

# NOSH CATERING



Select from a variety of platters, get your guests involved with a Deconstructed Nosh Bar, or keep it simple with our signature bowls. Whether it's for your office or social crew, Nosh catering brings you modern Japanese-inspired food—made with real, local ingredients.

## KEEPING IT SIMPLE

Pick from our classic Nosh Favourites range of bowls.

| BOWLS                                                                                                                                                                                      | Price (\$)<br>SMALL | Price (\$)<br>LARGE |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------------------|
| <b>Sashimi Poke Party</b><br>Fresh Tasmanian salmon sashimi   creamy roasted sesame sauce   coconut turmeric rice   baby spinach salad   edamame   pickled ginger   crispy shallots   nori | 16.9                | 19.9                |
| <b>Salmon Poke Aburi</b><br>Flame-seared Tasmanian salmon   creamy roasted sesame sauce   coconut turmeric rice   baby spinach salad   edamame   pickled ginger   crispy shallots   nori   | 17.9                | 20.9                |
| <b>Cool Chick (GF)</b><br>Sous-vide chicken breast   house made tamarind, lime, and garlic sauce   brown rice   baby spinach salad   edamame   pickled ginger   crispy shallots   nori     | 14.9                | 17.9                |
| <b>Sashimi Lovin +</b><br>Fresh Tasmanian salmon   Yellowfin tuna sashimi   shoyu   jasmine rice with furikake   mixed leaves   avocado   edamame   nori   ginger                          | 17.9                | 20.9                |
| <b>Eye of the Tiger (GF)</b><br>Tiger prawns   house made tamarind, lime, and garlic sauce   jasmine rice   baby spinach salad   edamame   pickled ginger   crispy shallots   nori         | 15.9                | 18.9                |
| <b>Chicken Teriyaki Tease (GF)</b><br>Twice-cooked chicken breast   teriyaki sauce   jasmine rice   baby mixed leaves salad   edamame   pickled ginger   crispy shallots   nori            | 14.9                | 17.9                |
| <b>Miso Falalafel (V) (GF)</b><br>Miso beetroot falafel   spicy mayo   coconut turmeric rice   mixed leaves   pineapple   avocado   edamame                                                | 15.9                | 18.9                |
| <b>JFC-San (GF)</b><br>48-hour marinated fried chicken   teriyaki sauce   jasmine rice   mixed leaves   edamame   pickled ginger   spicy mayo                                              | 16.9                | 19.9                |
| <b>Wagyu San (GF)</b><br>Flame-seared wagyu beef   teriyaki sauce   jasmine rice   baby mixed leaves salad   edamame   pickled ginger   crispy shallots   nori   63 degree onsen egg       | 17.9                | 20.9                |
| <b>Tofu Teri-San (V) (VG) (GF)</b><br>Pan seared tofu   teriyaki sauce   brown rice   super kale salad   edamame   pickled ginger   crispy shallots   nori                                 | 14.9                | 17.9                |
| <b>Miso Crispy Eggplant (V) (VG) (GF)</b><br>Crispy eggplant   sweet miso sauce   jasmine rice   mixed leaves   edamame   pickled ginger   crispy shallots   nori                          | 15.9                | 18.9                |

Make it a salad +2



## DECONSTRUCTED NOSH BAR

Designed for an interactive experience.

| NOSH BAR                                                                                      | Price (\$)                                        |
|-----------------------------------------------------------------------------------------------|---------------------------------------------------|
| We recommend choosing 2–3 proteins, 2 salads, 2 bases, 3 sauces & 4 toppings (Minimum 20 pax) | from 18.0<br>per person                           |
| <b>Step 1: PROTEIN</b>                                                                        | <b>Step 4: SAUCE</b>                              |
| Chicken <small>sous-vide</small>                                                              | Teriyaki <small>(V) (VG) (GF)</small>             |
| Karaage Crispy Chicken                                                                        | Spicy mayo <small>(V) (GF)</small>                |
| Tasmanian Salmon <small>sashimi / seared</small>                                              | Creamy roasted sesame <small>(V)</small>          |
| Sashimi Tuna                                                                                  | Korean honey BBQ <small>(V)</small>               |
| Tiger Prawns                                                                                  | Shoyu <small>(V) (VG) (GF)</small>                |
| Pan-seared Tofu <small>(V) (VG)</small>                                                       | Tamarind coriander & lime <small>(V) (VG)</small> |
| Crispy Eggplant <small>(V) (VG)</small>                                                       | Spicy caramel ginger <small>(GF)</small>          |
| Miso Beet Falafel <small>(V) (VG)</small>                                                     | Sweet miso <small>(V) (VG) (GF)</small>           |
| <b>Step 2: BASE</b>                                                                           | Yuzu mayo                                         |
| Jasmine rice                                                                                  | <b>Step 5: TOPPINGS</b>                           |
| Brown rice                                                                                    | 63° Free range egg                                |
| Tumeric coconut rice                                                                          | Avocado                                           |
| Soba noodles                                                                                  | Crispy shallots                                   |
| Mixed quinoa                                                                                  | Seaweed sheets                                    |
| <b>Step 3: SALAD</b>                                                                          | Edamame                                           |
| Baby spinach<br><small>roasted sweet potato   charred capsicum   edamame</small>              | Pickled ginger                                    |
| Mixed baby leaves<br><small>roasted potatoes   roasted carrots</small>                        | Pickled jalapenos                                 |
| Charred broccoli<br><small>shiitake   miso roasted pumpkin</small>                            | Roasted walnuts                                   |
| Super kale<br><small>roasted beetroot   goji berries   roasted walnuts</small>                | Cucumber                                          |
| Asian slaw<br><small>classic slaw   corn   shallots   roasted sesame seeds</small>            | Pineapple                                         |
|                                                                                               | Seaweed salad                                     |
|                                                                                               | Charred corn                                      |
|                                                                                               | Roasted beetroot                                  |
|                                                                                               | Charred capsicum                                  |

## WASH IT DOWN

Elevate your meal with a drink.

| DRINKS                                                                                                                      | Price (\$) |
|-----------------------------------------------------------------------------------------------------------------------------|------------|
| Natural Mineral Water                                                                                                       | 3.0        |
| Sparkling Mineral Water                                                                                                     | 3.5        |
| 100% Coconut Water                                                                                                          | 4.2        |
| Karma Sodas<br>• Cola<br>• Lemmy Lemonade<br>• Gingerella<br>• Lemmy Lime and Bitters                                       | 4.9        |
| Remedy Kombucha<br>• Cherry Plum<br>• Raspberry Lemonade<br>• Peach<br>• Ginger Lemon<br>• Apple Crisp<br>• Lemon Lime Mint | 5.5        |
| Nectar Cold Pressed<br>• Tropicool<br>• Sweet Cheeks<br>• Big O                                                             | 5.5        |
| Dash Sparkling Water<br>• Raspberry<br>• Lime<br>• Peach                                                                    | 3.5        |

Contact our catering specialist:

(03) 9670 1529

catering@nosh.net.au



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# INDIVIDUAL MEAL PACKS

Designed to be a complete meal for one, perfectly portioned just for you.

## MIX AND MATCH MEALS

- BASIC**
- An assortment of Tofu + Chicken + Eggplant
- STANDARD**
- An assortment of basic options + Tiger prawns + Karaage + Falafels
- PREMIUM**
- An assortment of basic & standard options + Wagyu + Tuna + Salmon

| MEAL PACKAGE<br>(Minimum 10 pax) | BASIC<br>(Price per person) | STANDARD<br>(Price per person) | PREMIUM<br>(Price per person) |
|----------------------------------|-----------------------------|--------------------------------|-------------------------------|
| 1 Mini Bowl + 1 Bao              | 14.5                        | 16.5                           | 18.5                          |
| 1 Mini Bowl + 2 Baos             | 21.5                        | 22.5                           | 24.5                          |
| 1 Mini Bowl + 1 Taco             | 15.5                        | 17.5                           | 20.5                          |
| 1 Mini Bowl + 2 Tacos            | 23.5                        | 24.5                           | 26.5                          |
| 1 Mini Bowl + 1 Bao + 1 Taco     | 22.5                        | 24.5                           | 26.5                          |

## BENTO BOX

Modern bentos with all the seasonal and classic favourites.

| BENTO BOXES<br>(Minimum 10 pax) |                                                                                                                                                                    | Price<br>(\$) |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| Teriyaki Karaage Chicken (GFO)  | <ul style="list-style-type: none"><li>Japanese fried chicken</li><li>Crispy eggplant</li><li>63º Free range egg</li><li>Japanese egg tartar</li></ul>              | 21.0          |
| Miso Aburi Salmon (GFO)         | <ul style="list-style-type: none"><li>Flame-seared Tasmanian salmon</li><li>Karaage chicken bites</li><li>63º Free range egg</li><li>Japanese egg tartar</li></ul> | 24.0          |
| Miso Eggplant (V) (VG) (GF)     | <ul style="list-style-type: none"><li>Crispy miso eggplant</li><li>Cashew satay tofu</li><li>Miso betroot falafels</li></ul>                                       | 21.0          |
| Shoyu Poke Sashimi (GFO) `      | <ul style="list-style-type: none"><li>Premium salmon and tuna sashimi</li><li>Crispy eggplant</li><li>63º Free range egg</li></ul>                                 | 27.0          |

# PLATTERS TO SHARE

Gather, share, and delight in our platter packages – a feast made for sharing.

## SALADS

| SALAD PLATTERS<br>Serves 8-12 per tray                                        | Price<br>(\$) |
|-------------------------------------------------------------------------------|---------------|
| Spinach   Avocado   Pear   Yuzu Mayo   Prawn or Tofu (GF)                     | 78            |
| Kale   Slaw   Apple   Sesame soy   Sous-vide Chicken or Eggplant              | 64            |
| Mixed leaf   Capsicum   Sesame sauce   Karaage or Eggplant                    | 55            |
| Asian slaw   Coriander   Corn   Shallots   Sesame Soy   Seared Salmon or Tofu | 64            |

Can be adjusted to suit GF, V, or VG

## SANDOS

| SANDO PLATTERS<br>12 halves per platter | Price<br>(\$) |
|-----------------------------------------|---------------|
| Spicy Tuna                              | 95            |
| Sesame Chicken Salad                    | 95            |
| Dill Prawn                              | 100           |
| Tamago (V)                              | 95            |
| Karaage                                 | 100           |
| Assortment of 2 options of choice       | 100           |

## ONIGIRI

| ONIGIRI PACKAGES<br>Pack of 12 | Price<br>(\$) |
|--------------------------------|---------------|
| Miso Aburi Salmon              | 78            |
| Truffle Shiitake (V) (VG) (GF) | 78            |
| Spicy Tuna Mayo                | 72            |
| Teriyaki Chicken               | 72            |
| Yuzu Tuna Mayo                 | 72            |

## BAOS

| BAOS                | Price<br>(\$ (each) |
|---------------------|---------------------|
| Crispy Chicken      | 7.0                 |
| Satay Tofu (V) (VG) | 7.0                 |
| Flame-seared Salmon | 7.5                 |

| BAO PACKAGE         | Price<br>(\$) |
|---------------------|---------------|
| Pack of 10 assorted | 70.0          |

## NORI TACOS

| NORI TACOS                  | Price<br>(\$ (each) |
|-----------------------------|---------------------|
| Spicy Salmon (GF)           | 9.5                 |
| Creamy Sesame Chicken       | 8.5                 |
| Tamarind Tiger Prawn (GF)   | 9.5                 |
| Honey BBQ Wagyu             | 9.5                 |
| Tamarind Tofu (V) (VG) (GF) | 8.5                 |

| NORI TACO PACKAGE   | Price<br>(\$) |
|---------------------|---------------|
| Pack of 10 assorted | 87.5          |

Fully GF and/or V/VG package options available

## NORI TACOS + BAOS

| NORI TACO + BAO PACKAGE            | Price<br>(\$) |
|------------------------------------|---------------|
| 5 assorted baos + 5 assorted tacos | 75            |

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 catering@nosh.net.au



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# TEA TIME TREATS

Refresh and recharge with our morning and afternoon tea treats.

| MINI MUFFINS                | Price (\$) |
|-----------------------------|------------|
| Raspberry & white chocolate | 4.5        |
| Blueberry                   | 4.5        |
| Chocolate hazelnut          | 4.5        |

\*Minimum 10 muffins, mix any flavors



| FRUIT AND YOGURT                                       | Price (\$) |
|--------------------------------------------------------|------------|
| Seasonal fruit cup (V) (VG) (GF) (DF)                  | 6.5        |
| Greek yogurt with seasonal fruits and muesli (V)       | 6.5        |
| Coconut yogurt with seasonal fruits (V) (VG) (GF) (DF) | 7.0        |

| CAKES & PASTRIES                         | Price (\$) |
|------------------------------------------|------------|
| Yuzu scone with house made jam and cream | 6.0        |
| Earl grey madeleine                      | 4.5        |

\*Must order 5 days in advance

| RAW BALLS (V) (VG) (GF) | Price (\$) |
|-------------------------|------------|
| Peanut butter           | 4.2        |
| Salted caramel          | 4.2        |
| Choc Brownie            | 4.2        |
| Coconut Cacao           | 4.2        |
| Hazelnut                | 4.2        |
| Apricot Delight         | 4.2        |
| Box of 10               | 40.0       |



## WAYS TO ORDER:

1



[Click here](#)  
to order online

2



[Call us](#)  
(03) 9670 1529

3



[Shoot us an email](#)  
[catering@nosh.net.au](mailto:catering@nosh.net.au)

## FAQ:

### When?

Nosh catering is made fresh to order daily, this also means we order fresh produce in advance upon order confirmations. So aim to place your orders **2 business days** in advance. For orders 80pax and above, please kindly order **3 business days** in advance to ensure the full range can be provided.

If you're really in a pickle, drop us a call or an urgent email and we will do our best to accomodate your last-minute catering needs

### Tailored Packages

We love collaborating to fulfil customised catering needs, whether it's dietary preferences, portion-sizing, staff incentive packages or something more unique, our Catering Specialist would love to hear from you!

### Delivery

#### Weekdays

- CBD - \$15
- CBD fringe, including Docklands - \$20
- Outside CBD fringe - custom rate applies
- Minimum order of \$150 applies
- Delivery times: 10.30am - 7.30pm (30 minute intervals)

#### Weekends

10% surcharge applies

#### Public holidays

15% surcharge applies



(V) vegetarian  
(VG) vegan  
(GF) gluten free