

ABRUZZO LAB

#arrosticinibar
ITALIAN EATERY

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CATERING MENU



PANINO SELECTION

All panini are cut in three (with other food recommended 1.5 pcs per person).

FRANCAVILLA

Prosciutto di Parma, tomato, green olives, mozzarella

TERAMO

Prosciutto di Parma and buffalo mozzarella

SAN VITO

Philadelphia, rocket, salmon, capers

CHIETI

Mortadella, pistacchio cremino and stracciatella cheese

FILETTO

Grandmother ham, provolone sun dried tomato, olives, salad

L'AQUILA

Crumbed chicken, mayo, salad

PESCARA

Tuna, red onion jam, stracciatella, salad

VASTO

Felino salami, mozzarella, peppers, olives, fresh spinach

CAMPLI

Free range porchetta with crackle, peppers, baked ricotta

CRECCHIO

Crumbed veal, salad and mayo

ROSELLO VEG

Crumbed scamorza cheese, grilled veg, fresh spinach, mayo

GLUTEN FREE AND VEGAN OPTIONS AVAILABLE UPON REQUEST



SIGNATURE PANINO BOXES

FRESHLY PREPARED ARTISAN PANINI CUT INTO THIRDS

Small box - \$75 (18 pcs)

Medium box - \$110 (30 pcs)

Large box - \$140 (36 pcs)

Catering box - \$199 (60 pcs)

**ALL DIETARY PANINI ARE SOLD INDIVIDUALLY, NOT INCLUDED IN THE PANINI BOXES
PRICES ARE EXCLUDED GST**

PANE E ANTIPASTI

MIXED MINI ROLLS \$3 EA

ZUCCHINI FRITTERS \$4 EA

PIZZA BOX MIX \$65 (20-25 PCS)

- Pomodoro, mozzarella, ham;
- Pomodoro, mozzarella, mushroom, sausage;
- Pomodoro and mozzarella;

Any requests for your fav pizza let us know.

24HR IN HOUSE FOCACCIA \$50 (18-20PCS)

Mortadella, fresh spinach and stracciatella.

PALLOTTE CACE E OVE \$70 P/KG (APPX40 BALLS) (VEG)



Traditional cheese balls, flash fried and simmered in rich tomato sugo.

MINI ARANCINI 4 CHEESE \$45P/KG (APPX 30 BALLS) (VEG)

MINI BOLOGNESE ARANCINI \$45/KG (APPX 30 BALLS)

MEAT BALLS \$48P/KG (APP 30 BALLS) (GLUTEN FREE)

Beef meatballs slow cooked in rich tomato sugo.

FIADONE (CHEESE PUFF) \$60 P/KG (8-10)



Baked folded pastry filled with 5 cheese mousse

MINI BRIOCHE SLIDERS \$10 EA

- Crumbed chicken, coleslaw and aioli
- Beef patty, leaf salad, tomato, provolone and smoky bbq sauce



ABRUZZO LAB SALUMI AND CHEESE BOXES

Mix of local and imported cold meats and cheeses with fresh bread :

\$97(15pp)

\$150 (25pp)

For onsite custom grazing table set ups please contact our team directly.

PRICES ARE EXCLUDED GST

PRIMI (TRAY ONLY)

Vegan and gluten free options available at extra cost.

PENNE BOLOGNESE S \$80 (6-8) L \$105 (12-15)

In house braised beef ragu.

IN HOUSE GNOCCHI S \$95 (6-8) L \$140 (15-18)

Tomato and basil / bolognese / lamb ragu / mushrooms and sausage)

IN HOUSE LASAGNA S \$75 (6-8) L \$135 (15-18)

Pasta sheets, slow braised beef ragu , mozzarella and parmesan.

CANNELLONI S \$75(13-15) L \$135 (APP 28-30)

Rolled pasta sheets, filled with ricotta and spinach.

TIMBALLO S \$85 (6-8) L \$135 (15-18)

(In house specialty) Lasagna made with in house CREPES, not pasta sheets, slow braised beef ragu, mozzarella, and pecorino cheese.

RIGATONI INCAZZATI S \$70 (6-8) L \$110 (15-18)

Tomato, nduja, hot salami, black olives, basil

PASTA AL FORNO S \$65 (6-8) L \$95 (12-15)

Oven baked pasta loaded with mozzarella and parmesan.

EGGPLANT PARMIGIANA S \$80 (6-8) L \$145 (15-18)

Crumbed crispy eggplant layered with rich tomato and basil sugo, mozzarella and parmigiano.

RISO AL FORNO (BAKED RICE) S \$70(6-8) L \$120 (12-15)

Oven baked carnaroli rice loaded with mozzarella, spinach and parmesan.

PRICES ARE EXCLUDED GST







SECONDI



PORCHETTA \$55P/KG (1KG 4-5 PAX) COOKED - \$45P/KG TO COOK AT HOME

In house seasoned rolled pork roast with crackle .

MARINATED CHICKEN DRUMETTES ROASTED \$38P/KG (14-16PCS)

Tomato, rosemary, lemon, olives and roasted peppers.

CHICKEN COTOLETTA (SCHNITZEL) \$36P/KG (1KG APP 8-10PCS)

With mayo and fresh lemon.

VEAL COTOLETTA (SCHNITZEL) \$45P/KG (1KG APP 7-9PCS)

With lemon seasoning and salsa verde.

AGNELLO PORCHETTATO \$55P/KG (APP 2KG 8-10PAX)

In house seasoned, rolled lamb leg roast.

VERDURE RIPIENE (STUFFED VEG) \$65 (2PCS OF EACH)

Mix of peppers, eggplant, zucchini and tomato filled and baked with mixed fillings rice/veg cheese.

IN HOUSE PORK SAUSAGES \$45P/KG 15PCS

With caramelised onion and vinocotto.

FLASH FRIED CALAMARI \$49P/KG

With lemon wedges and citrus mayo.

PRICES ARE EXCLUDED GST



SIDES AND SALADS



CAPRESE SALAD S \$60 (6-8) L \$100 (15-20)

Sliced fresh tomato and mozzarella with basil.

PASTA SALAD S \$55 (6-8) L \$85 (15-20)

With roasted seasonal vegetables + pesto.

MIXED ROAST VEGETABLES (SEASONAL) S \$60 (6-8) L \$120 (15-20)

ROSEMARY SCENTED ROASTED POTATOES S \$60 (6-8) L \$130 (15-20)

CIABOTTO VEGGIES S \$65(6-8) L \$95 (15-20)

Slow cooked chunky zucchini, eggplant, potato, capsicum, in rich tomato and basil sugo.

GARDEN SALAD S \$38(6-8) L \$80 (15-20)

Fresh salad leaves, cucumber, cherry tomato and carrot ribbons, balsamic dressing

ROASTED PEPPERS S \$70 (6-8) L \$130 (15-20)

With baby bocconcini, fresh spinach, basil, parsley and olive oil.

SCALLOP POTATOES S \$75 (6-8) L \$130 (15-20)

ROAST PUMPKIN SALAD S \$80 (6-8)L \$100 (15-20)

With salted ricotta, mixed leaf and green olives.

ANCIENT GRAIN SALAD S \$75(6-8) L \$95 (15-20)

With cherry tomato, rocket pesto, almonds, broccoli

PRICES ARE EXCLUDED GST



SNACK BOX

SUITABLE FOR CORPORATE / SCHOOLS/ SOCIAL EVENTS
Pack pricing is excluding GST

- crumbed chicken Panino
- Pizzelle with Nutella
- Pizza piece
- 4 cheese rice ball

PACK 1
\$25

- Breakfast wrap
- Mini Nutella croissant
- Fresh seasonal Fruit
- Savory muffin

PACK 2
\$25

- Selection of imported and local cold meat (prosciutto, mortadella, salami) and cheeses (provolone, bocconcini, pecorino).
- Mini fiadone cheese puff
- Pizza square
- crumbed chicken wrap with salad and mayo
- 4 cheese rice balls

PACK 3
\$30

ADD TO YOUR MINI PACK

\$6 +GST EXTRA PER ITEM:

- In house cocktail pork sausage in a Panino
- Mini ciabatta beef burger (salad, cheese, mayo, ketchup)
- Mini pasta al Pomodoro/beef ragu with shaved aged parmigiano

PRICES ARE EXCLUDED GST

BRUNCH BOX

Mixed gourmet sandwiches and wraps
Assorted artisans pastries sweet and
savoury Fresh fruit cups

serves 12 pp \$180 + GST



SCONES BOX

16 halves Scones topped with
cream and strawberry jam

\$95 +GST



FRESH ARROSTICINI



LAMB \$1.2

PORK \$1.2

CHICKEN (CRUMBED OR UNCRUMBED) \$1.2

DIAVOLA (SPICY CHICKEN) \$1.5

LIVER AND ONION \$3

SWORDFISH (CRUMBED OR UNCRUMBED) \$3

SAUSAGE + POTATO \$4

VENTRICINA \$2

(PORK, SWEET AND HOT CHILLI)

MANZO (MB2 + SCOTCH FILLET) \$3

CHARCOAL (PRICE UPON REQUEST)

NO MINIMUM ORDER, FREE BBQ HIRE WITH
ARROSTICINI PURCHASE -RETURN NEXT DAY

**TRADITIONAL
LAMB**





SWORDFISH
(CRUMBED OR UNCRUMBED)

CHICKEN
(CRUMBED OR UNCRUMBED)



PORK

**LIVER
AND
ONION**



ARROSTICINI PACKAGE

ABRUZZO LAB AT YOUR LOCATION (2 HOURS ON SITE COOKING)

Base Package – \$850+ GST **

A unique live cooking experience that brings the authentic taste of Abruzzo to your venue.

Includes:

- **Charcoal grill and full setup**
- **Experienced grill chef**
- **2 hours of live, on-site grilling**
- **Service of skewers in traditional terracotta jugs (or alternative serving method as preferred by the venue)**

Arrosticini Selection (pricing per skewer)

Fresh skewers must be purchased separately depending on your guest numbers. You can customise your menu by selecting from our wide variety of flavours:

- **Lamb** Classic Abruzzese \$1.20
- **Chicken (Crumbed)** -Family-friendly options \$1.20
- **Diavola** Chicken Spicy, bold marinade \$1.50
- **Pork** Juicy and flavourful \$1.20
- **Ventricina Pork** with sweet and hot chilli \$2.00
- **Swordfish (Crumbed)** Light seafood skewers \$3.00
- **Manzo (MB2 Scotch Fillet)** Premium beef cut \$3.00
- **Liver & Onion** Traditional Abruzzese specialty \$3.00
- **Sausage & Potato** Rich and filling, perfect for events \$4.00

You tell us how many of each skewer you need – we'll prepare them fresh, deliver, and cook them on-site.

Add to your Arrosticini package:

- **In house cocktail sausages cooked over charcoal \$40P/KG**
Hot - mild - fennel
- **BBq mortadella with stracciatella and pistacchio \$5pp**
- **Variety of bruschetta \$4pp**
- **Beef burgers \$6pp**

****Travel fee may apply**

ARROSTICINI & PIZZA

ABRUZZO LAB AT YOUR LOCATION (2 HOURS ON SITE COOKING)

\$60 +GST per person

(Minimum 50 guests)

A unique and flavour-packed experience that includes:

- ✓ Fresh lamb and chicken arrosticini, grilled live on-site over charcoal
- ✓ A variety of pizzas, cooked on-site by our expert pizzaiolo
- ✓ Optional pizza show with silent disco for extra fun and entertainment

Perfect for corporate events, private functions, and unforgettable celebrations.



ABRUZZO LAB TOURING GRAZING TABLES - WE COME TO YOU

PASCOLO TABLE - SERVED COLD

Leave your guests to roam over an eye popping grazing table filled with all the Italian goodies set up by the Abruzzo Lab team.

INCLUDED 45+ GST PP

- Cold meats - Prosciutto, salami (hot and mild), mortadella, capocollo, ham
- Cheeses - Pecorino, provolone, bocconcini, stracciatella
- Rotolo di mozzarella (mozzarella pinwheel with sundried tomatoes and fresh spinach)
- Mixed tramezzini
- Pasta salad with basil pesto and fresh cherry tomato
- Spinach and cheese sfoglia
- Porchetta with crackle, focaccia, salsa verde, fresh spinach and provolone
- Mixed rustic in house pizza pcs
- Mini brioche bun with crumbed chicken cotoletta, salad and mayo
- 4 cheese rice balls with aioli and micro herbs
- Savory cannoli with hot smoked salmon mousse and salted pistacchio
- Prawn cocktail cups
- Artisan bread

ALL DIETARY CAN BE ACCOMMODATED FEES APPLY

NOTE: STAFF ARE AVAILABLE UPON REQUEST, MINIMUM 4 HOURS (PLEASE CONTACT US DIRECTLY FOR RATES AND AVAILABILITY). DISPOSABLE CUTLERY, PLATES AND NAPKINS CHARGED SEPARATELY IF REQUIRED

TAVOLA BY THE METRE

MIX OF LOCAL AND IMPORTED COLD MEATS AND CHEESES, MIXED OLIVES, LUPINI, GRILLED VEGETABLES WITH FRESH BREAD

1M (20 PAX) 650 +GST
1.5M (50 PAX) 1300 +GST
2M (100 PAX) 1900+GST
4M (150 PAX) 2400+GST



DOLCI AND FRUTTA



CRISPELLE \$45 P/KG

Long donut coated with sugar (appx 10-12pcs)

TIRAMISU S \$80 (6/8) L \$150 (18/20) XL \$190 (25/30)

CARTOCCI \$9 EA

Spiral donut filled with custard and coated with sugar

ABRUZZESE CAGIONETTI (MIN 1KG) \$70 P/KG



Pastry pillow filled with a traditional mix of chickpeas, chocolate, vino cotto and orange zest, lightly fried (appx 25)

CHIACCHIERE - CROSTOLI \$70P/KG

PIZZELLE \$45 P/KG (MIN 1KG)



Hard / Soft (appx 25-30pcs)

MINI CANNOLI \$4.5 EA

LARGE CANNOLI \$8.5 EA

CHEESECAKE

- Pistacchio \$95
- Nutella \$85
- Cherry \$70

FRESH FRUIT PLATTER S \$65 (5-8) L \$100 (10-15)

TERMS AND CONDITIONS

1. Booking confirmation:

All catering orders must be confirmed with a confirmation email/invoice and deposit to secure the booking.

2. Deposit and payment:

- A 10% deposit is required upon booking confirmation
- Final payment is due according to issued invoice
- Payment can be made by accepting the invoice or bank account.

3. Cancellations

- Cancellations made 2 weeks prior the event will receive a full refund or credit.
- Cancellation within less than one week of the event will forfeit the deposit or full refund.

4. Menu and changes:

- Menu selections must be finalised 2 weeks prior the event.
- Last minute changes may not be accommodated and may incur additional fees.

5. Travel fees:

Travel fees may apply based on the event's location and will be communicated at the time of the booking.

6. Set up costs:

A setup fee may apply depending on the size and complexity of the catering.

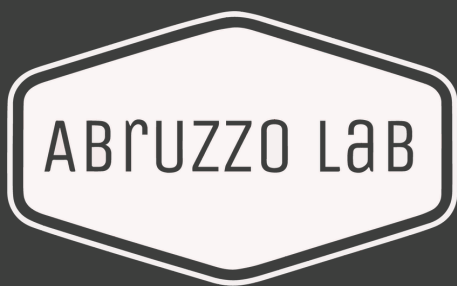
7. Delivery timeframes:

Abruzzo Lab strives to provide timely deliveries; however, we do not guarantee exact delivery times. Circumstances beyond our control, such as traffic, weather conditions, or unforeseen events, may affect delivery schedules. Customers are advised to allow a window of 15 minutes before or after their requested delivery time.

8. Customer Responsibility: Customers are responsible for providing accurate delivery details, including a reachable contact number, to facilitate smooth communication between our team and the recipient.

9. Force Majeure: Abruzzo Lab reserves the right to cancel or modify services due to unforeseen circumstances beyond our control

10. Acceptance of Terms: By placing an order with our catering services, you acknowledge and accept these terms and conditions. If you have any questions or concerns regarding these terms, please contact our team.



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