

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
Sashimi Poke Party Fresh Tasmanian salmon sashimi creamy roasted sesame sauce coconut turmeric rice baby spinach salad edamame pickled ginger crispy shallots nori	16.9	19.9
Salmon Yuzu Aburi Flame-seared Tasmanian salmon aonori rice mixed leaf salad yuzu kosho mayo edamame pickled ginger nori lemon wedges tamagoyaki	17.9	20.9
Power Duo Karaage chicken flame-seared salmon aonori rice mixed leaves yuzu kosho mayo edamame pickled ginger lemon wedges tamagoyaki	18.9	21.9
Cool Chick (GF) 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
Sashimi Lovin + Fresh Tasmanian salmon Yellowfin tuna sashimi shoyu jasmine rice with furikake mixed leaves avocado edamame nori ginger	17.9	20.9
Eye of the Tiger (GF) Tiger prawns house made tamarind, lime, and garlic sauce jasmine rice baby spinach salad edamame pickled ginger crispy shallots nori	15.9	18.9
Chicken Teriyaki Tease (GF) Twice-cooked chicken breast teriyaki sauce jasmine rice baby mixed leaves salad edamame pickled ginger crispy shallots nori	14.9	17.9
Miso Falafel (V) (GF) Miso beetroot falafel spicy mayo coconut turmeric rice mixed leaves pineapple avocado edamame	15.9	18.9
JFC-San (GF) 48-hour marinated fried chicken teriyaki sauce jasmine rice mixed leaves edamame pickled ginger spicy mayo	16.9	19.9
Wagyu San (GF) 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
Tofu Teri-San (V) (VG) (GF) Pan seared tofu teriyaki sauce brown rice super kale salad edamame pickled ginger crispy shallots nori	14.9	17.9
Miso Crispy Eggplant (V) (VG) (GF) 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

Step 1: PROTEIN	Step 4: SAUCE
Chicken <small>sous-vide</small>	Teriyaki <small>(V) (VE) (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) (VE) (GF)</small>
Pan-seared Tofu <small>(V) (VE)</small>	Tamarind coriander & lime <small>(V) (VE)</small>
Crispy Eggplant <small>(V) (VE)</small>	Spicy caramel ginger <small>(GF)</small>
Miso Beet Falafel <small>(V) (VE)</small>	Sweet miso <small>(V) (VE) (GF)</small>
	Yuzu kosho mayo
Step 2: BASE	Step 5: TOPPINGS
Jasmine rice	63° Free range egg
Brown rice	Avocado
Tumeric coconut rice	Crispy shallots
Soba noodles	Seaweed sheets
Mixed quinoa	Edamame
Step 3: SALAD	Pickled ginger
Baby spinach <small>roasted sweet potato charred capsicum edamame</small>	Pickled jalapenos
Mixed baby leaves <small>roasted potatoes roasted carrots</small>	Roasted walnuts
Charred broccoli <small>shiitake miso roasted pumpkin</small>	Cucumber
Super kale <small>roasted beetroot goji berries roasted walnuts</small>	Pineapple
Classic slaw <small>baby mixed leaves slaw</small>	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:

☎ 0493 316 504

✉ 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 (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

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

PROTEIN BENTOS

PROTEIN BENTO		Price (\$)
Karaage protein bento Karaage chicken aonori rice yuzu kosho mayo creamy roasted sesame boiled egg sesame slaw baby leaves walnuts cucumber		13.9
Aburi salmon protein bento Flame-seared salmon aonori rice sweet miso creamy roasted sesame boiled egg sesame slaw baby leaves walnuts cucumber		14.9
Tofu protein bento (V) (VG) Pan-seared tofu aonori rice warm cashew satay goma shoyu slaw baby leaves walnuts cucumber		12.9
Falafel protein bento (V) (VG) Miso falafel aonori rice warm cashew satay goma shoyu slaw baby leaves walnuts cucumber		12.9

PLATTERS TO SHARE

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

SALADS

SALAD PLATTERS Serves 8-12 per tray Can be adjusted to suit GF, V, VG	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

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 Kosho Tuna Mayo	72

BAOS

BAOS	Price (\$ (each))
Crispy Chicken	7.0
Satay Tofu (V) (VG)	7.0
Flame-seared Salmon	7.5
PACK OF 10 ASSORTED	70

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
PACK OF 10 ASSORTED	87.5

Fully GF and/or V/VG package options available

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

MINI NIBBLE PLATTER

NIBBLE PLATTERS	Price (\$)
Gyoza platter (V) (VG) (GF) (27 pieces)	40
Crispy Karaage Chicken Platter (GF) (serves 8-12)	68

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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
Savoury 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
Box of 10	40.0

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 
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 to order online

2 
 Call us
 0493 316 504

3 
 Shoot us an email
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