cancellations on the day of delivery will be charged.

### TO ORDER:

**P: 02 9971 0399**

**F: 02 9971 0714**

**E: [info@roaminggourmet.com.au](mailto:info@roaminggourmet.com.au)**

**W: [www.roaminggourmet.com.au](http://www.roaminggourmet.com.au)**

**All major credit cards accepted.**

**Delivery charges apply for orders under \$140 and certain delivery zones.**

**Lunch orders have a min of 7 people.**

**All prices are excluding GST.**

