

EST

TABLE TOP CULINARY

2016

BALANCED. NOURISHED.
INSPIRED

PLATTER MENU 2019

We serve a variety of platters to suit your requirements. We use free range meat, chicken and eggs. Custom platters available on request.

FRESH & RUSTIC

RUSTIC SANDWICH PLATTER

R275

A selection of sandwiches on a homemade bread - Chef's coronation chicken, Caprese sandwich and BLT sandwich.

LET'S WRAP IT

R290

Mediterranean beef, Asian chicken and vegetarian fillings in a wheat wrap

CHOUX ROLLS

R325

Savoury choux puffs filled with Vietnamese Chicken & cashew salad and brie & caramelised onions

NACHOS AND SALSAS GF

R380

Nachos plated in bamboo boats topped with corn and bean tex mex and savoury mince served with sour cream, cheese, salsa and guacamole

MINI SLIDERS

R300

Mini beef and / or chicken burgers with homemade patties topped with chefs toppings and sauces

CHEESE PLATTER

R400

Selection of cheeses with homemade crackers, pestos and tapanades (add biltong and cold meats for a non-vegetarian option)

to

R450

Mix & Match
(max. 5 items per platter)



LOW CARB GF LC

THE SNACK PLATTER

R450

Chicken and beef skewers; Almond coated onion rings; Caprese skewers; Meatballs; Mini almond coated chicken schnitzels

THE SNACK PLATTER (VEG)

R400

Almond coated onion rings; Cheese stuffed jalapeno poppers; Caprese skewers; Giant mushrooms stuffed with herbs, feta and peppers; Grilled halloumi

KETO QUICHES

R370

Almond & sesame seed crusted quiches & Crustless frittatas

KETO QUESADILLAS

R350

Homemade keto quesadillas filled with spinach, bacon & cheese / filling of your choice

Low Carb SWEETS GF LC

THE COCOA BOMB

R400

Coconut flour brownies, PB chocolate fat bomb balls with chia seeds and Chocolate keto custard

DESSERT PLATE

R470

Cheesecake shots; Coffee / berry panna cotta (cream or coconut cream); Coconut flour brownies

Half platters available on request

Each platter serves 6 - 8 people
Platters can be custom made to suit your budget, dietary requirements and preferences.

tabletopculinary@gmail.com

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VEGAN PLATTERS (V)

THE VEGAN SNACK PLATTER (GF) R285

Chickpea nuggets with homemade bao mayo & tomato sauce; Falafels with vegan tzatziki, hummus and crudites

LET'S WRAP IT VEGAN R320

Chickpea & wheat flour wraps filled with vegan halloumi, hummus & roast veg and Asian stir fry

THE VEGAN CRACKER PLATTER R370

Seed crackers, raw buckwheat crackers, vegan crackers, hummus, vegan cheeses, tapanades and homemade pestos

VEGAN NACHOS AND SALSAS (GF) R320

Nachos plated in bamboo boats topped with corn and bean tex mex, salsa and guacamole

BLACK BEAN BURGER SLIDERS R280

Our ultimate GF quinoa & black bean burger patties with chefs toppings and sauces. On buns and lettuce

VEGAN SANDWICH PLATTER R285

A selection of sandwiches on a homemade bread - Vietnamese cashew slaw with bao mayo; Grilled vegan moz & tomato; Balsamic mushrooms, vegan cheese and grilled peppers



VEGETARIAN (VE)

V SANDWICH PLATTER R275

Grilled cheese supreme; Vietnamese cashew slaw with bao mayo; Grilled mushrooms, cheese, lettuce and tomato

MUSHROOM BURGER PATTY R325

Our signature mushroom burger patty sliders with homemade relish and chefs toppings. Served on buns or lettuce bowl.

VEGETARIAN CHOUX ROLLS R300

Savoury choux puffs filled with Vietnamese Cashew slaw; Brie & caramelised onions.

MUSHROOM BRIOCHES & ROAST VEGETABLE SKEWERS (GF) R350

Giant mushrooms stuffed with garlic, cheese, cream cheese & pesto / Homemade BBQ sauce, grilled halloumi cheese and rocket. And roast veg skewers

LET'S WRAP IT VEGETARIAN R300

Chickpea and wheat wraps filled with Halloumi & roast veg; Feta and roast Mediterranean vegetables

*Something you like doesn't
fit your category?
Speak to us and see
what we can do*

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GLUTEN FREE PLATTERS (GF)

MUSHROOM PATTY LETTUCE (VE) BURGERS R300

GF Mushroom & cheese patty with homemade relish and chefs toppings on a bed of lettuce

NACHOS AND SALSAS R380

Nachos plated in bamboo boats topped with corn and bean tex mex, or savoury mince served with sour cream, cheese, salsa and guacamole

GLUTEN FREE CHOUX ROLLS R380

Savoury choux puffs filled with Vietnamese Chicken & cashew salad and brie & caramelised onions.

CHICKPEA TORTILLAS R380

Colourful chickpea tortillas and quesadillas filled with Mediterranean beef, Asian chicken and roast vegetable fillings

Look out for the symbols. Some platters fall into more than one category



SWEET PLATTERS

PANCAKE PLATTER R280

Select 3 options: Chocolate ganache / White chocolate & amarula / Strawberry, chocolate and cream / Custard, apple & cinnamon / Cinnamon sugar pancakes served with fruit

MINI SWEET TREATS R380

Select 3 options: Chocolate eclairs / Mini milk tarts / Mini lemon meringue tartlets / Mini fridge set cheesecakes / Mini peppermint crisp tarts / Brownies / Mini cupcakes

PROFITEROLE R380

Select 3: Chocolate éclairs / Cappuccino / Berries and cream / Milk tart custard profiteroles

MUFFINS R280

Select 3 flavours: Lemon poppy seed / Apple cinnamon / Carrot cake / Pecan, white chocolate and cranberry / Banana & walnut / Double chocolate chip / Chocolate zucchini or beetroot

Large cakes and tarts; all sorted cupcakes and custom bakes can be made and ordered as well

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VEGAN SWEET PLATTERS

HEALTHY VEGAN PANCAKES GF R400

Healthy, gluten free vegan pancakes filled with peanut butter sauce / apples and peanut butter sauce / nut butter sauce / strawberries & dark chocolate served with fruit

HEALTHY VEGAN BROWNIES GF R400

Coconut flour brownies, Black bean brownies, blondie brownies (all healthy and gluten free)

RAW DELIGHTS GF R380

Raw cocoa and goji truffles; Peanut butter cocoa and chia seed balls; Date, coconut & almond balls; Chocolate and oats balls

Vegan sweet platter menu
will be expanding soon!



GF SWEET PLATTERS GF

GF PANCAKE PLATTER R340

Select 3 options: Chocolate ganache / White chocolate & amarula / Strawberry, chocolate and cream / Apple & cinnamon / Cinnamon sugar pancakes served with fruit

GLUTEN FREE PROFITEROLE R400

Chocolate éclairs / Cappuccino / Berries and cream / Milk tart custard profiteroles

GLUTEN FREE MUFFINS R340

Select 3 flavours: Lemon poppy seed / Apple cinnamon & walnut / Carrot cake / Pecan, white chocolate and cranberry / Banana & walnut / Double chocolate chip / Chocolate zucchini or beetroot

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We deliver to most of Johannesburg, Gauteng