

FLOW CATERING

WE LOVE CREATING GORGEOUS FOOD.

WE LOVE THE JOY IT BRINGS + THE CONNECTIONS IT MAKES.

FOR CLOSE TO A DECADE FLOW HAS BEEN CREATING DELICIOUS FOOD.

And we would love to take care of you at your next event. No matter how big or how small, you created your event (celebration or business) because it means something to you, because it matters . . . and that means something to us. Whether it be friendships, birthdays, life, accomplishments, team work or love . . . we understand . . . we got you.

Below are our famous Grazing + Small Event Platter menus and our Individual Box menus. However, if your event is formal, larger or even huge, then please reach out and ask us for our Specialised Events Menus.

We can cater for any number of people. Below are many of the popular events we have been lucky enough to be a part of:

- Engagements
- Weddings
- Bridal Breakfasts
- Groom Grazings
- Celebration of Life / Wakes
- Birthday Celebrations
- School Ball Events
- Graduations
- Charity Black Tie Events
- Economic Summits
- Christmas Functions
- Film Production Crew
- Award Evenings
- Corporate Meetings + Events
- Private Customised Events . . . and so much more

We pride ourselves on going above + beyond and creating peace of mind and delicious food for our clients, using the most fresh + beautiful quality ingredients + beautiful team members.

We can cater of any dietary requirements and if you have any thoughts or questions (about anything) – simply ask away. Enjoy looking through all the deliciousness.

PLATTERS

GRAZING

OCEAN PLATTER | \$150

Smoked salmon, king prawns, fresh shucked oysters, pickled occy, panko crumbed shark bay whiting, lemon wedges, tartare + cocktail sauce

+ Add crayfish (\$60)

HUMMUS + CRUDITES PLATTER | \$85

House made hummus dip with a selection of fresh salad vegetables, crunchy crudites + seasonal garnishes

CHEESE + CHARCUTERIE PLATTER | \$130

Artisan cheeses, cured meats, gourmet dips + crackers, roasted nuts, fresh + dried fruits, olives, pickles, marinated vegetables, quince paste, seasonal garnishes

CHEESE PLATTER | \$130

Artisan cheeses, fresh + dried fruits, honeycomb, nuts, gourmet crackers, olives, marinated vegetables, crudites, quince paste, seasonal garnishes

CHARCUTERIE PLATTER | \$120

Premium cured meats, olives, roasted nuts, cantaloupe melon, seasonal garnishes

THREE DIPS PLATTER | \$65

Gourmet dips w assorted toasted + fresh breads + pitas

VEGAN GRAZING PLATTER (DF, GF, V) | \$125

Artisan nut based cheese, rice paper rolls, dips, gourmet crackers, roasted nuts, bliss balls, fresh + dried fruits, olives, crudites, premium chocolate

SWEET + SAVOURY PLATTER | \$88

Rice paper rolls, sushi, fruits, nuts, bliss balls, deluxe chocolate, double choc brownie

LIGHT BITES PLATTER | \$150

House made sausage rolls, mini pork stekkas, mini savoury tarts, zucchini + sweet corn fritters, Greek lamb meat balls, mini Moroccan chicken skewers, tomato relish, chipotle mayo

RUSTIC BREAD PLATTER | \$40

Fresh sourdough bread, rustic baguette, Turkish, rye, house made basil pesto, seasonal garnishes

SEASONAL FRUIT PLATTER (V, DF, GF) | \$69

+ Add 10 raw bales (\$25)

SANDWICH, BAGUETTES, WRAPS + CROISSANTS

SANDWICHES (12) | \$90

Traditional sandwiches cut into four pieces, serving 48 portions – using a mix of fresh white, brown + grain bread.

Fillings: smoked ham, wholegrain mustard, cheddar, tomato / curried egg / chicken, aioli, greens

BAGUETTE (12) | \$95

Crunchy baguettes with gourmet fillings – cut into approx. 5cm portions.

Fillings: smoked ham, wholegrain mustard, cheddar, tomato / chicken caesar / pumpkin, vegan basil aioli, pine nuts, greens

WRAPS (12) | \$110

Fresh traditional + flavoured wraps with gourmet fillings – cut into half, serving 24 portions.

Fillings: smoked ham, wholegrain mustard, cheddar, tomato, greens / chicken caesar / pumpkin, vegan basil aioli, pine nuts, greens

CROISSANTS LARGE (12) | \$85

Lightly baked croissants, served whole.

Fillings: smoked salmon, dill spread / ham, cheddar, tomato relish / nutella + strawberries / strawberry jam + cream

CROISSANTS MINI (16) | \$55

Lightly baked croissants, served whole.

Fillings: smoked salmon, dill spread / ham, cheddar, tomato relish / nutella + strawberries / strawberry jam + cream

PLATTERS

SAVOURY CANAPE PLATTERS

GARDEN (24 PCS)

- Vegan rice paper rolls, mild spicy peanut sauce (\$74)
- Sushi rolls, soy sauce, assorted chicken, tuna, vegetarian (30 pcs) (\$60)
- Roast cherry tomato bruschetta, basil, parmesan (\$78)
- Ricotta, roasted cherry tomato, basil pesto, crostini (\$75)
- Mini tarts, caramelised onion, pumpkin, fetta (\$78)
- Mini mee goreng noodle boxes (\$125)
- Zucchini, sweet corn fritter, red pepper chutney (\$78)
- Vegan sausage rolls, tomato relish (\$78)
- Spinach, pumpkin, caramelised onion, mushroom, fetta frittata (\$78)
- Olive, roasted capsicum, tomato, broccolini, fetta frittata (\$78)

OCEAN (24 PCS)

- Mini crumb fish taco, house aioli, slaw (\$168)
- Thai fish cakes, thai chilli dipping sauce (\$82)
- Smoked salmon crostini, jalapeno cream cheese, crispy capers (\$75)

- Mini prawn cocktail cup (\$148)
- Mini geraldton crayfish rolls (\$216)
- 2kg of McBoats wa king prawns, peeled, lemon, house made cocktail sauce, tartare (mp)

LAND (24 PCS)

- House made sausage rolls, tomato relish (\$78)
- Brisket sliders, chipotle mayo, slaw (\$130)
- Crispy spiced chicken slider, katsu mayo, asian slaw (\$130)
- Mini moroccan chicken skewers (\$78)
- Prosciutto, fetta, melon crostini, aged balsamic (\$75)
- Greek lamb meatball, spiced tomato relish (28 pcs) (\$75)
- Thai chicken salad tartlet (\$78)
- Mini pork stekka, horseradish aioli (28 pcs) (\$78)
- Mini charcuterie cups (\$280)

SALAD PLATTERS

Our salads serve 10-12 people based on a side salad portion.

- Moroccan pearl cous cous w roasted pumpkin, persian fetta, avo (\$75)
- Broccoli salad, parmesan, crushed almonds, cranberry, crispy bacon, house honey mayo (\$80)
- Thai beef salad, chilli lime dressing (\$80)
- Vibrant green super salad w honey mustard dressing (\$75)
- Honeyed greek lamb ball salad, olives, fetta, greens, tzatziki (\$80)
- Indian spiced roasted cauliflower, chickpeas, greens, roasted almonds, pomegranate (\$75)
- Chicken caesar salad, poached chicken, house croutons, crispy bacon, perfect eggs, cos (\$80)
- Roasted beet, sweet potato, quinoa, crushed almonds, fetta, garlic infused olive oil, greens (\$75)
- Flows potato salad, chives, bacon, perfect eggs (\$75)
- Buffaloom salad, heirloom tomatoes, fresh mozzarella, olives, basil pesto, grilled zucchini, mint, fetta (\$75)
- Charred vegetables, carrots, asparagus, eggplant, capsicum, green beans, red onion, zucchini, fresh spinach (\$75)
- Black rice, wild mushroom salad, pepita, cranberry, greens, asparagus, basil (\$80)
- Lebanese Fattoush salad, fried pita bread (\$75)
- Turkish bulgur salad (\$75)

PLATTERS

BREAKFAST

GRANOLA POTS (12) | \$66

Vanilla bean yoghurt, berries and GF house granola

MINI SMASHED AVO (12) | \$72

On sourdough w beet pesto and Persian fetta

MINI WAFFLE BITES (12) | \$62

Vanilla marscarpone, salted caramel and berries

MINI CROISSANT (12) | \$62

Nutella + Strawberry, Strawberry Jam +Mascarpone

MINI BREAKFAST FRITTATA (12) | \$72

Roast vegetable + fetta or bacon, mushrooms, tomatoes + parmesan

MINI ACAI BOWLS (12) | \$120

Granola seasonal fruits

SEASONAL FRUIT PLATTER (10-12 people) | \$74

GF BANANA BREAD W MAPLE MASCARPONE | \$62

SAVOURY BREAKFAST MUFFINS - PUMPKIN & FETTA | \$62

CROSTINI, SMOKED SALMON, CREAM CHEESE, CRISPY CAPERS | \$62

SWEET BREAKFAST MUFFINS – RASPBERRY | \$62

ADDITIONS

1L Spruce Juice \$24 per Litre (pink Floyd or green machine)

1L Smoothie \$24 per litre

SMOOTHIE FLAVOURS:

Tropical – mango, pineapple, passionfruit, coconut water

Thrive – mango, pineapple, spinach, ginger, coconut water

Mixed Berry – strawberry, blueberry, raspberry, coconut yogurt, almond milk

SWEET

16 PIECES / PLATTER

- Profiterole, vanilla custard, chocolate (\$66)
- Melting moments (\$66)
- Double choc brownie, raspberry couli (\$66)
- Pavalova, passionfruit curd, berries (\$80)
- Banoffee pots, smashed digestives, caramel, banana, whipped banana cream (\$80)
- Macarons (\$66)
- Mini biscoff cheesecake (in jar) (\$80)
- Donut balls filled with salted caramel (\$66)
- Lemon slice (\$66)

SHARE CHOC PLATTER (12 – 15 people) | \$95

Chocolate taster to share - selections of lindt chocolates, ferrero rocher, caramilk, topdeck, roast almond old gold, aero mint, after dinner mints, maltesers, seasonal berries + other chocolate favs

Dietary requirements ?

Simply let us know . . . we'd love to help.

GRAZING

Our grazing tables create a relaxed + informal atmosphere that encourages guests to mingle. They are the equivalent of an entrée and created with a gorgeous selection of high quality local cheeses, honeycomb, nuts, chocolate, fresh fruits, farmers vegetables, mixed dried fruits, breads, marinated olives, cured meats, gourmet dips, quince paste, nougat, crackers, antipasto style foods + florals.

Each graze includes a Flow co-ordinator arriving at your event, to set up your table. This usually takes between 1-2.5 hours depending on size, allowing you to spend more time relaxing and getting ready for your event.

Ideally your table will be provided and in a cool area, away from direct sunlight. Aircon is recommended in summertime. Grazing tables are designed for volume, therefore are suitable for a minimum of 50 guests to achieve the best effect.

For smaller group numbers, please request to view our platter menu for antipasto platters + cheeseboards.

PRICING

- + Small graze table | 50-75 guests | \$750
- + Medium graze table | 75 - 100 guests | \$1100
- + Large graze table | 100 - 150 guests | \$1400

We are happy to customise your graze to suit guest numbers well above 150

ADDITIONS | \$3.5 per serve

- Mini moroccan chicken skewers
- Zucchini + sweet corn fritters
- House made sausage rolls
- Mini pumpkin + fetta tartlets
- Rice paper rolls
- Mini pork stekkers

SEAFOOD ADDITIONS | \$6.5 per serve

- Smoked salmon
- Shark bay
- Cold king prawns
- Local geraldton crayfish

INDIVIDUAL BOXES

BREAKFAST

INDIVIDUAL BREAKFAST BOXES (min. 6 identical boxes) | \$23.50 per box

Includes: croissant or frittata or smashed avo, granola + yogurt pot, seasonal fruits + something sweet

CROISSANT CHOICES

- Ham, Cheese, Tomato
- Nutella + Strawberry
- Smoked Salmon, Cream Cheese, Capers

FRITTATA CHOICES

- Bacon, mushroom, tomato, parmesan
- Roast vegetable + fetta

SWEET CHOICES

- GF Banana bread, maple mascarpone
- Bliss ball

Add 250ml spruce juice (\$7 per juice)

LUNCH

INDIVIDUAL LUNCH BOXES (min. 6 identical boxes) | \$23.50 per box

Includes: wrap or fittata, salad, fruit + dessert slice

WRAP CHOICES

- Poached Chicken Caesar
- Smoked Ham, cheddar, tomato, salad, mustard mayo
- Pumpkin, pine nuts, salad, greens, basil aioli (vegan)

FRITTATA CHOICES

- Bacon, mushroom, tomato, parmesan
- Roast vegetable + fetta

SALAD CHOICES

- Super garden salad, pepita, fetta
- Spiced chickpea salad, quinoa, pumpkin, greens, red onion, spice nuts

Add 250ml spruce juice (\$7 per juice)

KIDS

INDIVIDUAL KIDS BENTO BOXES (min. 6 identical boxes) | \$16 per box

Includes: something substantial, something savoury, something sweet, seasonal fruits, nudie juice box

Each bento has a theme matching coloured paper strip + string wrapped around it. Birthday child receives FREE cupcake inside their box. Want more? Fill with extra choices for \$3 per choice

SUBSTANTIAL CHOICES

- Hot dog
- Housemade sausage rolls (3)
- Kid friendly sandwich options: ham + cheese, strawberry jam, vegemite + cheese, chicken + cream cheese, fairy bread
- Mini croissants (2) 1x ham + cheese, 1x nutella + strawberries

SAVOURY CHOICES

- Crudites + Dip (cucumber/carrot, hummus or french onion)
- Pretzels + dried apricots
- Cheese (2 styles) + pretzels or crackers

SWEET CHOICES

- Double choc brownie
- Raspberry + white choc muffin
- Mini pack sweet biscuits (mini oreos or choc chip tiny teds)
- Choc pretzels + coconut covered apricots

Contact Us

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Flow Café only use the freshest, highest quality ingredients available.

Eat beautiful with Flow –

