

CATERING
MENU

F L O

CARBON NEUTRAL CATERING & EVENTS



BREAKFAST / MT

SAVOURY EGG TARTS (V)

Assorted flavours on puff pastry

BREKKY SLIDERS (V)

Min: 12 pieces

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

BREAKFAST PODS

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

Tomato & Cheddar

Roast Veg & Cheddar

Ham & Cheddar

Also see pages 4, 5 & 7.

BREAKFAST / MT / ARVO

PACKAGES

3

FLO CLASSICS

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

Add sweets 4.25pp

HEALTHY HUNGRY

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

Add cold-pressed juices 6.5pp

LIGHT SESH

- Sweet Pastries & Slices
- Fresh Fruit Platter

Add egg tarts 4.5pp

SLIDERS & CO

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

COMPLETE BREKKY

- Savoury Egg Tarts
 - Sliders / Mini Croissants
 - Coyo Chia Pudding (VG) (GF)
 - Fresh Fruit Platters
 - Sweet Pastries & Slices*
- Minimum Order Quantity

ADD MORE YUM

Fruit Platters
Sweet Pastries & Slices
Cake Portions
Finger Food / Sliders
Grazing Boards

HOT & COLD DRINKS

Tea & Filtered Coffee
Individual bottled drinks
Shared min water & OJ
Disposable cups/plates
Coffee cart

Pricing is per person | Minimum Order Quantity is 12pax



FRUITS & SWEETS

FRESH FRUIT PLATTERS

Assorted seasonal fruits and berries

Small (serves 4-8)

Medium (serves 8-12)

SWEET PLATTERS

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

Per person option:

Small Portion

Full Portion

OTHER TREATS

Mini Bombolone Donuts

Danishes

GF / VG Nut Slices

Cruffins

Protein Balls

CAKE PORTIONS

Ferrero Rocher

Classic Carrot Cake

Chocolate Mudcake (VG) (GF)



LUNCH

SANDWICH + WRAP PLATTER (MIXED) (GF)*

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)*

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

Small Platter (Main feeds 2-3; Side feeds 6-8)

Medium Platter (Main feeds 4-6; Side feeds 12-18)

Free Add-On Salad Topper - Hummus & Roast Nut/Seed Mix

ADD PROTEIN

ind. small med

Harissa Chicken (DF) (GF)

See pages 8 & 9 for more lunch options.



LUNCH PACKAGES

SANGAS & FINGER FOOD

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

HEALTHY HUNGRY

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

Add Harissa Chicken Salad Protein +4

ADD MORE YUM

Fruit Platters
Sweet Pastries & Slices
Cake Portions
Finger Food / Sliders
Grazing Boards

SANGAS FINGER FOOD & SALADS

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

SLIDERS & SALADS

- Assorted Mini Sliders
 - Salad Share Platters
- Salad Toppers (served on side):
- Harissa Chicken
 - Hummus & Roast Nut/Seed Mix

HOT & COLD DRINKS

Tea & Filtered Coffee
Individual bottled drinks
Shared min water & OJ
Disposable cups/plates
Coffee cart

SANDWICHES/WRAPS

Add on options:

Salads	Finger Food
Fruit Platters	Canapes
Sweets	Grazing Boards

FINGER FOOD

SAVOURY EGG TARTS (v)

Assorted flavours on puff pastry

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

SAVOURY PASTRIES

Served with relish. Min: 12pcs

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

COLD CANAPES

Served with dipping sauce. Min: 12pcs

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

SLIDERS (SERVED WARM OR AMBIENT)

Mini burgers with big flavour.

Min: 12pcs per flavour

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

FLO

FINGER FOOD PACKAGES

LIGHT #1

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

LIGHT #2

- Mini Gourmet 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

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

REGULAR #2

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

ADD MORE YUM

Fruit Platters
 Sweet Pastries & Slices
 Cake Portions
 Grazing Boards

SUBSTANTIAL #1

- 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
 Individual bottled drinks
 Shared min water & OJ
 Disposable cups/plates
 Coffee cart

COCKTAIL CANAPÉ PACKAGES & GRAZING BOARDS

COCKTAIL CANAPÉS

minimum order of 4 items, 20 pieces each

SELECTION A

Smoked Salmon Roulade
with caper tapenade (COLD)

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

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

Smoked Chicken, Brie, Bacon
Filo Pastry (WARM)

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

SELECTION B

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

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

Confit Duck Crêpe
with hoisin plum sauce (WARM)

Pulled Beef & Bearnaise Slider
(WARM)

Jamón Croquettes
with harissa, microgreens (WARM)

CANAPÉ PACKAGES

4-PIECE PACKAGE

2 pieces from Selection A + 2 from Selection A or B

6-PIECE PACKAGE

3 pieces from Selection A + 3 from Selection A or B

8-PIECE PACKAGE

Select any 8 Canapes

*Additional charges may apply for staffing & oven rental

ADD - Dessert Canapes

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



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.

see below for serving guide

Grazing Serving Guide:
As a main 1 Board per 10 guests
As a side 1 Board per 20-25 guests)

HALF-DAY + FULL DAY PACKAGES

SELECT YOUR PREFERRED PACKAGE FOR EACH SESSION | MIX IT UP FOR MULTI-DAY EVENTS

MORNING

MORNING TEA 1

FLO CLASSICS:

- Savoury Egg Tarts
- Coyo Chia Pudding
- Mini Savoury Croissants
- Fig Nut & Grain Bites
- Fresh Fruit Platters

MORNING TEA 2

SLIDERS & CO:

- Breakfast Sliders
- Yoghurt & Muesli
- Mini Fruit Danishes
- Fresh Fruit Platters

MORNING TEA 3

HEALTHY-HUNGRY:

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

LUNCH

LUNCH 1

SANGAS & FINGERFOOD:

- Half Sandwich/Wrap
- Mini Gourmet Pies
- Pork & Fennel Saus Roll
- Pumpkin & Walnut Roll
- Rice-paper Rolls

LUNCH 2

SLIDERS & SALADS:

- Assorted Mini Sliders
 - Salad Share Platters
- Salad Toppers (served on side):
- Harissa Chicken
 - Hummus & Roast Nut/Seed Mix

LUNCH 3

FINGER FOOD FEAST:

- Rice Paper Rolls
- Smoked Salmon Canapes
- Assorted Mini Gourmet Pies & Sausage Rolls
- Mini Sliders

AFTERNOON

ARVO TEA 1

PASTRY & SLICE MIXES:

- Chocolate Almond Croissants
- GF Nut Slices
- Salted Choc Brownie Bites

**Alternative mixes available
1.5 serves per person*

ARVO TEA 2

PREMIUM CAKE SLICES:

- Classic Carrot
- Chocolate Mud
- Ferrero Rocher

ARVO TEA 3

GRAZING BOARDS/BOXES:

- Assorted deli meats & cheese
- Dips & crudites
- Olives and antipasto
- Crackers, baguettes

ADD-ON DRINKS

Add Tea & Coffee (bottomless)
Add Individual Cold Pressed Juices

Add Shared Juice & Water Station
Add Individual Bottled Waters

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
- Basic Spirits

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

BEVERAGES

TEA & COFFEE THERMOS'

Hot water, tea bags & single origin filter coffee

SHARED MINERAL WATER & OJ

WATER (500ML)

INDIVIDUAL BOTTLED DRINKS

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.

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