

FLYNN *Catering*

M E N U

MIXED GOURMET SANDWICH COLLECTION

SMALL (6-8 PEOPLE) \$56

LARGE (10-12 PEOPLE) \$84

Our 5 star chefs will create a platter of fresh, gourmet sandwiches, wraps and rolls fit for the boardroom. The chefs will select from the following list. All you need to do is unbox and serve.

- Leg Ham, cheese, tomato relish **(GOR)**
- Honey Mustard chicken, avocado, char grilled capsicum and mesculin lettuce avocado **(L)(GOR)**
- Roast beef, horseradish cream and mesculin lettuce **(GOR)**
- Egg mayonnaise and snow pea sprouts on rye **(V,L)(GOR white bread)**
- Vegan Egg (Tofu) salad and snow pea sprouts on rye **(V,VG,L)(GOR white bread)**
- Roast pumpkin, char grilled capsicum, baby spinach and quinoa **(V,VG,L)**
- Poached salmon, red onion, capers, mesculin lettuce and dill mayo **(L)(GOR)**
- Turkey, mesculin lettuce, brie and cranberry jelly **(LOR)(GOR)**
- Salami, sundried tomato, Kalamata olive, swiss cheese, mesculin lettuce and pepita pesto **(GOR)**
- Avocado and chickpea smash with mesculin lettuce **(V,VG,L)(GOR)**
- Hommus, lentil, mesculin lettuce, beetroot and carrot **(V,VG,L)(GOR)**
- Lemmon pepper tuna, mayonnaise and cucumber **(L)(GOR)**
- Crispy chicken tender, capsicum, red onion, mesculin lettuce and peri peri mayo
- Teriyaki chicken, capsicum, snowpea sprouts and red onion **(L, GOR)**

HOT GOURMET SAVOURY COLLECTION

SMALL (6-8 PEOPLE) \$56

LARGE (10-12 PEOPLE) \$84

Fresh out of the oven, our 5 star chefs will select from the following to create a mouth watering platter. Just unbox and serve.

- Signature sausage rolls with tomato sauce
- Greek style chicken tenders with tzatziki sauce **(G)**
- Moroccan meatballs with pomegranate dipping sauce **(G,L)**
- BBQ buffalo wings with aioli **(G, L)**
- Chorizo arancini balls with smokey capsicum sauce **(GOR)**
- Cauliflower buffalo bites with aioli **(G, VG, L)**
- Prawn gyoza with dipping sauce
- Vegetable gyoza with dipping sauce **(V)**
- Polenta, bacon and zucchini muffins **(GOR, LOR)**
- Polenta, zucchini, sun dried tomato and feta muffins **(V)(GOR, VGOR, LOR)**
- Quiche Lorraine
- Broccoli and brie quiche **(V)**
- Lentil rolls **(V)**
- Sticky tofu bites **(VG,V,L)**
- Duck spring roll with plum sauce
- Salt and pepper squid with lime aioli
- Beetroot falafel balls with tahini sauce **(VG, L)**
- Tempura prawns with tartare sauce

ANTIPASTO COLLECTION

SMALL (6-8 PEOPLE) \$80

LARGE (10-12 PEOPLE) \$120

A gourmet selection of imported and Australian cheeses, dried fruit, cured meats and antipasto vegetables with presentation on point. Great with lunch, for afternoon tea, or with a wine after work

SEASONAL FRUIT COLLECTION

SMALL (6-8 PEOPLE) \$30

LARGE (10-12 PEOPLE) \$42

A mouth watering platter of North Queensland's freshest fruit, bite size and perfectly presented.

G Gluten Sensitive (made from gluten free ingredients but may contain traces) | **V** Vegetarian | **VG** Vegan | **L** Lactose Sensitive (made from lactose free ingredients but may contain traces) | **OR** On Request

FLYNN'S SIGNATURE SWEET COLLECTION

SMALL (6-8 PEOPLE) \$56

LARGE (10-12 PEOPLE) \$84

Freshly made and full of love our chefs will put together a few of their sweet favourites from:

- Freshly baked scones with homemade berry jam and cream
- Flynn's signature brownies **(GOR)**
- Flynn's signature lamingtons **(GOR, LOR, VGOR)**
- Flynn's signature carrot cupcakes **(GOR,VGOR,LOR)**
- Chai sponge cupcakes with hibiscus frosting **(GOR,VGOR,LOR)**
- Freshly baked apple crumble muffins
- Freshly baked blueberry muffins **(GOR,VGOR,LOR)**
- Freshly baked banana bread **(GOR,VGOR,LOR)**
- Freshly baked choc chip muffins
- Mud cake **(GOR,VGOR,LOR)**
- Almond and orange cake **(G)**
- Freshly baked anzac cookies
- Freshly baked double choc chip cookies
- Assorted macarons
- Date, coconut and apricot balls **(G, VG)**
- Assorted danishes
- Caramel slice
- Apple tart with cinnamon cream **(G)**
- Chocolate slice **(G,VG,L)**
- Raspberry cupcake with white chocolate ganache **(GOR,VGOR,LOR)**

CAKES

BRUSHSTROKE CAKE WITH
CHOCOLATE MUD | \$150

PAINTED BUTTERCREAM CAKE
WITH HOMEMADE BERRY JAM AND
CREAM SPONGE | \$150

SEMI NAKED MACAROON DRIP CAKE
WITH CHAI SPICED SPONGE | \$135

CONFETTI CAKE WITH VANILLA
SPONGE | \$130

DRINKS & DISPOSABLES

2L PREMIUM JUICE (INC 10 DISPOSABLE
CUPS) | \$9

1L SAN PELLEGRINO SPARKLING WATER
(INC 5 DISPOSABLE CUPS) | \$5

TEA AND COFFEE ESSENTIALS
(INCLUDES EVERYTHING EXCEPT THE
HOT WATER) | \$1PP

DISPOSABLE PLATE AND FORK | \$0.50PP



SALADS AND PLATTERS

SMALL (6-8 PEOPLE) \$40

LARGE (10-12 PEOPLE) \$60

Our selection of salads and platters. Fresh as.

- Basic cheese platter **(GOR)**
- Crudites platter **(GOR,VGOR,V,LOR)**
- Caesar salad **(GOR)**
- Caesar salad with chicken **(GOR)**
- Roast vegetable and spinach salad with balsamic glaze, topped with pepitas and crumble feta **(G,V)(VGOR,LOR)**
- Vegetarian protein salad – garden salad with boiled egg, spiced chickpeas and quinoa **(V,L)(VGOR)**
- Potato salad – sweet and chat potatoes with walnut crumble and yoghurt dressing **(V)**
- Curry roasted cauliflower and chickpea salad topped with almonds and raisins **(V, VG, L, G)**
- Asian style coleslaw with lime and coriander dressing **(V, VG, L, G)**

Visit www.catering.johnflynn.org.au to order or contact catering@johnflynn.org.au or (07) 4727 7500 for a quote.

A LITTLE SOMETHIN' FOR OUR FRIENDS WITH DIETARY REQUIREMENTS

Choose individual serves from our main menu (\$7.25pp) or grab a lonely platter (\$12.50 includes a sandwich/wrap and a couple naughty treats)

- Gluten and lactose sensitive lonely platter
- Gluten and lactose sensitive, vegetarian lonely platter
- Gluten sensitive and vegetarian lonely platter
- Gluten sensitive lonely platter
- Lactose sensitive lonely platter
- Vegetarian and lactose sensitive lonely platter
- Vegetarian lonely platter

PICK UP OR DELIVERY

9am-5pm Weekdays. Contact us for after hours/weekend availability

Pick up from JCU Free | Delivery to JCU Douglas & TUH \$9

Delivery to Townsville metro area \$20

Minimum order \$50. Order 2 business days in advance (or call us if its urgent!)

