

ESPRESSO TRAIN

cafe & catering

*We don't employ people to cater.
We cater so we can employ people.*

CATERING MENU

ORDER ONLINE

www.espressotrain.com.au

EMAIL FOR A QUOTE

catering@espressotrain.com.au

TALK TO US - 0403 900 550

MORNING/AFTERNOON TEA

INDIVIDUAL SNACK BOXES / SS
min 4 of each pack

SWEET SURRENDER / dietary by request 7.90

Slice of homemade cake & fruit salad bites

SAVOURY SATISFACTION / v gf df 8.50

Cheddar cheese, hummus, grapes, veg sticks & rice crackers

FIT FEAST / vv v gf df 9.50

Vietnamese rice paper roll, guacamole, veg sticks & rice crackers

B'FAST BOX / v^ 9.50

Filled croissant & fruit salad bites

GREATFULLY YOURS / gf v^ 10.00

Frittata bites, pear & raspberry loaf, fruit salad bites

MINI MEDI PLATE / gf^ 10.00

Salami, ham, brie, cheddar, olives, roast caps & turkish bread

MMM BOX / v gf^ 12.00

Homemade sweet, cheese & crackers, fruit salad bites

BRAIN BOX / vv^ v^ gf^ df^ 15.00

Half a wrap, homemade sweet, dip & crackers, fruit salad bites

PLATTERS TO SHARE
serves 5 / 10

FRUIT PLATTER / vv v gf df 36.00/ 55.00

Sliced seasonal fresh fruit

CHEESE PLATTER / v gf 50.00/ 85.00

Three or four cheeses paired w dried fruit, almonds, turkish toasts & rice crackers

TRIO OF DIPS PLATTER / vv v gf df 60.00

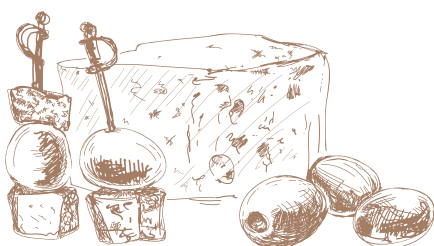
served w toasted turkish fingers, rice crackers & crudities

MAXI MEDI PLATTER / gf^ 85.00

Cold meats, cheeses, medi veg, hummus, turkish toast & rice crackers

CONTINENTAL BREAKFAST PLATTER / v df 85.00

Cold meats, avo, tomato, cheese, fresh fruit & croissants



ss = Covid19 safe single serve | vv = vegan | v = vegetarian | gf = gluten free | df = dairy free | ^ = upon request

LUNCH

LUNCH PACKS / ALL SS
Minimum order 4 of each

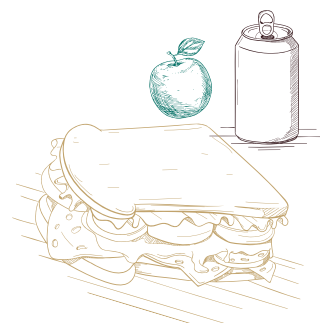
Sandwiches are cut in quarters on a mix of café sized wholemeal & white.

Wraps are cut in half and include premium ingredients like avocado, free range chicken, roast capsicum, brie & baby spinach.

Mixed selections include at least 10% vegan & 10% vegetarian unless requested otherwise.

PLATTERS TO SHARE
serves 4 - 5

Can be individually wrapped upon request - 10% surcharge applies



BROWN BAG LUNCH	8.50
<i>Budget sanga & a Lindt chocolate fudge bite</i>	
S'WICH IT UP	10.50
<i>Classic sandwich & fresh fruit <u>or</u> frittata bite <u>or</u> fudge bite</i>	
<i>Add a drink - selection of softdrink cans and water</i>	13.50
SWEET S'WICH	14.00
<i>Classic sandwich, homemade sweet</i>	
<i>Add a drink - selection of softdrink cans and water</i>	16.50
GOODNESS ME	17.00
<i>Filled tortilla wrap & small fruit cup</i>	
<i>Add a premium drink - Remedy Kombucha & Bundaberg Brewed</i>	21.00
CAULIFLOWER SALAD / gf v ww^ df^	16.00
<i>Spiced cauliflower, flaked almonds, puffed quinoa, artichoke hearts, parsley, capers, rocket and yoghurt dressing</i>	
<i>Add free-range chicken</i>	20.50
CRANBERRY & PECAN RICE SALAD / gf v ww df	16.00
<i>A winning combination w maple-sesame dressing, eschallots, dates, pecans, cranberries and rice.</i>	
<i>Add free-range chicken</i>	20.50
ROLLY GOOD / ww v gf df	19.00
<i>Four fresh Vietnamese Rice Paper Rolls & a bliss ball</i>	
<i>Add another rice paper roll for totally happy tum</i>	22.50
COMPLETELY ME	20.00
<i>Filled tortilla wrap, homemade cake & fruit bites</i>	
<i>Add an extra half wrap for supreme satisfaction</i>	26.00
BUDGET SANDWICH PLATTER	35.00
<i>Not fancy but still delish. These sanga's have just one ingredient like, Ham, Chicken, Cheese or Egg.</i>	
CLASSIC SANDWICH PLATTER	45.00
<i>A mix of our classic sandwiches like Ham, Cheese & Tomato, Chicken, Lettuce & Mayo, Turkey, Cheese & Cran, Egg & Lettuce</i>	
GF WRAP PLATTER / serves 3-4	60.00
<i>Salad wraps w a variety of meats, cheese & avo for gluten free folk who could also be vegans, vegetarians & dairy free</i>	
ASSORTED WRAPS PLATTER	62.50
<i>Filled w premium ingredients like avocado, brie & baby spinach these tortilla wraps are cut in half and sure to impress your guests.</i>	

STARTERS & SALADS

SENSATIONAL SOUPS

10.00/ 36.00

Individual serves or by the litre for four served w turkish fingers.
Choose Country Pumpkin or Spring Chicken & Veg

SAUSAGE ROLL / 12cm / ss

7.50

Handmade Pork & Fennel w BBQ Sauce

CURRIED VEG ROLL / 12cm / ss vv v df

7.50

Handmade Curried Potato & Spinach Pastry Roll w sweet chili sauce

FRITTATA SLICE / 10x7cm / ss v^ gf

7.50

Creamy egg frittata filled w spinach, tomato & fetta

ROAST CAULIFLOWER SALAD / gf v

16.00

Spiced cauliflower, flaked almonds, puffed quinoa, artichoke hearts, parsley, capers, rocket and yoghurt dressing

Add free-range chicken

20.50

CRANBERRY & PECAN RICE SALAD / gf v vv df

16.00

A winning combination w maple-sesame dressing, eschallots, dates, pecans, cranberries and rice.

Add free-range chicken

20.50

MAIN MEALS TO DISH UP

serves 8 - 9

Can be individually wrapped
upon request. Add 1.50 per serve.

SHEPHERD'S PIE (LAMB) / df^ gf

78.00

Slow cooked lamb mince & veg topped with cheesy mashed potato

GARDENER'S PIE (LENTIL) / vv v df gf

78.00

Lentils, spring veg & tomato baked w a sweet potato & potato top

BEEF LASAGNE

78.00

Tomato & beef sauce layered w pasta, cheese & bechamel sauce

FRITTATA / v^ gf

72.00

Creamy egg baked w meat and/or seasonal veg & lots of cheese

ROAST CAULIFLOWER SALAD / per kilo / gf v

48.00

Spiced cauliflower, flaked almonds, puffed quinoa, artichoke hearts, parsley, capers, rocket and yoghurt dressing

Add free-range chicken

62.00

CRANBERRY & PECAN RICE SALAD / per kilo / gf v vv df

48.00

A winning combination w maple-sesame dressing, eschallots, dates, pecans, cranberries and rice.

Add free-range chicken

62.00

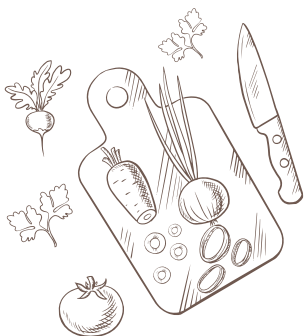
GREEN GARDEN SALAD / per kilo / gf v vv df

48.00

Crisp shredded cos lettuce, fresh sliced tomato, cucumber, red onion & grated carrot tossed w chef's vinaigrette on the side.

Add free-range chicken

62.00



SWEET TREATS

Our homemade cakes & fresh baked fruit loaves are available as single serves, whole or cut for you to dish.

HOMEMADE SWEETS PLATTER [serves 6 / 12] 32.00/ 60.00
A mix of 24/48 bite sized bits of your favourite sweet slices & cakes

CARROT CAKE w CREAM CHEESE ICING / df^ 5.50/ 50.00
Our whole classic carrot & walnut cake serves 20 - 40 as a slab
Make it a celebration cake, round, double layer & decorated 65.00

CLASSIC CHOCOLATE CAKE 5.50/ 50.00
Our whole moist chocolate cake serves 20 - 40 as a slab
Make it a celebration cake, round, double layer & decorated 65.00

PEAR & RASPBERRY ALMOND BREAD / v gf 5.00/ 40.00
Jammy ripe raspberry's & juicy pears pop in this full-of-flavour loaf that serves up to 10 people.

BANANA APPLE CHUNK LOAF / w v df 5.00/ 40.00
Soft & juicy apple scattered through a vegan banana bread. Nice!
Serves up to 10.

CO-OP CHOC-CHIP BISCUITS 3.50
Classic vanilla butter biscuit w dark chocolate chips

MAPLE & ALMOND BISCUITS / w v df gf 3.50
Almond meal & maple syrup combine in this biscuit loved by all

COFFEE & COLD DRINKS

JUICES / individual 350ml or 2lt 4.40/ 11.50
We'll send you a mix of flavours like orange, apple or tropical

WATER by WADDI SPRINGS
Still 600ml \$3.40 / Sparkling Water 500ml \$4.40 or 750ml \$6.80

SOFT DRINK CANS 3.40
Golden Circle flavours - Lemonade, Creaming Soda, Golden Pash
Coca-Cola Original or Coke No Sugar

BUNDABERG BREWED DRINKS 4.40
Ginger Beer, Sarsparilla, Lemon-Lime & Bitters, Guava, Pine-Coconut

REMEDY FERMENTED DRINKS NATURALLY NO SUGAR 5.40
Kombucha Passionfruit, Peach, Raspberry Lemonade, Ginger-Lemon

COFFEE & TEA 2.50
Coffee bags, a selection of tea bags, milk, sugar, stirrers & cups.
Price is per person per break.
Hot water urn available to hire. Please note, requires an hour to heat so be sure to allow for that in your delivery time. From 60.00



BREAKFAST & BRUNCH

CROISSANT fresh baked in house 7.80
Filled w Ham & Cheese or Avocado, Cheese & Tomato

B'FAST BOX / v^ 9.50
Filled croissant & fruit salad bites

AVOCADO QUESADILLA / w v df gf^ 10.50
Tortilla filled w chickpea hummus & avo folded in half & grilled

BREAKFAST WRAP / v^ gf^ 12.50
Double bacon, BBQ sauce & two eggs scrambled w cheese or Mushroom, scrambled egg, spinach & tomato chilli relish v



FRESH FRUIT SALAD / 200ml or 600ml 4.00/ 6.00
Seasonal fruit salad chopped into bites
Make it a meal w greek yoghurt & our "banana bread" granola 6.00/ 9.00

CONTINENTAL BREAKFAST PLATTER for 2, 4 or 6 from 35.00
Cold meats, avo, tomato, cheese, fresh fruit & croissants

GOOD THINGS TO KNOW

We don't employ people to cater. We cater so we can employ people.

Easy online ordering at www.espressotrain.com.au/catering

We deliver hot food hot & cold food cold. If you would prefer to heat it yourself please let us know

We make everything fresh on the premises using mostly seasonal, fairly local, top-notch ingredients

Therefore, we kindly request 3 working days' notice for bakes & whole cakes

For small orders [under \$250] please order by 10am **two work days** in advance

Delivery to Nundah & adjoining suburbs is free for orders over \$250.

Smaller local orders attract a \$15 fee

Surrounding suburbs are \$25, wider Brisbane, \$35

Delivery fee to outer regions supplied on application

Add 15% to delivery fee after 4pm weekdays.

Add \$15 to delivery fee on Sunday. Labour charges will also apply to Sunday

We do not cater/deliver on Saturdays, sorry, it's our day off

Prices on this menu include GST.

Online, GST gets added to the order summary on the left.

ALLERGEN DISCLAIMER: Please be aware that we make all of our food on our premises. Whilst care is taken, we can not be held responsible for traces of milk, eggs, peanut, tree nuts, wheat, fish soybean etc. Please let us know of any allergies or dietary requirements so we can best serve you.

We practice triple bottom line decision making to improve the lives of people & reduce our impact on the planet wherever possible. For instance:

- we are powered by the sun via our 12kw solar array
- we partner with a local fellow to compost our organic waste & create a small income by selling liquid fertiliser on his behalf



ESPRESSO TRAIN Cafe & Catering is an initiative of Nundah Community Enterprises Cooperative, Australia's Best (Large) Social Enterprise 2020, awarded by Social Traders.