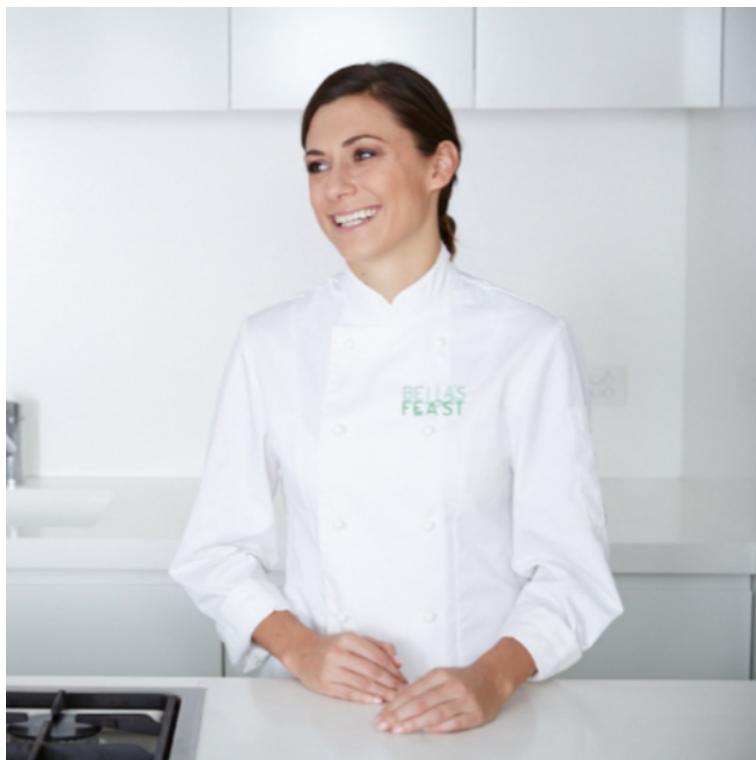




BELLA'S FEAST

COCKTAIL PARTY MENUS



ABOUT ME

It's been a while since I knocked the taste buds off Pete Evans and Manu Fieldel when my sister Sammy and I won My Kitchen Rules in 2011.

Since then, I've landed a regular segment on The Morning Show, hosted my own TV show, Food For Life, and have been performing live cooking shows in front of audiences at shows like the Good Food and Wine Show for many years now. Plus there's a lot more in store this year!

But it's not media that drives this passionate foodie! I love to eat, but more importantly, *I love to feed.*

I used my MKR win as a launch pad for a successful catering and consulting business, filling bellies and putting smiles on faces with my delicious food. I cook for some amazing clients such as Google, Porsche, and Playstation, and I've also consulted for many popular retail brands (Special K, Aldi, James Squire, Thermomix, Barilla etc), for whom I've developed easy and delicious recipes that you can try at home.

What really inspires me is F words – Food, Friends, Fun and Family. Food is social, it's a special experience. I want to be there on that special day and share the moment, whether it's a birthday, wedding or amazing new product launch. It's about being part of the whole experience, not just hiding away in a kitchen. Seeing happy faces eating my food is what feeds my foodie soul!

Keeping up my creative juices is important, and I can custom design a menu to suit any theme or budget. This way I get to discover old traditional recipes from around the world, keep up with new food trends and utilise fresh seasonal produce.

Ultimately, the aim of Bella's Feast catering is to provide an unforgettable experience for your special occasion. It's simple: delicious food cooked from my heart, a personal approach and a high standard of professional service.

My team and I looking forward to catering your special event!

xoxo Bella



Our cocktail party menu features dishes cooked from the heart with fresh, seasonal produce. Your guests will be treated with exciting flavours which pay respect to recipes from around the world.

Every head is different, so we don't charge per head. Instead, we charge per canapé – that way we can customise the menu to your budget, length of party and personal tastes. The choice is yours!

For a full dinner time service, we recommend you choose 3 small, 2 substantial and 1 large/bowl canapé per head, plus a dessert for ½ the guests (the other half are sweet enough already). That being said, you're free to order any combination of dishes you like. We're big on filling bellies, so if your guests are big eaters simply add on some extra food or a small grazing table.

Mix it up with pescatarian, meat and vego options (trust us, the meat eaters will love these too!). Plus, don't forget to throw in some dairy and gluten free dishes for those of us with sensitive tummies.

We can always recommend a menu for you... or if you have a favourite food or special theme at your event why not let us custom design a menu?

Whatever you choose, there's one thing for certain – the food will be delicious, the service flawless and the party will go off!

Contact us to book your event today:

info@bellasfeast.com.au

www.bellasfeast.com.au



SMALL

Our small canapés are designed to be eaten in 1-3 bites, and only require 1 free hand. They are the perfect way to start off your event, with big punchy flavours and just enough oomph to get the palate ready for the big night ahead, without being too filling.

Quinoa falafel balls, native spinach and tahini sauce, sumac (gf, v) \$2.70

Miso eggplant, tofu, edamame humus in seaweed waffle cone (vegan, lf) \$4.00

Savoury sablé, gorgonzola dolce, fig jam, candied walnut (v) \$2.80

Chickpea crisp, roasted sweet potato, fresh green chutney (vegan, gf, lf) \$2.50

Roasted cauliflower humus, cucumber, dukkah (vegan, gf, lf, paleo) \$3.00

Beetroot waffle cone, roast beets, goats cheese, beet dust (v) \$3.90

Brioche, marscarpone, dehydrated shiso, chives (v) \$2.90 | add caviar (p) \$0.50

Panko coconut prawns, umami mayo (lf, p) \$3.70

Saganaki mussels, tomato sugo, feta, dill (gf, p) \$3.00

Butter poached lobster, smoked paprika, grapefruit, chives (gf, p, paleo) \$4.10

Smoked tuna, hazelnuts, salsa verde in charcoal waffle cone (lf, p) \$4.20

White corn dogwood shrimp, chipotle ketchup (gf, lf, p) \$3.60

Roasted water chestnuts, streaky bacon, maple chipotle glaze (gf, lf) \$2.80

Poached chicken waldorf, apple crisp (gf, lf, paleo) \$3.50

Rare roast beef, beetroot rösti, hot english mayo (gf, lf) \$3.20



SMALL, CONTINUED

Little tarts: \$3.70

- ❖ Duck pate scented with juniper and bay, freeze dried cherry
- ❖ Labneh, hickory smoked salmon, pastrami spice on basil tart (p)
- ❖ Red capsicum avjar, feta, toasted sunflower (v)

Not for kids Nuggets: turkey \$3.20 | mussel \$3.00 | okra \$2.60

- ❖ Bloody mary buffalo sauce w/fennelseed
- ❖ Thai basil, chilli and peanut pesto
- ❖ Argentinian green chimichurri

Arancini: \$3.50

- ❖ Porcini mushroom, truffled aioli (v)
- ❖ Seafood paella, saffron aioli (p, lf)
- ❖ Pork and veal bolognese, herbed aioli (lf)

Raw/Tartare: tuna \$3.10 | scallop \$3.50 | salmon \$3.50

- ❖ Lime ceviche, avocado, coriander, crispy shallots (lf, gf, p)
- ❖ Grilled, w/kecap manis, edamame, garlic chives (lf, p)
- ❖ Filipino style w/coconut milk, tamarind, kafir lime, chilli (lf, gf, p)
- ❖ Black olives, parsley, lemon zest (p, gf, lf)

Meatballs: \$3.40

- ❖ Butter chicken and almond meatball, yoghurt, mint (gf)
- ❖ Duck and chorizo albodingas, sofrito (lf)
- ❖ Turkey swedish meatballs, quince sauce

Oysters: \$3.80

- ❖ Grilled, w/smoked asado sauce, pancetta, coriander (lf, gf)
- ❖ Salted yellow bean, daikon, black sesame (lf, gf, p)
- ❖ Tasmanian mountain pepper, balsamic (lf, gf, p)

Sassy sausage rolls \$2.50

- ❖ Pork and fennel, fig balsamic sauce
- ❖ 5 spice duck, sriracha hoisin
- ❖ Moroccan lamb, harissa relish
- ❖ Turkey and sage, cranberry relish
- ❖ Kangaroo and macadamia, bush tomato relish



SUBSTANTIAL

Here we start to get to the business end of things. These dishes are 3-5 bites and are to be eaten standing up. They're substantial enough to keep 'em going for most of the evening, and small enough to give your guests a broad range of flavour sensations.

- ❖ Seared scallop, spanish morcilla, granny smith (gf, lf) \$5.50
- ❖ Twice cooked pork belly, pommes pommes puree, watercress (gf) \$6.00
- ❖ Roast beets 'n' carrots, tahini yoghurt, hazelnut, mint (gf, v) \$4.50
- ❖ Spiced BBQ lamb cutlet, walnut pistou (gf, lf, paleo) \$6.50
- ❖ Beef and green olive empanadas, chimichurri \$5.50

Loaded potato jacks:

- ❖ Smashed brazilian black beans, avicado, pico de gallo (vegan, gf) \$4.50
- ❖ Turkish sujuk sausage, caramelised onion, feta, spinach (gf) \$5.20
- ❖ Poutine, with beef ragu and smoked cheddar bechamel (gf) \$5.60

Inari w/brown rice: \$4.40

- ❖ Spicy korean bbq beef, cucumber, black sesame (gf, lf)
- ❖ Braised shitake, pickled radish, shichimi togarishi (vegan, gf, lf)

Mac 'n' cheese w/panko crust:

- ❖ Maple, bacon and jalapeno \$4.00
- ❖ Truffle and smoked cheddar (v) \$4.00
- ❖ Lobster and chive (p) \$5.50

Skewers/Brochettes: \$4.50

- ❖ Lemongrass beef, pear, green nahm jim (gf, lf)
- ❖ Polish style pork, prune and speck (gf, lf)
- ❖ Galangal spiced lamb kofta, house made satay (lf)

Sliders: \$6.20

- ❖ Soft shell crab, kim chi mayo, iceberg (lf, p)
- ❖ Southern fried organic chicken, house made ranch, slaw
- ❖ Grilled halloumi, eggplant, harissa relish (v)

Toasties/Grilled cheese: \$4.70

- ❖ Cubano with baloney, swiss cheese, american mustard, pickles
- ❖ Pepperoni, wild oregano, tomato sugo, white mozzarella
- ❖ Triple cheese w/ parmiggiano, white mozzarella, american cheddar (v)



BOWLS AND FORK FOOD

Let's face it. After a few drinks, we all want to go large. Our large bowls are the size of a decent restaurant entrée, and are the perfect way to beat those hunger pains (especially after a few drinks!)

- Parmesan and sage gnocchi, burned butter, zucchini, sunflower (v) \$12
- Sweet potato vermicelli, shitake, greens, red dragon sauce (vegan, gf, lf, paleo) \$11
- Baked snapper, freekeh tabbouleh, tahini yoghurt, pomegranate dressing (p) \$13
- Smoked paprika prawns, white corn grits, chimmichurri, bonito (gf, p) \$13
- South west prawn salad, hominy, black beans, palm heart (gf, p) \$13
- Syrian poached chicken, grilled eggplant, pilaf, dukkah (gf, lf) \$12
- Texan style turkey chili con carne, quinoa, pico de gallo, tostadas (gf, lf) \$12.50
- Pork larb salad, Thai herbs, mustard greens, green peppercorn (lf, gf, paleo) \$12
- Chermoula lamb, pearl couscous, seasonal veg, pickled turnip (lf) \$13
- Slow cooked cambodian beef, wild rice, sweet potato, greens (gf) \$13

On a brioche roll, served with a side of tater tots: \$11

- ❖ Poached prawn, russian dressing, edamame, dill
- ❖ Vietnamese pulled pork, pickled carrot, sriracha comeback sauce
- ❖ Pulled lamb, mushy minty peas, pickled red onion
- ❖ Beer bbq beef brisket, polskie ogorki, crispy shallots



DESSERTS

For those with a sweet tooth, a meal is never complete without a little somethin' somethin' at the end. Treat your guests with one of our signature desserts.

- Mascarpone mousse, amaretti, candied orange, poppy (gf, v) \$6.50
- Scented chocolate pot, shiraz jellies, freeze dried raspberry (gf, v) \$6.50
- Churros, smoked chilli dark chocolate sauce (v) \$5.00
- Macerated strawberry shortcake mess, rose crystals (v) \$6.00
- Kirsch chocolate pot, sour cherry jam, chantilly, rice crispies (gf, v) \$6.00
- Tartlet of banana jam, dulce de leche, roasted cashew (v) \$4.00
- Pumpkin spice loukoumades (greek doughnuts), honey syrup, pepitas (lf, v) \$3.50
- Raw cacao + avocado mousse, blueberry compote, coconut (vegan, lf, gf, paleo) \$6.00
- Golden turmeric latte pannacotta, candied pistachio, edible flowers (lf, gf) \$5.50
- Tartlet of charred pineapple, coconut yoghurt, kafir lime (v) \$3.90
- Mini macarons (multiple flavours) (gf, lf, v) \$2.50
- Espresso marshmallows (gf, lf) \$2.50

Little balls: \$3.00

- ❖ Cherry, coconut and dark chocolate truffles (gf, v)
- ❖ Salted caramel and peanut *snickers* balls (gf, v)
- ❖ Chocolate and hazelnut ferrero *rawcher* (gf, lf, vegan, paleo)
- ❖ Date, almond and matcha balls (gf, lf, vegan, paleo)



CONTACT US

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V - vegetarian

P - pescatarian

LF - lactose free

GF - gluten free

Paleo and Vegan options available

All prices are per unit ex gst, and include all chefs fees. Please note that minimum orders apply for each dish, and some dishes are sold in *lots* - we can certainly guide you towards getting the right mix for your event and your budget. Minimum food spend is \$1500 ex gst.

Keep in mind that some dishes may not be possible to prepare at your chosen venue, depending on what equipment is available on site and what we are able to easily bring in our truck. For larger events, you may consider hiring in extra equipment, but we do try and avoid this extra cost for you if we can.

Waiters are charged extra at \$35/hour, and we recommend a waiter for every 50 guests or part thereof. Depending on the times of your event, and the type and amount of food you order, you can expect your cocktail party to cost anywhere between \$30 and \$50 per head inc gst.