



CATERING
MENU

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OUR ONLINE STORE](#)

F L O

CARBON NEUTRAL CATERING & EVENTS

BREAKFAST / MT



SAVOURY EGG TARTS (v) 4.5

Assorted flavours on puff pastry

BREKKY SLIDERS (v) 6.9

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 4.0

Cheese 4.5

Roast Veg & Cheddar 4.9

Ham & Cheese 4.9

Also see pages 3, 6 & 7.

FRUITS & SWEETS

FRESH FRUIT PLATTERS

Assorted seasonal fruits and berries

Small (serves 4-6)	24
Medium (serves 6-18)	49
Large (Serves 18-30)	89

SWEET PLATTERS

A selection of sweet slices, assorted pastries and nut slices

Portioning is per person

Mini Portion	2.9PP
Reg Portion	4.9PP
Large Portion	7.5PP



CAKES

PREMIUM CAKES

Lindt White Choc & Raspberry Cheesecake ★

Mandarin Cheesecake

Stick Fig & Orange Cake (GF)

Sicilian Apple Cake

Spiced Carrot Cake

Choc Cake (VG)

Orange Hazelnut Cake (VG) (GF)

Pistachio & Rosewater Icing Cake (VG)

Cake portion \$5.9 PER PERSON

Must be ordered in multiples of
7 whole or 14 half portions

★ Staff Favourite



LUNCH

SANDWICH + WRAP PLATTER 12.9

Artisan sourdough sangas or tortilla wraps

Chicken, Avo, Caramelised Onion, Leafy Greens [Ⓥ]

Curried Egg, Lettuce, Cheddar, Leafy Greens

Ham, Cheddar, Chutney, Pickle, Leafy Greens

Curried Cauliflower, roast eggplant vegan wrap ^{Ⓥⓖ}

PACKAGE ADD-ONS

+4.0 PER ADDITIONAL ITEM

Your choice of:

Finger Food Sweets / Slices

Side Salad Drinks (Assorted)

Fruit

LUNCH SLIDERS 6

Mini burgers with big flavour

Cajun Chicken

Chicken Avo Caramelised Onion Slider

Roast Mushroom Slider [Ⓥ] ^{Ⓥⓖ}

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	14.5
Small Platter (Main feeds 2-3; Side feeds 6-8)	36
Medium Platter (Main feeds 4-6; Side feeds 12-18)	70
Large Platter (Main feeds 8-12; Side feeds 24-36)	119

All salads are topped with our roast nut & seed mix & house made hummus unless otherwise specified

ADD PROTEIN	ind.	small	med	large
Harissa Chicken	3.5	9	14	30

See pages 6 & 7 for more lunch options.



FINGER FOOD



SAVOURY EGG TARTS (v) 4.5

Assorted flavours on puff pastry

Bacon & Parmesan
 Jalapeno & Cheddar (v)
 Caramelised Onion & Feta (v)
 Salami, Ricotta & Truffle Oil

SAVOURY PASTRIES 4

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
 Chicken & Leek Pie
 Thai Chicken Pie



RICE PAPER ROLLS 4

Served with dipping sauce. Min: 12pcs

Chicken Rice Paper Rolls (GF)
 Vegan Rice Paper Rolls (VG) (GF)

FINGER FOOD CONT.

SLIDERS

6

*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 & Feta Slider

CANAPES

3.9

Minimum: 12pcs

Smoked Salmon & Cream Cheese

Minimum: 24pcs

Spiced Eggplant & Roast Almond (VG)

Roast Mushroom & Feta (VG)

Prosciutto, Relish & Cream Cheese

Gluten free options available.

GRAZING BOARDS

*Selection of Australian-sourced deli meats,
cheeses, olives, dips, breads & more.*

Small (serves 12 guest as main, 24 as side) 129

Regular (serves 24 as main, 48 as side) 258

Large (serves 50 as main, 100 as side) 498

For larger or premium grazing boards please contact us.



FUNCTION PACKAGES

FINGER FOOD & CANAPES

Selection of cold, hot or mixed items.

Light: 3 pieces per person	11.9 pp
Medium: 5 Pieces per person	19.9 pp
Substantial: 7 pieces per person	27.9 pp

Include sliders within package +\$2pp

Option: Complete the spread by adding grazing boards, fresh fruit, sweets or salad platters.

BEVERAGE PACKAGES

Package includes beer, wine, sparkling, soft drinks, juice & mineral water for selected time window.

Glassware, ice tubs, ice, table clothes also provided.

1 Hour Package*	20 pp
2 Hour Package*	26 pp
3 Hour Package*	32 pp
Bar & catering staff	49/hr

*surcharge may apply for under 30 pax

ADDITIONAL OPTIONS

Premium wine & beer upgrade	+15.0 pp
Cocktails	16 per cocktail
Basic spirits	9 per unit



BEVERAGES

TEA & COFFEE THERMOS'	3.9 pp
<i>1L each hot water & single origin filter coffee</i>	
SHARED MINERAL WATER & OJ	2.9 pp
WATER (500ML)	3
INDIVIDUAL JUICE & SODAS	4.5 +
BARISTA COFFEE STATION	QUOTED

Beverage package details on next page

BOOKING INFO

Lead times of 2 days are preferred.

All dietary needs accommodated.

Minimum Order Quantities (MOQ) of 12 units apply unless otherwise marked.

Staffing & Equipment Hire available.

Delivery charges may apply -
check our delivery radius on flo-zero.com.au

Pricing & options may be subject to changes.





EVENTS

Our venues have capacity for groups of 20 up to 150 guests. We also have an offsite liquor license to serve food & beverages in your office, event space or home.

Flo - 412 St Kilda Rd, Melbourne.

Otis - 8 Bowen Crescent, Melbourne.



CONTACT

Please get in touch with any enquiries, we can help with quotes, package selections.

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www.flo-zero.com.au