

# rachel clare catering

## Rachel Clare Catering

\*vegan dishes  
# gluten free  
10% discount for over  
100 pieces of any one item

### Finger Food



#### *Samosa - \$1.60\**

Triangular puff pastry cases combining traditional Indian flavours such as turmeric, cumin, coriander and garam masala



#### *Dumplings - \$1.60\**

Steamed Asian style dumplings of • pumpkin and ginger • spinach, water chestnut and mushroom

#### *Rainbow Quiche - \$1.20*

A variety of quiche with fillings such as mushrooms, pumpkin, green capsicum, red capsicum, yellow capsicum, corn, eggplant and spinach



#### *Mini Lentil Shepard's Pies - \$1.60\**

Shortcrust pastry cups filled with lentils and topped with potato mash

#### *Vegetable Pies - \$1.60\**

Filled with • ratatouille vegetables • thai vegetable and coconut milk curry • creamy pumpkin and eggplant

#### *Spinach, Mushroom and Silken Tofu Triangles - \$1.60\**

A vegan take on the traditional filo pastry triangles

#### *Antipasto Pizza - \$1.20\**

Bite-sized squares of pizza topped with sun dried tomato paste, olives, mushrooms, artichoke, parsley, coriander and soy cheese

### Mains

#### *Veggie Burger Patties\*# - \$18.00 for 6 x120g*

Patties made from chickpeas, tofu, pumpkin, rice and lentils



#### *Pasta Sauces - \$6.50 400ml serves 2 \$12.00 750ml serves 4*

• Tomato, mushroom and olive • tomato, eggplant and red capsicum

#### *Indian Vegetable Curry\* - \$9.50 400ml serves 2*

*\$17.50 750ml serves 4*

With cauliflower, chickpeas and red lentils

#### *Thai Vegetable Curry\* - \$9.50 400ml serves 2*

*\$17.50 750ml serves 4*

With pumpkin, broccoli and eggplant in a coconut milk curry sauce

#### *Rice Sauces - \$6.50 400ml serves 2*

*\$12.00 750ml serves 4*

Spicy Mexican mixed beans

#### *Lentil Shepard's Pies - \$4.50 150g*

Puff pastry cups filled with lentils and topped with potato mash

#### *Vegetable Pies - \$4.50 140g*

Filled with • ratatouille vegetables • thai vegetable and coconut milk curry • creamy pumpkin and eggplant

#### *Spinach, Mushroom and Silken Tofu Triangles - \$4.50 140g*

A vegan take on the traditional filo pastry triangles

#### *Soups - \$9.00 400ml serves 1*

*\$16.00 750ml serves 2*

• Tomato, cumin and red lentil • broccoli and cauliflower • pumpkin  
• carrot and ginger • creamy corn and cumin

#### *Individual sized Quiche - \$4.50 130g 12cm*

• Mushroom and spinach • Zucchini and carrot  
• Pumpkin, roasted red capsicum, spinach and feta



# Prepared Meals



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Ready Prepared Nutritious  
Vegetarian and Vegan Meals,  
delivered to your door

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Free delivery of food is available for orders of over \$130.  
Orders under \$130 will be charged \$20 for delivery.  
Delivery within 48 hours in Sydney Metro.  
Pick up is available from Lane Cove. Food must be stored  
in the freezer immediately upon delivery.

For fully catered functions, please see Rachel Clare's  
Catering Menu at [www.rachelclare.com](http://www.rachelclare.com)

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