



TVC Menu

2023

Film Shoots & TV Caterers

New Menus for 2023.

Focusing on fresh, high protein salads and house baked cookies and sweets.

Relish Food Co was established in 1994 and was conceived when chef Steven Rayk returned from 6 years of catering in London's financial sector.

At Relish Food Co. we pride ourselves on using the freshest produce, we source all our produce from the growers markets and our daily menu is dictated by this.

Our reputation for high protein salads and daily offerings of our "green is best" menu is our forte.

Everything is prepared and baked in house.

We have an ongoing relationship with the growers and preference those in the Sydney region.



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Baguettes

Chicken Waldorf

Smoked organic ham, vintage cheddar mustard and French cornichon

Vegan Indian spice roasted vegetables with hummus

Salads

1. Cauliflower rice with honey sesame beans, tabouli, sumac almonds & lemon
2. Shaved brussel sprout Caesar with garden peas, mint, pancetta and parmesan
3. Japanese cabbage with mirin cucumber, yuzu koshu dressing & roasted mixed seeds
4. Zaatar barley, roasted broccoli, spiced nuts, avocado & pomegranate dressing
5. Orange spiked cous cous, crumbed eggplant with paprika & basil dressing.
6. Poke bowls, wakame seaweed, pickled carrot, tomato cucumber & wasabi mayo

Options:

Organic free range Halal chicken

Fresh Atlantic salmon

Vegan

Sweets

Mini chocolate soft sponge coconut lamingtons

Bircher muesli with silken yoghurt, pistachio crumb & fruits

GF house baked cookies – chocolate & almond or lemon & poppyseed

Pink Lady apples

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CLICK HERE

Sample Menu

This menu was produced for 700 crew, VIP's and talent for our latest job for Field Day 2023.

Seperate catering for all talent riders, all individually labelled and platted.

On multiple day jobs we produce different meals everyday to deliver variety for the crew.

We can aslo deliver drop & go menus for breakfast crew.

All dietaries and allergies catered for.

Delivered on site and set up.

Our sustainability program is very important and all packaging, cutlery and napkins are bio degradable.

RELISH FOOD CO.

Steven Rayk
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Breakfast Cost choice of one from the following

Maple bacon & free range egg roll with sautéed spinach & smoked relish

Breakfast focaccia with Parma ham and assorted mushrooms

Roasted tomato, basil and parmesan focaccia

Shakshuka - baked chickpeas with a spiced tomato sauce, Mediterranean spices & a poached egg

Roasted vegetable, lemon thyme and feta frittata

Bagel with smoked salmon, onion crème cheese or cucumber dill crème cheese

Free range egg, sautéed mushroom & spinach roll with smoked relish

Pasture raised ham & vintage cheese croissant

Roma tomato & vintage cheese croissant

Paleo zucchini slice with marinated labna

Plus choice of: one from the following

Black sticky rice with coconut yoghurt & mango

House made paleo granola with silken yoghurt & honey

Organic bircher muesli with fresh berry coulis & yoghurt

Seasonal fruit salad with toasted coconut & pistachio crumb

Plus

Snack from pastry section

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Lunch – choice of one from the following

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Poke bowls with quinoa, wakame seaweed, pickled carrot, tomato cucumber salad, wasabi mayonnaise with either salmon, chicken or tuna

High protein salads – please see menu below.

Penne Bolognese

Broccoli Penne with pecorino & assorted herbs

Bangers & mash with caramelised onion

Perri Perri charred chicken on a bed of roast vegetables with brown rice

Lamb skewers on a bed of roast vegetables with a mint yoghurt

Mango Chicken curry with coconut rice & flat bread

Madras beef curry with coconut rice & flat bread

Israeli salmon fishcakes with compote of tomato and capsicum

Palestinian Eggplant, chickpea and sumac spiked yoghurt sauce

Cold soba noodle salad with miso roasted salmon

Plus small dessert

Gluten free, vegan and dairy free options available

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2023 Winter Salads

Sumac Roasted Cauliflower with spiced roasted chickpeas and avocado with a honey, tahini dressing (v,va,nf,df)

Maple roasted carrots with quinoa, fennel, mint, roasted hazelnuts & house made ranch dressing (v)

Tandoori roasted eggplant with wild rice & lentils, capsicum, mint, roasted cashews with a coconut raita (v,vn,nf)

Raw cauliflower tabouli with greens beans, cherry tomatoes and a lemon vinaigrette (gf,v,va,df)

Shaved brussel sprout Caesar with garden peas, mint, pancetta and parmesan (gf,nf)

Black barley with roasted pumpkin, charred asparagus, pickled onion, spice roasted pistachio with a lemon myrtle dressing (v,vn,df)

Tuna niçoise with Sicilian olives, baby chat potatoes & green beans & a lemon myrtle dressing (df,nf)

Roasted cauliflower with blue lentils, herbed feta, maple walnuts & a Davidson plumb dressing (v)

Zataar barley, roasted broccoli, spicy nuts, avocado and a pomegranate dressing (gf,v,vn)

All the above can be served with:

Organic free range Halal chicken

Fresh Atlantic salmon

Grilled haloumi

gf- gluten free, v-vegetarian, nf-nut free, df-dairy free, vn-vegan, va- vegan available

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Afternoon Tea \$9.00 – choice of: one from the following

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Individual dips platter

Individual cheese platter

Individual mezze plate

Savoury Reuban scones with pastrami, sauerkraut, dill pickle & Swiss cheese

Sweet scones with jam & cream

Individual trail mix with spiced nuts, organic dried fruit & Callebaut chocolate

Gluten free brownies

Flourless orange cake

House baked cookies g/f

Substantial Afternoon Tea/ Supper \$11.00 – choice of:

House baked baguettes with assorted fillings

Beef Vietnamese noodle with nam jim dressing

Cold soba noodle cucumber salad with miso dressing

Chorizo Sausage rolls

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Options:

Full day package inclusive of breakfast, snack, lunch, snack & afternoon tea \$52.50pp

Full day package inclusive of breakfast, lunch, snack & afternoon tea \$48.50pp

Full day package inclusive of breakfast, lunch & afternoon tea \$44.00pp

Supper available on request.

½ days

Lunch & snack only \$23.00

Lunch & snack, afternoon tea \$30.00

All prices x gst & delivery fee applies min \$30.00 max \$150.00 great Sydney area

Please note rates differ for Sundays & public holidays