

# 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 (\$) SMALL	Price (\$) LARGE
<b>Sashimi Poke Party</b> 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> 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> 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> 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> 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> 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> Miso beetroot falafel   spicy mayo   coconut turmeric rice   mixed leaves   pineapple   avocado   edamame	15.9	18.9
<b>JFC-San (GF)</b> 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> 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> 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> 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 per person
<b>Step 1: PROTEIN</b>	
Chicken <small>sous-vide</small>	
Karaage Crispy Chicken	
Tasmanian Salmon <small>sashimi / seared</small>	
Sashimi Tuna	
Tiger Prawns	
Pan-seared Tofu <small>(V) (VG)</small>	
Crispy Eggplant <small>(V) (VG)</small>	
Miso Beet Falafel <small>(V) (VG)</small>	
<b>Step 2: BASE</b>	
Jasmine rice	
Brown rice	
Tumeric coconut rice	
Soba noodles	
Mixed quinoa	
<b>Step 3: SALAD</b>	
Baby spinach <small>roasted sweet potato   charred capsicum   edamame</small>	
Mixed baby leaves <small>roasted potatoes   roasted carrots</small>	
Charred broccoli <small>shiitake   miso roasted pumpkin</small>	
Super kale <small>roasted beetroot   goji berries   roasted walnuts</small>	
Asian slaw <small>classic slaw   corn   shallots   roasted sesame seeds</small>	
<b>Step 4: SAUCE</b>	
Teriyaki <small>(V) (VG) (GF)</small>	
Spicy mayo <small>(V) (GF)</small>	
Creamy roasted sesame <small>(V)</small>	
Korean honey BBQ <small>(V)</small>	
Shoyu <small>(V) (VG) (GF)</small>	
Tamarind coriander & lime <small>(V) (VG)</small>	
Spicy caramel ginger <small>(GF)</small>	
Sweet miso <small>(V) (VG) (GF)</small>	
Yuzu mayo	
<b>Step 5: TOPPINGS</b>	
63° Free range egg	
Avocado	
Crispy shallots	
Seaweed sheets	
Edamame	
Pickled ginger	
Pickled jalapenos	
Roasted walnuts	
Cucumber	
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 • Cola • Lemmy Lemonade • Gingerella • Lemmy Lime and Bitters	4.9
Remedy Kombucha • Cherry Plum • Raspberry Lemonade • Peach • Ginger Lemon • Apple Crisp • Lemon Lime Mint	5.5
Nectar Cold Pressed • Tropicool • Sweet Cheeks • Big O	5.5
Dash Sparkling Water • Raspberry • Lime • Peach	3.5

Contact our catering specialist:

(03) 9670 1529

catering@nosh.net.au



Click to order

# 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 (Minimum 10 pax)	BASIC (Price per person)	STANDARD (Price per person)	PREMIUM (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 (Minimum 10 pax)		Price (\$)
<b>Teriyaki Karaage Chicken (GFO)</b>	<ul style="list-style-type: none"> <li>Japanese fried chicken</li> <li>Crispy eggplant</li> <li>63° Free range egg</li> <li>Japanese egg tartar</li> </ul>	21.0
<b>Miso Aburi Salmon (GFO)</b>	<ul style="list-style-type: none"> <li>Flame-seared Tasmanian salmon</li> <li>Karaage chicken bites</li> <li>63° Free range egg</li> <li>Japanese egg tartar</li> </ul>	24.0
<b>Miso Eggplant (V) (VG) (GF)</b>	<ul style="list-style-type: none"> <li>Crispy miso eggplant</li> <li>Cashew satay tofu</li> <li>Miso betroot falafels</li> </ul>	21.0
<b>Shoyu Poke Sashimi (GFO)</b>	<ul style="list-style-type: none"> <li>Premium salmon and tuna sashimi</li> <li>Crispy eggplant</li> <li>63° 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 Serves 8-12 per tray	Price (\$)
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 12 halves per platter	Price (\$)
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 Pack of 12	Price (\$)
Miso Aburi Salmon	78
Truffle Shiitake (V) (VG) (GF)	78
Spicy Tuna Mayo	72
Teriyaki Chicken	72
Yuzu Tuna Mayo	72



### BAOS

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

BAO PACKAGE	Price (\$)
Pack of 10 assorted	70.0



### NORI TACOS

NORI TACOS	Price (\$ 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 (\$)
Pack of 10 assorted	87.5

Fully GF and/or V/VG package options available



### NORI TACOS + BAOS

NORI TACO + BAO PACKAGE	Price (\$)
5 assorted baos + 5 assorted tacos	82.5

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Click to order

# TEA TIME TREATS

Refresh and recharge with our morning and afternoon tea treats.

MINI MUFFINS	Price (\$)
Raspberry & white chocolate (V)	4.5
Blueberry (V)	4.5
Chocolate hazelnut (V)	4.5
Assorted sweet muffins (V)	4.5
Savory muffins (GFO) (DFO) (VG)	4.6



Minimum 6 per order

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

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
<b>Box of 10</b>	<b>40.0</b>

PASTRIES	Price (\$)
Scone with jam and cream (V)	5.0
Mini cupcakes (V)	4.5
Brownies (V) (GF)	4.5
Earl grey canelés (V)	5.0
Mini cinnamon scrolls (V)	4.5

Minimum 6 per order


CAKES	Price (\$)
Basque cheesecake (slice) (V) (GF)	7.5
Matcha basque cheesecake (slice) (V) (GF)	7.5
Carrot cake (square) (V)	7.5
Apple crumble (square) (V)	7.5


Minimum 6 per order



## 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 accommodate 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