



CATERING
MENU

F L Ö

CARBON NEUTRAL CATERING & EVENTS

BREAKFAST / MT



SAVOURY EGG TARTS (V) 5.4

Assorted flavours on puff pastry

BREKKY SLIDERS (V) 7.5

Min: 12 pieces

Mushroom or Pork Sausage w/ free range egg, cheddar, relish on mini bun

BREAKFAST PODS 6.5

Fresh breakfast staples

Yoghurt, Granola + Fresh Fruit (V)

Coconut Yoghurt Chia Pudding (VG) (GF)

Individual Fruit Salad (VG) (GF)

MINI CROISSANTS (V)

Freshly baked Noisette croissants.

Plain w/ Jam 4.9

Tomato & Cheddar 5.5

Roast Veg & Cheddar 5.5

Ham & Cheddar 5.5


Also see pages 4, 5 & 7.

BREAKFAST / MT / ARVO

PACKAGES



3

FLO CLASSICS 15.9

- Savoury Egg Tarts
- Coyo Chia Pudding  / Mini Savoury Croissant
- Fresh Fruit Platters

Add sweets 4.25pp

HEALTHY HUNGRY 19.9

- Coyo Chia Pudding Yoghurt & Muesli Pod  
- Protein Balls
- GF Nut Slices
- Fresh Fruit Platters

Add cold-pressed juices 6.5pp

LIGHT SESH 11.9

- Sweet Pastries & Slices
- Fresh Fruit Platter

Add egg tarts 4.5pp

SLIDERS & CO 17.9

- Breakfast Sliders
- Yoghurt & Granola / Mini Assorted Danishes
- Fresh Fruit Platters

COMPLETE BREKKY 24.9

- Savoury Egg Tarts
- Sliders / Mini Croissants
- Coyo Chia Pudding  
- Fresh Fruit Platters
- Sweet Pastries & Slices*

Minimum Order Quantity

ADD MORE YUM

Fruit Platters	28+
Sweet Pastries & Slices	4.25
Cake Portions	8.9
Finger Food / Sliders	4.5+
Grazing Boards	149+

HOT & COLD DRINKS

Tea & Filtered Coffee	3.9
Individual bottled drinks	4.5
Shared min water & OJ	3.5
Disposable cups/plates	0.1+
Coffee cart	by quote

Pricing is per person | Minimum Order Quantity is 12pax



FRUITS & SWEETS

FRESH FRUIT PLATTERS

Assorted seasonal fruits and berries

Small (serves 4-8)	28
Medium (serves 8-12)	59

SWEET PLATTERS

A rotating selection of brownies, sweet slices, assorted pastries and nut slices



Per person option:

Small Portion	4.25PP
Full Portion	8.5PP

OTHER TREATS

Mini Bombolone Donuts	4.5
Danishes	4.5
GF / VG Nut Slices	4.2
Cruffins	8.9
Protein Balls	4.5

CAKE PORTIONS 8.9

Ferrero Rocher
Classic Carrot Cake
Chocolate Mudcake  



LUNCH

SANDWICH + WRAP PLATTER (MIXED) ^{GF*} 13.9

Artisan sourdough sangas or tortilla wraps

Chicken, Avo, Caramelised Onion, Leafy Greens ^{DF}

Classic Egg, Lettuce, Cheddar, Leafy Greens ^V

Cajun Chicken, Spinach & Salsa Wrap

Ham, Cheddar, Chutney, Pickle, Leafy Greens

Roast Sweet Potato, Roquette & Romesco Focaccia ^{VG}

PACKAGE ADD-ONS

Your choice of:

Finger Food Sweets / Slices

Side Salad Drinks (Assorted)

Fruit

LUNCH SLIDERS ^{GF*} 6.5

Mini burgers with big flavour

Cajun Chicken, Spinach, Cheese Slider

Chicken Avo Caramelised Onion Slider ^{DF}

Roast Mushroom Slider ^{VG}

LUNCH CONT.

SALADS

Three salads to choose from:

- 1) Cauli & Grain VG
- 2) Roquette, Cranberry & Toasted Walnut VG GF
- 3) Quinoa & Roast Veg VG GF

SIZE OPTIONS

Individual Main Serve	14.9
Small Platter (Main feeds 2-3; Side feeds 6-8)	39
Medium Platter (Main feeds 4-6; Side feeds 12-18)	75
Free Add-On Salad Topper - Hummus & Roast Nut/Seed Mix	

ADD PROTEIN	ind.	small	med
Harissa Chicken DF GF	4	12	25

See pages 8 & 9 for more lunch options.



LUNCH PACKAGES



SANGAS & FINGER FOOD 21.9

- Half Sandwich/Wrap
- Pork & Fennel Saus Roll
- Rice Paper Rolls
- Pumpkin Pastry Roll
- Beef Burgundy Pie

HEALTHY HUNGRY 20.9

- Assorted Share Salads
- Salad Toppers: Hummus & Roast Nuts/Seeds
- Rice Paper Rolls

Add Harissa Chicken Salad Protein +4

ADD MORE YUM

- Fruit Platters 28+
- Sweet Pastries & Slices 4.2
- Cake Portions 8.9
- Finger Food / Sliders 4.5+
- Grazing Boards 149+

SANGAS FINGER FOOD & SALADS 24.5

- Half Sandwich/Wrap
- Rice Paper Rolls
- Chicken Sliders
- Share Salads

SLIDERS SALADS & SWEETS 24.9

- Assorted Share Salads
- Salad Toppers: Hummus & Roast Nuts/Seeds
- Mini Sliders
- Sweet Pastries & Slices

Add Harissa Chicken Salad Protein +4

HOT & COLD DRINKS

- Tea & Filtered Coffee 3.9
- Individual bottled drinks 4.5
- Shared min water & OJ 3.5
- Disposable cups/plates 0.1
- Coffee cart *by quote*

SANDWICHES/WRAPS 12.9+

Add on options:

- Salads Finger Food
- Fruit Platters Canapes
- Sweets Grazing Boards

FINGER FOOD



SAVOURY EGG TARTS (V) 5.4

Assorted flavours on puff pastry

- Bacon & Parmesan
- Jalapeno & Cheddar (V)
- Caramelised Onion & Feta (V)
- Eggplant Caponata & Feta (V)

COLD CANAPES 4.5

Served with dipping sauce. Min: 12pcs

- Chicken Rice Paper Rolls (GF)
- Vegan Rice Paper Rolls (VG) (GF)
- Smoked Salmon & Cream Cheese

SAVOURY PASTRIES 4.8

Served with relish. Min: 12pcs

- Pork & Fennel Sausage Roll
- Pumpkin & Walnut Pastry Roll (V)
- Spinach & Ricotta Pastry Roll (V)
- Beef Burgundy Pie
- Moroccan Lamb Pie +0.5
- Chicken & Leek Pie
- Thai Chicken Pie

SLIDERS (SERVED WARM OR AMBIENT)

Mini burgers with big flavour.

Min: 12pcs per flavour

- Sausage & Egg Breakfast Slider 7.5
- Mushroom & Egg Breakfast Slider
- Cajun Chicken 6.5
- Chicken, Avo, Caramelised Onion
- Roast Mushroom Slider (VG)

F L O

FINGER FOOD PACKAGES

LIGHT #1 13.9

- Pork & Fennel Sausage Rolls
- Rice Paper Rolls GF VG*
- Smoked Salmon Canapes GF
- Pumpkin & Walnut Pastries VG

LIGHT #2 15.9

- Beef Burgundy Pies
- Pumpkin & Walnut Pastries
- Rice Paper Rolls
- Mini Sliders

PORTION GUIDE

Pieces Per Person:

- LIGHT - 3 pieces
 REGULAR - 4 pieces
 SUBSTANTIAL - 5 pieces

Minimum 20pax

REGULAR #1 18.9

- Pork & Fennel Sausage Rolls
- Rice Paper Rolls
- Smoked Salmon Canapes
- Chicken & Leek Pies
- Pumpkin & Walnut Pastries VG

REGULAR #2 20.9

- Beef Burgundy Pies
- Rice Paper Rolls
- Mini Sliders
- Pumpkin & Walnut Pastry Roll
- Pork & Fennel Sausage Rolls

ADD MORE YUM

Fruit Platters	28+
Sweet Pastries & Slices	4.2
Cake Portions	8.9
Grazing Boards	149+
Canape Cakes / Desserts	5.5

SUBSTANTIAL #1 24.9

- Pork & Fennel Sausage Rolls
- Rice Paper Rolls
- Smoked Salmon Canapes
- Assorted Mini Gourmet Pies
- Mini Sliders
- Pumpkin & Walnut Pastries

PREMIUM CANAPE PACKAGES

Premium canape packages & beverage packages available.

Please contact us for more info.

HOT & COLD DRINKS

Tea & Filtered Coffee	3.9
Individual bottled drinks	4.5
Shared min water & OJ	3.5
Disposable cups/plates	0.1
Coffee cart	by quote

COCKTAIL CANAPÉ PACKAGES & GRAZING BOARDS

COCKTAIL CANAPÉS

minimum order of 4 items, 20 pieces each

SELECTION A 7 EA

Smoked Salmon Roulade
with caper tapenade (COLD)

Eggplant Caponata Crostini (COLD) (V) (VG)*

Maple Roasted Pear, Blue Cheese, Walnut
on filo pastry (WARM) (V)

Jamón Croquettes
with harissa, microgreens (WARM)

Balsamic Beetroot, Goats Curd Tartlet (V) (GF)*
with caramelised onion (COLD)

SELECTION B 8.5 EA

Coconut Ceviche, Mango Salsa (GF)
on crispy polenta (WARM)

Spanner Crab, Crème Fraîche (GF)
served in cucumber cup (COLD)

Confit Duck Crêpe
with hoisin plum sauce (WARM)

Pulled Beef & Bearnaise Slider
(WARM)

Smoked Chicken, Brie, Bacon
Filo Pastry (WARM)

CANAPÉ PACKAGES

5-PIECE PACKAGE 39PP

Minimum 2 pieces from Selection A & 3 of your choice

7-PIECE PACKAGE 53PP

Minimum 3 pieces from Selection A & 4 of your choice

9-PIECE PACKAGE 64PP

Minimum 4 pieces from Selection A + 4 of your choice + 1 Canape Cake

**Additional charges may apply for staffing & oven rental*



GRAZING BOARDS

- Adelaide Hills Ham
- Quattro Vicentina Sopressa Salami
- Six Farms Triple Cream Brie
- Milawa Blue Cheese
- Aged Cheddar
- Olives, dips, roast veg, crackers,
fresh baguette & more.

SMALL 149 | MEDIUM 298 | LARGE 596

see below for serving guide

Grazing Serving Guide:

SMALL 12pax (Main), 24pax (Side)

MED 24pax (Main), 48pax (Side) | LRG 50pax (Main), 100pax (Side)

(V) Vegetarian (VG) Vegan (GF) Gluten Free * Option

F L O

EVENT BEVERAGE PACKAGES

1. ESSENTIALS PACKAGE

- Mountain Goat Lager
- 1 Red & 1 White Wine (Basic Selections)
- OJ | Coke Zero | Mineral Water | Water

2. COMPLETE PACKAGE

- Mountain Goat Lager
- Coopers Pale Ale
- Free Time Non Alc Beer
- 2 Red | 2 White | 1 Sparkling Wine
- Upgraded Wine Selections**
- OJ | Coke Zero | Mineral Water | Water
- Strangelove Sparkling Yuzu Cans

3. PREMIUM PACKAGE

- Mountain Goat Lager
- Coopers Pale Ale
- Free Time Non Alc Beer
- IPA Beer
- 2 Red | 2 White | 1 Sparkling Wine
- Premium Wine Selections**
- OJ | Coke Zero | Mineral Water | Water
- Strangelove Sparkling Yuzu Cans

ADD ONS

Cocktails	15+
Basic Spirits	9+

MORE INFO

- Admin-free bev packages, we take care of everything.
- **All packages are inclusive of water, wine and sparkling glassware, barware, ice tubs & ice.**
- Quality mix of Australian Selections featuring our partner winemakers Alpha Box & Dice.
- Drinks arrive chilled
- Leftover beverages not included
- Finger Food & Grazing Packages pages 8-10
- Options are subject to change

PRICING

	<i>Essentials Package</i>	<i>Complete Package</i>	<i>Premium Package</i>
1 Hr	14.9 pp	19.9 pp	34.9 pp
2 Hr	19.9 pp	25.9 pp	44.9 pp
3 Hr	24.9 pp	31.9 pp	54.9 pp
4 Hr	29.9 pp	37.9 pp	64.9 pp

Staffing charges apply - contact us for a quote

ALL DAY PACKAGES

FROM 46.9PP



MORNING

LUNCH

AFTERNOON

DAY 1 - 47.5

FLO CLASSICS : A

- Savoury Egg Tarts
- Coyo Chia Pudding (VG) (GF) / Mini Croissants
- Fig Nut & Grain Slice (GF)
- Fresh Fruit Platters

Add Cold Pressed Juices 6.5pp

DAY 2 - 47.9

SLIDERS & CO

- Breakfast Sliders
- Yoghurt & Muesli (GF) / Mini Fruit Danishes
- Fresh Fruit Platters

Add Cold Pressed Juices 6.5pp

DAY 3 - 46.9

FLO CLASSICS : C

- Savoury Egg Tarts
- Coyo Chia Pudding (VG) (GF) / Protein Balls (GF)
- Mini Bombolone Donuts
- Fresh Fruit Platter

Add Cold Pressed Juices 6.5pp

SANGAS & FINGERFOOD : A

- Half Sandwich/Wrap
- Beef Burgundy Pies
- Pork & Fennel Saus Roll
- Pumpkin & Walnut Roll (VG)
- Rice-paper Rolls (VG) (GF)

Add an extra side 4pp

SLIDERS, RICE PAPERS & SALADS

- Mini Sliders
- Salad Share Platters (VG) (GF)
- Rice-paper Rolls (VG) (GF)

Add an extra side 4pp

SANGAS & FINGERFOOD : B

- Half Sandwich/Wrap
- Spinach Ricotta Pastry (VG)
- Chicken Leek Pies
- Rice-paper Rolls (VG) (GF)

Add an extra side 4pp

SLICES & PASTRY

- Chocolate Almond Croissants
- GF Nut Slices (VG) (GF)
- Salted Choc Brownie Bites (GF)

Add grazing board or spinach pastries +5pp

SLICE OF CAKE

- Options can include:
 - Carrot Cake
 - Chocolate Mud Cake (VG) (GF)

Add grazing board or spinach pastries +5pp

SLICES & PASTRY

- Pistachio Delice
- GF Nut Slices (VG) (GF)
- Assorted Cruffins

Add grazing board or spinach pastries +5pp

ADD-ON Add Tea & Coffee (bottomless) 4.4pp
DRINKS Add Individual Cold Pressed Juices 5.9pp

Add Shared Juice & Water Station 3.9pp
 Add Individual Bottled Waters 3pp

BEVERAGES

TEA & COFFEE THERMOS'	3.9 pp
<i>Hot water, tea bags & single origin filter coffee</i>	
SHARED MINERAL WATER & OJ	3.5 pp
WATER (500ML)	3
INDIVIDUAL BOTTLED DRINKS	4.5 +
BARISTA COFFEE STATION	QUOTED

BOOKING INFO

Lead times of 2 days are preferred
Please call for last minute requests

All dietary needs accommodated

Minimum Order Quantities (MOQ) for every item
available on website

Staffing & Equipment Hire available

Delivery charges apply

Pricing & options subject to change





EVENTS

Our venue has capacity for groups of 20, up to 250 guests.

We are licensed to host offsite events in your office, event space or home.

Flo - 412 St Kilda Rd, Melbourne.



CONTACT

Please get in touch with any enquiries or for assistance with quotes, selections & event planning.

e: hello@flo-zero.com.au
0423 153 953

www.flo-zero.com.au