



provin  
group  
corporate catering

Amazing Food | Amazing Value

Conference Menu 1

## *Amazing Food, Amazing Value*

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With over 30 years in the industry, the Provin Group specialises in corporate catering and events in Sydney. We source all our ingredients from sustainable farms to bring the freshest food and beverages to our clients tables. Our famed hospitality will always compliment your office and corporate functions, providing a reliable, experienced and punctual service for an amazing value.

## *Dietary Requirements*

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Provin Group caters to all dietary requirements and will always accommodate all requests to ensure our clients are able to enjoy our fresh farm to table food.

Below is a legend of common preferences we cater to per meal.

(vg) Vegan | (v) Vegetarian | (gf) Gluten free

If you require any further dietary assistance please talk to one of our event specialists for additional customised options.

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**Call:** (02) 9564 1744

**Email:** [events@provingroup.com](mailto:events@provingroup.com)

**Visit:** [www.provingroup.com](http://www.provingroup.com)

## *Conference Menu*

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Our Conference Menu starts at \$33.50 [ex GST] per person, providing complimentary tea and coffee upon arrival and a wide variety of both hot and cold healthy and nutritious meals. Our service lasts from morning tea right through to post conference canapé events. Our Conference Menu is designed specifically for conferences looking for amazing food at an amazing value.

Our Conference Menu starts with a minimum of 30 guests and extends to 500 or more. As with all Provin Group menus, special dietary requirements can be incorporated into the menu.

The Provin Group is a Gold Licensed Caterer with a full catering liquor license and a proud member of the Restaurant and Catering Association. Provin Group provides full support to assist throughout the planning stages all the way through to the conclusion of the event. We can provide highly experienced, committed chefs, supervisors and service staff to make your event run smoothly.

We also provide marquee hire, crockery, cutlery, linen hire, furniture hire, portable kitchens, lighting and audio, along with fabulous flower and table arrangements.

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## *Menu Day 1*

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Chocolate Chip Cookies

Selection of Mini Muffins

Orange & Almond slice (gf)

### LUNCH

Poached Salmon Nicoise Deli Box (gf)

With chats potatoes, cherry tomatoes, green beans, Kalamata olives and dijon dressing

Roast Pumpkin Deli Box (vg, gf)

With baby spinach, lentils, beetroot, lemon dressing

Miniature Gourmet Baguette Rolls

Garden Salad

### AFTERNOON TEA

Lemon Delicious Slice

Raspberry & Almond Slice (gf)

### ALL DAY

Juice, Iced Water, Coffee & Tea

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## Menu Day 2

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Apricot Shortbreads

Honey & Almond Slice (gf)

Signature Chocolate Brownie

### LUNCH

Herb Crusted Chicken Deli Box (gf)

With lentils, roasted butternut pumpkin, parsley and chickpea salad with a hummus dressing

Oven Roast Pumpkin Deli Box (v, gf)

With royal quinoa, baby spinach, beetroot, pine nuts and crumbled feta

Gourmet Wraps

Penne Pasta Salad (v, vg)

With oven roasted vegetables and passata sauce

### AFTERNOON TEA

Orange & Poppyseed Cake

Mango & Macadamia Nut Slice (gf)

### ALL DAY

Juice, Iced Water, Coffee & Tea

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## Menu Day 3

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Anzac Cookies

Carrot Cake with Walnut Frosting

Chocolate Rocher (gf)

### LUNCH

Tandoori Prawns Deli Box (gf)

With spiced potato, tomato, spinach and a coriander salsa

Vegetarian Nicoise Salad Deli Box (v)

With green beans, cherry tomatoes, cucumber, black olives and soft boiled egg

Gourmet Triangle Sandwiches

Greek Salad

Bowls of Fresh Seasonal Fruit

### AFTERNOON TEA

Orange & Almond Cake (gf)

Coconut Slice

### ALL DAY

Juice, Iced Water, Coffee & Tea

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## Menu Day 4

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Cookie Selection

Chocolate & Walnut Brownies

Honey Yogurt Cake (gf)

### LUNCH

Saigon Deli Box

Vietnamese style grilled chicken, spring roll, noodle salad and Vietnamese herbs

Vegetarian Saigon Deli Box (v)

Vietnamese roasted style tofu, vegetarian spring roll, noodle salad and Vietnamese herbs

Vietnamese Rice Paper Roll

House roasted duck with shallot and special Hoisin dressing

Vegetarian Vietnamese Rice Paper Roll (v, gf)

Asian greens, spiced carrot, cucumber and Vietnamese dressing

Miniature Banh Mi Baguette

Twice cooked chicken, lightly pickled vegetables and house made Vietnamese dressing

Miniature Baguette (v)

Swiss cheese with mediterranean vegetables and rocket leaves

Continued

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## *Menu Day 4*

### LUNCH

Mixed Leaf Salad (v, gf)

With a seeded mustard dressing

Bowls of Fresh Seasonal Fruit

### AFTERNOON TEA

Pear slice (gf)

Toasted Coconut & Banana Cake

### ALL DAY

Juice, Iced Water, Coffee & Tea



## *Additional Menu*

### ADDITIONAL OPTIONS

Australian Cheese Board | \$5.50 pp

With dried fruit and mixed nuts

Extra Hot Dish | \$5.90 pp

Sample Suggestions:

Bay leaf chicken curry, with steamed Jasmine rice

Sicilian chicken, with roasted red capsicum and green olives, steamed rice and toasted almonds

Beef bourguignon, with red wine and mushrooms with crushed potato

## *Post Canapé Menu*

**PRICE \$17.50 pp INCLUDES**

### A Choice of Three Canapés

Select from:

Thyme roasted beetroot and goat's cheese tartlet

Truffled mushroom tarts with parmesan crisp (vg)

Tandoori chicken tartlet with cucumber and minted yogurt

Moroccan vegetable frittata with hummus and Kalamata olive cheeks (vg)

Antipasto bite with artichoke hummus, triple cream brie and sun-dried tomato (gf)

Beetroot friand with blue cheese and smoked duck breast

Thai chicken larb wonton with crispy rice noodles

Tarragon chicken, lemon and artichoke aioli ribbons

Retro mini prawn cocktail with julienne lettuce and spicy seafood sauce (gf)

Tasmanian smoked salmon mille feuille with lemon cream, sea pearls and dill fronds

Rice paper roll, with julienne of fresh vegetables, tofu, crisp friend shallots and Thai basil (vg,gf)

Rice paper wrap with soy glazed chicken and Asian greens (gf)

Cherry tomato tarte tatin with goats curd and rocket pesto (vg)

Hanoi chicken bites with sweet chilli and fresh mint

Mini smoked trout and asparagus frittata with sour cream and chives (gf)

Spinach galette with walnut butter topped with smoked chicken breast

Potato and gruyere pissaladiere with dill cured smoked salmon

Poached Atlantic salmon, braised leek, and chevre mini roulade with pesto dollop

Grilled beef steamed buns with tender lemongrass fed beef, fresh herb and house sauce (gf)

Grilled tofu steamed rolls with lemongrass, daikon, fresh herbs and house sauce (vg, gf)

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## *Post Canapé Menu*

**PRICE \$17.50 pp INCLUDES**

### Waiter

To set up and coordinate food and beverage

Glassware, Linen Tablecloths For Bar Tables

Beverage Service (30 min to 1 hr)

Beverages Include:

House Sauvignon or Pinot Gris

House Cabernet Merlot or Cabernet Sauvignon

Sparkling Mineral Water

Chilled Juice

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## *Service Menu*

### EXTRA SERVICE PRICES

Waitstaff Half Day (Monday - Friday) | \$303.13

Additional hours outside nominated time will be charged at \$55.13

Waitstaff Full Day (Monday - Friday) | \$496.17

Additional hours outside nominated time will be charged at \$55.13

Waitstaff Weekend

Upon Request

Event Delivery & Collection (Full day no Waitstaff) | \$250.00

Half Day is at normal rate \$120.0

Linen Banquet Cloths | \$18.0

Individual Chilled Spring Water | \$2.50

China, Crockery, Cutlery, Glassware

Price On Request



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Conference Menu 2

## *Conference Menu 2*

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## *Menu Day 1*

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

ANZAC Cookies

Mini Muffin Selection

Raspberry & Pear Slice

### LUNCH

Lightly Spiced Pumpkin & Vegetable Curry (v, gf)

With steamed coconut rice, cucumber raita and mango chutney, Naan bread

Garden Salad (v, gf)

Carrot, Sprout & Coriander Salad (v, gf)

Tomato, Cucumber & Coriander Sambal (v, gf)

Gourmet Wraps

Tandoori chicken with salad and yogurt dressing

Mediterranean Roasted Vegetables with hummus and rocket (v)

Roasted beetroot, avocado, green leaves and tomato chutney (v)

Tuna, corn and pepper salsa with rocket

Bowls of Fresh Seasonal Fruit

Continued

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## *Menu Day 1*

### **AFTERNOON TEA**

Orange & Poppyseed Cake  
Mango & Macadamia Nut Slice (gf)

### **ALL DAY**

Juice, Iced Water, Coffee & Tea



## Menu Day 2

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Apricot Shortbreads

Orange & Almond Cake (gf)

Double Chocolate Cupcakes with Mocha Frosting

### LUNCH

Middle Eastern Style Falafel (v)

With flatbread and sides of hummus and baba ganoush

Spinach, mint & Parsley Omelette Slice (v, gf)

Quinoa Tabbouleh (v, gf)

With diced red onion and tomato, fresh chopped parsley, roasted sunflower and pepita seeds and lemon olive oil dressing

Baby Leaf Salad (vg, gf)

With oven roasted vegetables and passata sauce

Freekeh, Chickpeas & Preserved Lemon Salad (vg, gf)

With herb dressing

Continued

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## *Menu Day 2*

### LUNCH

#### Gourmet Wraps

Tandoori chicken with salad and yogurt dressing

Mediterranean Roasted Vegetables with hummus and rocket (v)

Roasted beetroot, avocado, green leaves and tomato chutney (v)

Tuna, corn and pepper salsa with rocket

#### Bowls of Fresh Seasonal Fruit

### AFTERNOON TEA

Coconut Macaroons (gf)

Carrot Cake with Walnut Frosting

### ALL DAY

Juice, Iced Water, Coffee & Tea

## Menu Day 3

### ARRIVAL

Fresh Brewed Coffee & Tea

### MORNING TEA

Chocolate Chip Cookies

Lemon Curd Slice

Chocolate Rocher (gf)

### LUNCH

Rustic Italian Vegetable Pasta Bake (v)

With tomato oregano sauce

Warm Salad of Balsamic Roasted Potatoes (v, gf)

With rosemary, garlic, cherry tomatoes and caramelised Spanish onion

Bean & Cabbage Slaw (vg, gf)

Vegetarian Nicoise Salad (v)

With black olives, free range egg, French beans, baby leaf and herb vinaigrette

Gourmet Miniature Baguettes

Turkey, Swiss cheese and cranberry dressing

Tasty cheese, Roma tomato, rocket and pesto (v)

Chicken schnitzel with coleslaw and dijon mayonnaise

Mixed grilled vegetables with mayonnaise tomato chutney and baby mesclun salad (v)

Bowls of Fresh Seasonal Fruit

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## *Menu Day 3*

### **AFTERNOON TEA**

Macadamia Shortbreads

Raspberry & Pear Slice (gf)

### **ALL DAY**

Juice, Iced Water, Coffee & Tea

## *Additional Menu*

### ADDITIONAL OPTIONS

Australian Cheese Board | \$5.50 pp

With dried fruit and mixed nuts

Extra Hot Dish | \$5.90 pp

Sample Suggestions:

Bay leaf chicken curry, with steamed Jasmine rice

Sicilian chicken, with roasted red capsicum and green olives, steamed rice and toasted almonds

Beef bourguignon, with red wine and mushrooms with crushed potato

## *Post Canapé Menu*

**PRICE \$17.50 pp INCLUDES**

**[1 hour duration]**

### A Choice of Three Canapés

Select from:

Falafel cake with beetroot hummus & roasted red capsicum (vg)

Roasted mushroom pate en crouete with parmesan wafer (vg)

Five spice chicken tartlet with cucumber and minted yogurt

Roast vegetable frittata with hummus and Kalamata olive cheeks (vg)

Antipasto bite with artichoke hummus, triple cream brie and sun-dried tomato (vg)

Pumpkin roll with white bean & basil salsa balsamic glazed cherry tomatoes

Artichoke bark with caramelized onion & goats cheese feta (vg)

Tarragon chicken, lemon and artichoke aioli ribbons

Prawn pick with lime ginger & coriander (gf)

Buttermilk blinis with smoked salmon & horseradish cream

Fresh rice paper roll, with julienne of vegetables, tofu, crisp friend shallots and Thai basil (vg,gf)

Rice paper wrap with soy glazed chicken and Asian greens (gf)

Cherry tomato tarte tatin with goats curd and rocket pesto (v)

Hanoi chicken bites with sweet chilli and fresh mint (gf)

Mini smoked trout and asparagus frittata with sour cream and chives (gf)

Steamed ginger prawn cake (gf)

Grilled chicken lemongrass roll

Beetroot & almond pithivier with bush tomato relish

Grilled beef steamed roll with tender lemongrass fed beef, fresh herb and house sauce (gf)

Grilled tofu steamed rolls with lemongrass, daikon, fresh herbs and house sauce (vg, gf)

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House Red

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Chilled Juice

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