

Flavour Buds

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At Flavour Buds we offer menus to suit all tastes and all budgets. If none of these selections meet your requirements, please feel free to contact us and we will create a menu especially for you.

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Flavour Buds

Breakfast Menu

Balgowlah's Hot Breakfast Buffet

\$ 18.00 per person; Minimum order: 30

* * *

Scrambled Eggs, Fried Eggs,
Bacon, Sausages, Baked Beans,
Hash Browns, Toast

* * *

Self service Coffee & Tea

Balgowlah's Big Breakfast Buffet

\$ 24.50 per person; Minimum order: 30

* * *

Fruit Yoghurt & Vanilla Yoghurt
Fresh Fruit Salad
Assorted Cereals
Toasted Bread
Butter, Jam, Vegemite

* * *

Scrambled Eggs, Fried Eggs,
Bacon, Sausages, Baked Beans,
Hash Browns, Fried Mushrooms

* * *

Self service Coffee & Tea



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Finger Food Menu

Buffet style, served in Chafing Dishes *

Assorted Sandwiches
Spring Rolls
Dim Sims (Fried or Steamed)
Chicken Nuggets
Calamari Rings
Fish Cocktails
Party Pies
Prawn Chips
Hot & Spicy Chicken Wings
Beef Meat Balls
Thai Style Fish Cakes
Vegetable Samosas
Party Sausage Rolls
Potato Wedges with Sweet Chilli Sauce
Mini Pizza
Mini Hot Dogs
Mini Quiche
Garlic and Herb Bread
Cheese & Spinach Triangles
Mini Muffins
Mini Croissants
Mini Ham & Cheese Croissants
Chicken Satay Sticks

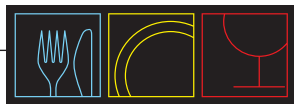
Choose 6 from the above
\$ 18.00 per person

Any additional item \$ 3.00 extra per person per item

Self service Coffee and Tea \$ 2.50 per person

* Tray Service is possible for a surcharge of \$ 40.00 per waiter/waitress per hour.
Minimum charge 3 hours per waiter/waitress.

This Menu does not include tablecloths and napkins.
If you wish tablecloths, an additional fee of \$ 1.50 per person is charged.



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BBQ Menu

Buffet style, served in Chafing Dishes

All BBQ Menus served with
Fresh bread roll and butter

Baby spinach, feta cheese and kumera salad
Caesar salad with crispy bacon and parmesan cheese
Chef's salad

BBQ Buffet

Premium Beef Sirloin Steak
Thai Chicken Fillet
Gourmet Sausages
served with fried Onions, Chips and Condiments
\$ 23.00 per person

B B Q Surf & Turf Buffet

King Prawn Cocktail
Grilled Barramundi
Premium Beef Sirloin Steak
Thai Chicken Fillet

served with fried Onions, Chips and Condiments
\$ 33.00 per person

additional option:
Salt & Pepper Squid \$ 4.00 per person

Other options upon request:
Lamb Cutlets
Salmon Fillet
Pork Scotch Fillet

For any additional items, please check the Side Dishes or Additional Extra Menu (pages 12 and 13).



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Roast Menu

Buffet Style, served in Chafing Dishes
(Minimum 40 people)

Fresh Bread Roll and Butter

Roast

(Select 3)

Roast Pork

Roast Beef

Roast Lamb

Thai Style Chicken Fillet

Honey Baked Leg Ham

Served with seasonal Vegetables, Chats Potato and Roast Pumpkin



Dessert

(Select 2)

Mud Cake

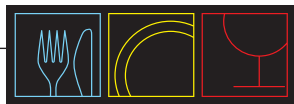
Carrot Cake

Orange Poppyseed Cake

Banana Cake

\$ 28.00 per person





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International Smorgasbord Menu

(Minimum of 40 people)

Choice of 8 hot dishes, 6 cold dishes and 4 desserts
All served with fresh Bread Roll and Butter, Coffee and Tea
\$ 35.00 per person

or

Small Smorgasbord \$ 28.00 per person
Choice of 4 hot dishes, 3 cold dishes and 2 desserts

Cold dishes:

(Select 6 for full buffet or select 3 for small buffet)

- 1.) Roast Beef Salad
- 2.) Baby Beetroot Salad
- 3.) Caesar Salad or Chicken Caesar Salad
- 4.) Carrot and Sesame Salad
- 5.) Chef Salad
- 6.) Chicken Salad
- 7.) Coleslaw Salad
- 8.) Corn Salad
- 9.) Cucumber Salad
- 10.) Egg and Bacon Salad
- 11.) Garden Salad
- 12.) Greek Salad
- 13.) Iceberg Salad
- 14.) Leg Ham Salad
- 15.) Melon Salad
- 16.) Mixed Bean Salad
- 17.) Mixed Green Salad
- 18.) Pasta Salad
- 19.) Gourmet Style Potato Salad
- 20.) Rice Salad
- 21.) Roast Beef Salad
- 22.) Sweet Potato Salad
- 23.) Tomato Salad
- 24.) Tuna Fish Salad
- 25.) Waldorf Salad
- 26.) Seafood Salad
- 27.) Prawn Salad
- 28.) Paw Paw Salad
- 29.) Four Bean Salad
- 30.) Creamy Basil Pasta Salad

Also available:

Fresh King Prawns additional \$ 8.00 per person
Fresh Sydney Rock Oysters additional \$ 8.00 per person
Smoked Salmon additional \$ 8.00 per person



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Smorgasbord Menu

Hot dishes:

Starters

(Select 2 for full buffet or select 1 for small buffet)

Beef Spring Roll
Dim Sim (Steamed or Fried)
Hot & Spicy Chicken Wings
Chicken Nuggets
Calamari Rings
Fish Cocktail
Chicken Satay

Carvery

(Select 1)

Roast Chicken
Roast Pork
Roast Lamb
Roast Beef
Honey Baked Leg Ham

Asian Dishes

(Select 1 for full buffet or
select either 1 from asian dishes or 1 from western dishes for small buffet)

Mongolian Lamb
Curry King Prawns
Sweet & Sour Pork
Braised Beef with Black Bean Sauce
Thai Curry Chicken
Lemon Chicken
BBQ Pork



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Smorgasbord Menu

Western Dishes

(Select 2 for full buffet or select either 1 from asian dishes or 1 from western dishes for small buffet)

Garlic Mussels
Lasagne
Tortellini
Chicken a La King
Chicken Chasseur
Beef Bourguignon
Pepper Steak
Seafood Marinada
Hungarian Gulash

Rice and Potato Dishes

(Select 1 for full buffet or select 1 from either rice & potato dishes or 1 from vegetables for small buffet)

Boiled Rice
Special Fried Rice
Mashed Potato
Roast Potato
Roast Pumpkin
Chips
Potato Wedges

Vegetables

(Select 1)

Steamed seasonal Vegetables
Honey Carrots
Green Peas
Butter Corn
Steamed Baby Bok Choy
Steamed Broccoli



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Smorgasbord Menu

Desserts:

(Select 4 for full buffet or select 2 for small buffet)

- 1.) Baked Cheese Cake
- 2.) Crème Caramel
- 3.) Jelly with Cream
- 4.) Bread and Butter Pudding
- 5.) Fresh Fruit Salad
- 6.) Chocolate Mousse
- 7.) Pavlova
- 8.) Blackforest Gateau
- 9.) Carrot Cake
- 10.) Orange Poppyseed Cake
- 11.) Banana Cake
- 12.) Apple Strudel
- 13.) Fruit with Jelly
- 14.) Mousse Cake
- 15.) Mud Cake
- 16.) Chocolate Cake
- 17.) Lemon Meringue Pie
- 18.) Strawberry Gateau
- 19.) Sticky Date Pudding
- 20.) Fruit Tart
- 21.) Melon Salad
- 22.) Tiramisu
- 23.) Portuguese Tarts
- 24.) Passionfruit Cheese Cake
- 25.) Cappuccino Cake
- 26.) Ricotta Cheese Cake
- 27.) Italian Torte
- 28.) Lemon Curd Tart
- 29.) Black & White Chocolate Mousse Cake
- 30.) Sacher
- 31.) Apple Crumble

Gluten free cakes available!



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Two/Three Course Menu

Two Course \$ 35.00 per person / Three Course \$ 40.00 per person
Pre Dinner Canapées ½ hour \$ 5.50 per person

Special Package:
½ hour Canapé Service and Three Course Menu
\$ 43.50 per person

All served with Bread Roll & Butter, Coffee or Tea (self service)

Entrée

(Please choose 1 or 2 items for alternate drop service)

Grilled Lamb Salad
on roast vegetables with yoghurt herb dressing
*

Smoked Chicken
with Camembert and Cranberry Sauce
*

Salt & Pepper Squid,
served with Mesclun Salad and Wasabi Mayonnaise

Main Course

(Please choose 1 or 2 items for alternate drop service)

Slowly Roasted Beef Tenderloin,
served with mashed Potato, Seasonal Green and Jus
*

Grilled Pork Rack
served with roast Pumpkin, glazed apple and port jus
*

Grilled Barramundi Fillet,
served with stir-fried vegetables and lemon Butter sauce

Dessert

(Please choose 1 or 2 items for alternate drop service)

Baked Cheese Cake served with fruit puree
*

Chocolate Mousse Cake served with fresh fruit and fruit puree
*

Yoghurt Panacotta
Served with fresh fruit
*



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Side Dishes

The following listing gives you a variety of dishes that you might want to enjoy before or after your party. Or feel free to order supplementary dishes for your menu.

Canapées

½ hour \$ 5.50 per person

Nibbles

(Chips, Mixed Nuts, Cheese Cubes etc.)

\$ 2.00 per person

Desserts

(Please refer to the Smorgasbord Menu for a list of Dessert Dishes)

\$ 4.00 per person per item

Self service Coffee and Tea \$ 2.50 per person

Freshly made Coffee \$ 3.00 per cup

Slab Cake

(30 cm x 40 cm)

Carrot Cake, Mud Cake, Blackforest Gateau,
Orange Poppyseed Cake, Banana Cake)

\$ 65.00 each

Special Birthday message additional \$ 5.00

Round Cake

(10 inches) \$ 50.00 each

Special Themed Cake

We can organize a beautiful personalized themed cake for you. Please talk to us.

Ice Cream Cake

Variety of cakes available, from \$ 50.00 plus

Own cake

surcharge \$ 2.50 per person
including ice cream and cream



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Additional Extras

The following listing gives you a variety of dishes that you might want to enjoy before or after your party. Or feel free to order supplementary dishes for your menu.

Dip Platter

Choice of 2 Dips

(Guacamole, Sun Dried Tomato, Smoked Salmon, Blue Cheese, or special request)

Served with Carrot Sticks, Celery, Broccoli, Cracker, Rice Cracker

\$ 45.00 per platter

Cheese Platter

Variety of International Cheese (Camembert, Brie, Blue Cheese, etc.)

Served with Cracker and Fruit for \$ 72.00 per platter

Fruit Platter

Seasonal Variety of Fruits for \$ 40.00 per platter



Flavour Buds

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