



Sfera's Gourmet Centre
& Fresh Food Market



catering menu

Cook & Deliver Buffets
Hors d'oeuvres & Canapes
Platters

Choose a prepared menu or mix and match to obtain your own quote.

For after hours orders, including after 6pm weekdays, Saturday & Sunday, the minimum order must be \$880.00.

BBQ Buffet Special (Valid till 30th June 2016)

\$18pp - Min 50ppl

Chargrilled marinated chicken breast fillets
Continental sausages
Barbeque meat patties
Selection of two salads

Cocktail Dinner Menu

\$25pp - Min 40ppl

Traditional Italian frittata
Chicken roulades
Spinach and ricotta rectangles
Honey and soy marinated sticks
Mini arancini balls
Chicken and turkey meatballs
Stuffed chicken drumettes
Salmon and potato balls
Crumbed calamari strips
Vegetarian spring rolls
Vegetable samosas

Executive Cocktail Menu

\$26pp - Min 40ppl

Mini sweet chilli prawn shaslicks
Traditional Italian frittata
Mini duck and swiss mushroom pies
Mini chicken satays served with peanut sauce
Smoked salmon on rye with capers & red onion
Arancini balls served with napolitana sauce

Roast Menu

\$30pp - Min 30ppl

Scotch fillet roast
Lamb roast
Turkey roast
Gourmet chicken roast
Cauliflower cheese
Roast vegetables
Green beans (or broccoli) and bacon

BBQ Menu

\$30pp - Min 40ppl

Chicken shaslicks
Beef satays
Seafood shaslicks
Country style chicken steaks
Continental sausages (BBQ sausages also available)
Pork ribs
Marinated quails
Mini Burger patties
Scotch fillet steak (add \$1.00pp)

Menu 1

\$26pp - Min 40ppl

Variety of chicken breast supremes
Rice drummies and honey soy drumsticks
Chili chicken drummettes
Crumbed calamari
Assorted shaslicks
Roast lamb
Continental sausages
Lasagna OR cannelloni

Menu 2

\$29pp - Min 40ppl

Crumbed chicken tenderloins
Assorted miniature chicken rolls
Rice drummies and honey soy drumsticks
Crumbed calamari
Spicy pork ribs
Lamb roast
Roast turkey
Continental sausages
Lasagna OR cannelloni

Menu 3

\$30pp - Min 40ppl

Variety of chicken breast supremes
Chicken and rice croquettes
Roast turkey
Baked snapper OR crumbed calamari
Scotch fillet roast
Spicy pork ribs
Lasagna OR cannelloni
Roast potatoes
Mediterranean garden salad
Tomato and cucumber salad

Deluxe Menu (Two Course Menu)

\$42pp - Min 40ppl

Variety of bread & baguettes
Variety of mini chicken rolls
Rice drummies and honey soy drumsticks
Chicken and rice croquettes or arancini balls
Prawn and calamari shaslicks
Scotch fillet roast
Lasagna OR cannelloni
Baked Snapper OR calamari
Fried rice
Roast potato
Stir fry vegetables
Mediterranean garden salad

Tropical fruit platters
Triple layer chocolate mousse cake
Continental cakes

Additional Extras

\$2.00pp per salad
\$2.50pp per dessert or fruit platters or cheese platters
\$1.20pp for bread selection or bread rolls and butter

*Terms & Conditions Apply (refer to back page)



cook & deliver

....create your own menu
from these items

Seafood Dishes

Seafood Dishes
Crumbed prawns
Crumbed assorted fish
Crumbed calamari
Baked Snapper
King prawn satays
Seafood shaslicks
SA King Prawns (fresh)
Fresh Oysters
Calamari salad
Baby octopus salad
Octopus salad
Seafood Cocktail Salad

Meat Dishes

Scotch fillet roast
Lamb roast
Turkey roast
Pork roast
Pork ribs (spicy or plum sauce)
Continental sausages (mild or chilli)
Veal schnitzels
Quails – BBQ or spicy

Chicken Dishes

Variety of breast supremes
Rice drummies or involtini
Chicken cacciatore
Chicken and rice croquettes
Crumbed tenderloins
Stuffed chicken drumettes
Chicken satays (peanut or sweet chilli)
Chicken roll
Shaslicks
Mixed mini schnitzels (chicken, veal or turkey)
Assorted mini chicken rolls

Pasta Dishes

Lasagna (vegetarian or meat)
Cannelloni (vegetarian or meat)
Nidi di Rondini
Spinach and ricotta pasta shells
Rigatoni al forno (pasta bake)
Choice of pasta; penne, rigatoni, fusilli or cavatelle
Pasta Sauces; napolitana, bolognaise,
putanesca or alla panna

Side Dishes

Peas and bacon
Roast potato
Potato salad
Herbed carrots
Cauliflower in cheese sauce
Sautéed broccoli and bacon
Stir fried vegetables
Vegetable noodles
Roast vegetables
Mediterranean garden salad
String bean salad
Coleslaw
Mixed bean salad
Greek salad (tomato, cucumber, fetta or bocconcini
and kalamata olives)
Rocket & pear salad (not recommended for long
distance)

Desserts

Tropical fruit platter
Danishes
Continental cakes
Profiteroles (vanilla, chocolate or coffee)
Miniature muffins
Black forest cake
Cheesecake (tropical fruit, lemon or chocolate)
Chocolate mud cake
Mini banana crème caramel
Mini strawberry tarts
Mini fruit flan
Chocolate mousse cake
Hazelnut nougat gateaux

desserts can not be ordered independent of buffet

Exclusive Sott'olio Platter

Chargrilled eggplant, sundried tomatoes, marinated mushrooms, artichokes, roasted capsicums and kalamata olives

small \$40 | medium \$60 | large \$80

Antipasto Royale

Prosciutto, leg ham, mortadella, casalingo salami, provolone cheese, frittata & olives

small \$45 | medium \$65 | large \$85

Sott'olio Indulgence

Baby octopus and calamari salad, semi dried tomatoes, marinated mushrooms, chargrilled eggplant, artichokes and fetta stuffed olives.

small \$45 | medium \$65 | large \$90

Seafood of Distinction (Cold)

SA King Prawns (2 per person), oysters (1 per person) – includes seafood sauce

P.O.A

Tropical Fruit Platter

Honey dew melon, rockmelon, watermelon, strawberries and pineapple (in season)

medium \$50

Deluxe Cheese Plate

Provolone, maasdam, camembert and cracked pepper cheese, water crackers, dried fruit and vegetable crudites

small \$40 | medium \$65

Grazing Platter

2 dips, provolone, olives, bread sticks and vegetable crudités

small \$35 | medium \$45 | large \$65

Ocean Delights

Smoked salmon, oysters, calamari and baby octopus salad

P.O.A

Sandwich Selection

A gourmet selection of ham, turkey, chicken and vegetarian sandwiches

medium \$60 a platter

Baguette Selection

A gourmet selection of ham, turkey, chicken and vegetarian baguettes

medium \$70 a platter

Sweet Sensations

Mini muffins OR petite danishes OR continental cakes (mixed or individual)

medium \$50 | large \$70

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Small serves 5 – 10

Medium serves 15 – 20

Large serves 25 – 30

Chicken Roulades

Chicken leg fillet filled with asparagus and cheese, bacon and mushroom or spinach and cheese surrounded by bacon and sliced thinly
\$1.00 each (cooked, supplied cold)

Mini Chicken Shaslicks

Tender chicken thigh fillet with red and green capsicum
\$1.60 each (cooked, supplied cold) | \$2.00 each (cooked, platter supplied hot)

Spicy Meatballs

Chicken & turkey mince combined with a blend of spices & parmesan cheese then fried
Approx 50 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Chicken and Rice Croquettes

A combination of rice, chicken & a blend of cheeses, lightly crumbed & fried
Approx 30 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Chilli Chicken Drummettes

Chicken wing drummettes coated with Sfera's own special chilli sauce & baked
Approx 20 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Stuffed Chicken Drummettes

Chicken wing drummettes filled with mild cheese, crumbed and fried
Approx 20 pieces per kg
\$27.00 per kg (cooked, supplied cold) | \$30.00 per kg (cooked, platter supplied hot)

Marinated Chicken Sticks

Chicken wing drummettes coated with a honey & soy sauce dressing and baked
Approx 20 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Crumbed Chicken Tenderloins

Breast tenderloin of chicken lightly crumbed and fried
Approx 20 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Chinese Chicken Satays

Chicken tenderloin coated in a rose wine batter
\$2.00 each (cooked, supplied hot) (minimum 20 per order)

Smoked Salmon

Tasmanian smoked salmon served on rye bread with a red onion & caper garnish
\$2.00 each (minimum 20 per order)

Crumbed Calamari

Tender rings of calamari, crumbed with a mix of parsley and garlic then fried
\$25.00 per kg (cooked, platter supplied hot – not recommended for pre-cooking)

Tuna and Potato Croquettes

Grilled SA tuna mixed with a potato puree and blend of cheeses, lightly crumbed and fried
Approx 40 pieces per kg
\$20.00 per kg (cooked, supplied cold) | \$25.00 per kg (cooked, platter supplied hot)

Salmon and Potato Balls

A blend of steamed Atlantic Salmon & potato mash, rolled into balls, crumbed & fried
Approx 40 pieces per kg
\$24.00 per kg (cooked, supplied cold) | \$27.00 per kg (cooked, platter supplied hot)

Goujons of Flake

Fingers of flake lightly crumbed & fried – other fish can be substituted on request (POA)
Approx 50 pieces per kg
\$24.00 per kg (cooked, supplied cold) | \$27.00 per kg (cooked, platter supplied hot)

Mini Pastizzi (vegetarian)

Pastry filled with fetta and spinach or ricotta and vegetables

\$2.50 each (cooked, platter supplied hot – not recommended for pre-cooking)

Vegetable Samosas (vegetarian)

Pastry triangles filled with curry vegetable mix and fried

\$1.00 each (cooked, supplied cold) | \$1.20 each (cooked, platter supplied hot)

Spring Rolls

Chinese Pastry filled with a combination of vegetables then fried

\$0.80 each (cooked, platter supplied hot – not recommended for pre-cooking)

Prawn Twisters/Cones

Prawn cooked in twisted pastry then fried

\$2.50 each (cooked, platter supplied hot)

Smoked Turkey with Alfalfa and Cherry Tomatoes

Freshly baked baguette rounds topped with thinly sliced smoked turkey, alfalfa & cherry tomato

\$2.00 each – minimum 20 per order

Mini Pies, Pasties and Sausage Rolls

Made in traditional style

\$12.00 per dozen (cooked, supplied cold) | \$18.00 per dozen (cooked, platter supplied hot)

Pizzas (vegetarian or ham)

Homemade wood oven pizza with topping of your choice

\$0.80 each (cooked, supplied cold) | \$1.20 each (cooked, platter supplied hot)

Arancini Balls

Mini rice balls filled with mozzarella cheese, crumbed and fried

\$27.00 per kg (cooked, platter supplied cold) | \$30.00 per kg (cooked, platter supplied hot)

Pastry Triangles

Puff pastry filled with a spinach & mushroom or chicken & béchamel sauce mix and baked

\$1.20 each (cooked)

Spinach and Ricotta Rectangles (vegetarian)

A filling of spinach and ricotta cheese encased in a puff pastry rectangle and baked

\$1.80 each (cooked)

Mini Quiches

A choice or mixture of quiche lorraine, spinach and fetta or chorizo quiches

\$18.00 per dozen (cooked, supplied cold) | \$24.00 per dozen (cooked, platter supplied hot)

Rustic Italian Quiches

A traditional mixture of ham, salami, parmesan cheese & egg encased in short crust pastry

\$1.20 each (cooked, supplied cold) | \$1.50 each (cooked, platter supplied hot)

Vol-au-vents

Puff pastry shells filled with béchamel sauce, freshly cooked mushrooms, leg ham & onion

\$7.00 per dozen (uncooked)

Mini Chicken Ballantines

Chicken roulade encased in a puff pastry

\$2.00 each (cooked, platter supplied hot)

Mini Bruschetta

Topped with your choice of tomato and basil or olive tapenade and ricotta

\$2.00 each – minimum 20 per order {fresh- suitable only on day of function}

Vegetable Frittata

Baked mixed roast vegetables, parmesan cheese, flour and egg

\$0.70 per slice

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wake menus

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Lunch Menu

\$16pp - Min 40pp

Pasta al Forno or Fusilli
Assorted schnitzels
Roast chicken drumsticks
Crumbed calamari strips
Mini chicken rolls
Garden Salad

Cocktail Menu

\$18pp - Min 40pp

Traditional Italian frittata
Chicken roulades
Arancini balls
Stuffed chicken drumettes
Chilli chicken drumettes
Chicken and turkey meatballs
Crumbed calamari strips
Vegetarian spring rolls



Important Info/Terms & Conditions

- Orders can be placed via email, fax, phone or in person.

Cook & Deliver Buffets

- All food is cooked and delivered hot or cold to your venue on platters at the required time.
- A \$100 deposit is required for use of all stainless steel trays. Refunded upon return of all platters.

General Terms & Conditions

- Delivery charges may apply. Price on application.
- A \$20 deposit is required per stainless steel tray for canapé platters. Refunded upon return of all platters.
- All platters must be cleaned and returned to Sfera's Gourmet Centre the first business day after the function (damaged or missing platters will incur charges).
- Full payment is due three days prior to the function and can be made with cash, credit card or cheque. Please note Visa and Master Cards incur a 1.25% fee and American Express a 2.75% fee. Cheques must be cleared prior to the functions.
- Platter & hors d'oeuvres pricing is only applicable during business hours. Monday to Friday 9am to 6pm and Saturday 9am to 3pm.
- All prices are inclusive of GST.
- Prices valid till 30th June 2016

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