

## CANAPE MENU - MRC TAS SOCIAL ENTERPRISE KITCHEN

Items on this menu are designed to be offered as part of a selection of canapes. Contact us via our [Catering Request Form](#) and we would be pleased to curate a menu to suit your event.

Pricing is \$4.90 per serve, and serving amounts vary per item. Minimum order amounts of 30 serves per item apply. Service staff attract a further cost which will be calculated according to your requirements.

By choosing our catering service you are supporting a social enterprise that creates authentic and delicious food and provides a pathway to employment for Tasmanian migrant community members.

Canape item	Dietary	Origin
<b>Felafel</b> - chickpea and herb fritter with hummus and pickled red onion	GF, VG	Syria/many places
<b>Fattayer</b> - folded filled breads. <i>Fillings:</i> <ul style="list-style-type: none"> <li>Silverbeet, onion and sumac</li> <li>Feta and spring onion</li> <li>Beef and onion</li> </ul>	VG V	Syria
<b>Eggplant rolls</b> - grilled eggplant with walnut and herb filling	GF, VG	Georgia
<b>Tabouli cups</b> - lettuce cups filled with parsley salad	GFO, VG	Syria
<b>Sambusa</b> - fried pastry filled with Eritrean spiced lentils	VG	Eritrea
<b>Dolma</b> - vine leaf wrapped rice, herb and tomato rolls	GF, VG	Iraq/Syria
<b>Mini Bolani</b> - fried flatbread filled with potato and leek	VG	Afghanistan
<b>Manoucheh</b> - mini Syrian flatbreads with labne and mint <i>Toppings:</i> <ul style="list-style-type: none"> <li>za'atar- sesame and thyme</li> <li>muhammura - roast capsicum, sesame</li> <li>lahma baijin - lamb, capsicum, and tomato</li> </ul>	V V	Syria
<b>Kuku rolls</b> - Persian herb omelette in soft bread with pickles	V	Iran/Afghanistan
<b>Momo</b> - Bhutanese dumplings with tomato sesame sauce <i>Fillings:</i> <ul style="list-style-type: none"> <li>poached chicken and coriander</li> <li>cabbage, carrot and tofu</li> </ul>	VG	Bhutan
<b>Kofta</b> - little meat 'fingers' of beef with onion and sumac	GF	Iraq
<b>Spiced cauliflower</b> - cauliflower floret fritters with cumin salt	V	Syria
<b>Kubba</b> - fried Syrian croquette <i>Fillings:</i> <ul style="list-style-type: none"> <li>Lamb and onion</li> <li>Red capsicum and parsley</li> <li>Pumpkin and walnut</li> </ul>	V VG, GFO	Syria

**V = Vegetarian, VG = Vegan, GF = Gluten free, GFO = Gluten free option VGO = Vegan option**

Please note that our menu ingredients are subject to seasonal variation.