

# Rustik

real food  
real flavours

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7 Chandler St Parkdale, Vic 3195

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# Healthy Finger Food (Order per piece)

## **Gluten Free Options (minimum order 12 pieces) \$4.20 each**

- Lemongrass chicken with Viet Dipping sauce
- Satay Chicken skewers
- Italian Meat balls with relish on cos lettuce cups
- Chicken and Basil meatballs on cos lettuce cups
- Lamb kebab skewers with Tzatziki
- Chicken rice paper rolls
- Prawn rice paper rolls
- Salmon tartare on cucumber cups
- Sundried tomato and ricotta dip with carrots and cucumber sticks
- Stuffed cocktail eggs (smoked salmon, cream cheese, dill and capers)

## **Vegan and GF options (\$4.20 each)**

- Tofu rice paper rolls
- Veg rice paper rolls w/ avocado
- Rice paper spring rolls with Veg
- Nacho bites (w/ guacamole and beans)
- Hummus cups with carrots and cucumber sticks

## **Salad cups (minimum 12) \$6.50 each (220 – 250gms)**

- Quinoa salad with cucumber, tomato, red onions Danish feta w/ lemon mustard dressing
- Charred Broccoli salad with rocket, mild salami and almonds w/ roasted sesame dressing
- Classic Greek salad w/ Feta and dressing
- Chickpea salad w/ roasted capsicum, olives, capers, tomato and parsley w/ zesty lemon and Olive oil dressing (VEGAN)
- Ask for more in season salad options and Vegan options

# Finger Food – Mixed plate

## **Mixed plate (Minimum order 12) \$4.20 each**

- Mushroom, spinach and mozzarella arancini balls (v)
- Goats cheese arancini balls (v)
- Jalapeno and mozzarella arancini balls (v)
- Gourmet mini beef pies
- Homemade sausage rolls
- Chicken and Bacon sausage rolls
- Smoked Salmon, cream cheese canapes on blinis or crostinis

## **Mini Quiche (minimum order 12) \$6.00 (72mm)**

- Zucchini, spinach and goat's cheese (v)
- Chicken and Leek
- Bacon, egg and tomato
- Cherry Tomato, goat's cheese and herbs (v)

## **Sliders (minimum 12) \$6.50 each 30gms bun GF options available @ \$7.50 each**

- Falafel Sliders with hummus (v)
- Cheeseburger sliders (GF available)
- Fried chicken, coleslaw and cheese sauce (GF available)
- Roast veg, rocket, provolone cheese and pesto mayo (v) (GF available)

Pricing quoted is excluding GST

# ***Breakfast/Morning Tea/Afternoon Tea***

## **Mini Savoury Croissants (Minimum 8) \$6.00 each**

- Cheese and Tomato
- Ham and Cheese
- Ham Cheese and Tomato

## **Mini Breakfast Quiche (minimum 8) \$6.00 each (72mm\*20mm)**

### **GF Option available \$7.50 each**

- Egg, Mushroom and Spinach
- Egg, Cheese and Bacon
- Pumpkin, Spinach and Goats Cheese

## **Breakfast Pots (minimum 6) \$6.50 each**

- Vanilla Yogurt, Raspberry, Mango,  
Granola and passionfruit pulp
- Chia Pudding with Cinnamon
- Yogurt and Berries
- Fresh fruit pots

## **Mini Danishes (minimum 6) \$5.50 each**

- Apricot
- Apple
- Cherry
- Assorted

## **Carrot Cake loaf \$45**

**With icing, pumpkin seeds and pecan nuts**  
(cut in 8 or 16 pieces )

- Plain
- Walnut

## **Ginger Loaf with candied ginger icing \$45** (cut in 8 or 16 pieces)

## **Lemon Loaf with Lemon rind icing \$45** (cut in 8 or 16 pieces)

## **Homemade Muffins (min 6) Mini \$3.50 Regular \$5.50**

- Chocolate
- Blueberry
- Raspberry white choc
- Apple crumble

## **Slices (minimum 6) \$5.50 each** (can be cut into 2 small pieces)

- Coconut
- Hedgehog
- Lemon

## **Vegan Assorted Desserts (minimum 6) \$6.50 each**

## **Friands (minimum 12) (GF) \$6.50 each**

- Raspberry pistachio
- Orange hazelnut

## **Cruffins \$6.50 each (cut into 2)**

- Lemon curd
- Vanilla custard
- Nutella

## **Fresh Seasonal Fruit platter \$80 (serves 10-12)**

# Lunch and Salads

- **Assorted Sandwich platter  
\$99 (Approx 48-50 Quarters)**

**(Serves 12-15)**

## **Choice of 4**

- Chicken, avocado, mayo
- Ham, cheddar and relish
- Curried egg , lettuce, mayo
- Tuna, roasted corn and mustard mayo
- Smoked Salmon, cream cheese, dill and capers
- Vegetarian – Shredded carrot, lettuce, cucumber with Mayo
- Vegan – Shredded carrot, lettuce, cucumber w/ Vegan Mayo or Hummus

(Option to create Vegetarian/Vegan only platter)

**French Baguettes (cut into 3 pieces)  
\$14.50 each (minimum 6)**

- Roast beef , lettuce and relish
- Grilled vegetables and cheese
- Chicken, rocket and parmesan
- Tuna, roasted corn, lettuce, cheddar and mustard mayo

**Wraps (cut into 3 pieces)  
\$12.50 each (minimum 6)**

- Roast veg, rocket, provolone cheese and pesto mayo (v)
- Peri-Peri chicken, Chipotle mayo, lettuce, tomato
- Roast Beef, caramelised onions, cheese w/ sweet seeded mustard
- Salad wraps with mustard vegan mayo (vegan)
- Cucumber, Tomato, Carrot w/Hummus (v)

## **Fresh Salads**

**Large \$90 (Feeds 12-15 people approx.)**

**Medium \$65 (Feeds 8-10 people approx.)**

- Quinoa salad with Cucumber, tomato, red onion, Olives and feta
- Classic Garden Salad
- Greek Salad with Feta and Olives
- Spinach, roast pumpkin, Chickpeas and feta salad with Green goddess dressing
- Vietnamese Slaw with crunchy peanuts and tangy Vietnamese dressing
- Basil Pesto pasta salad with rocket, olives, sun-dried tomatoes
- Coleslaw with Mayo and seeded mustard dressing (V,GF)
- Roast potato, Parmesan and Bacon Salad (GF)