



SPORT + HIGH PERFORMANCE

Food & Beverage Pack





WELCOME TO QC QUALITY CATERING!

We are a business that offers much more than delicious menus and great service. We understand nutrition and importance of food as fuel for our customers.

Specialising in high performance sports catering, we assist players and athletes in performing at their best at all times of the year in their training and competition.

Our experienced team are made up of dedicated hospitality professionals with over 100 years of experience amongst us, including fine dining restaurants, food production, catering and management.

WE CATER TO EVERY NEED,
LET US CATER FOR YOU.



FOOD FOR FUEL

healthy approach



SPORTS NUTRITION

DELIVERING WORLD-CLASS NUTRITION
SUPPORT TO AUSTRALIAN ATHLETES!

Well-planned eating practices help athletes to train hard, stay healthy and injury-free, and compete at their best.

QC Quality Catering is well versed in understanding the importance to provide correct nutritional foods to athletes in accordance with their preparation pre, during and post competition.

Working with the athletes or a team's dietitian and nutritionist, the QC Quality Catering team can prepare and cater to meet all dietary and allergen requirements.



QualityCatering

☎ 07 3896 4533

✉ events@qcclub.com.au

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MENUS

restore & replenish



DRY PROTEIN MEALS

FISH

Crispy snapper fillets with lemon poppyseed yoghurt

Grilled atlantic salmon with tumeric yoghurt

RED MEAT

Slow roasted lamb roulade with rosemary jus

Brisket medallions slow braised with celeriac, chilli and native thyme

CHICKEN

Grilled chicken breast with fresh lemon and thyme



WET PROTEIN MEALS

ASIAN-INSPIRED

Tender beef and black bean stir fry with Asian vegetables

Hong Kong satay chicken

Pad thai noodles with chicken and vegetables

ALL TIME FAVES

Hungarian beef goulash

Beef stroganoff with rice pilaf

Chicken paella with Mediterranean vegetables

Beef lasagne

ADD A \$9 SIDE



Garden salad

(V) (GF) (DF) (Vegan)



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MENUS

carb loading



MEALS + SIDES

RICE + NOODLES

Steamed basmati rice

Rice pilaf

Fragrant coconut basmati rice

Pumpkin + spinach risotto
with wild rocket (v)

Pad thai noodles with tofu
and asian vegetables (v)

PASTA

Spiral pasta with roasted
root vegetables & cashew
cream (v)

Penne + vegetable pasta
with Napoli sauce (v)

POTATO

Roasted potato salad

roasted potato, dill cucumber,
horseradish yoghurt dressing,
fried capers and fresh
chives (GF, V)

Baby chat potato salad

baby chat potato, sugarsnaps,
dill and parsley, sesame and
yoghurt dressing (GF, DF, V)

Roasted chat potatoes with
rosemary sea salt



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MENUS

power up with plants



MEALS + SIDES

VEGETARIAN

Zucchini + carrot fritters
with chilli jam and cashew
cream (v)

Pumpkin + spinach risotto
with wild rocket (v)

Spiral pasta with roasted
root vegetables and cashew
cream (v)

Penne & vegetable pasta
with Napoli sauce (v)

Pad thai noodles with tofu
and Asian vegetables (v)

VEGETABLES

**Mixed Asian stir fry
vegetables**

Classic corn on the cob
lightly rubbed with sea salt
and black pepper grinds

Steamed vegetables
lightly seasoned with chilli
and shaved almonds

**Mixed roasted root
vegetables**

Green beans with sea salt
and black pepper grinds

Panache vegetables
steamed

SALADS

Roasted potato salad
roasted potato, dill cucumber,
horseradish yoghurt dressing,
fried capers and fresh
chives (GF, V)

Baby chat potato salad
baby chat potato, sugarsnaps,
dill and parsley, sesame and
yoghurt dressing (GF, DF, V)

Quinoa with roasted baby
carrots, sauerkraut, parsley,
pumpkin hummus (GF, DF, V)

**Beetroot, fresh blood orange,
persian feta** with minted lime
and poppyseed yoghurt (GF, V)

Caesar salad with basil crutes

**Roasted sweet potato,
chickpea, parsley, dates,
cashews** with tumeric yoghurt
dressing (GF, V)



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MENUS

get energised



READY-TO-GO MEALS + SNACKS

BREAK ENERGY MEALS

Kebab pita wrap

chicken / lamb or vegetarian with lettuce, tomato, red onion and tzatziki

(SINGLE SERVE IN A BAG)

Sushi

a selection of proteins and vegetables

(INDIVIDUALLY PACKAGED)

Cheeseburger

southern style beef or chicken accompanied by a slaw

(INDIVIDUALLY PACKAGED)

Assorted wraps

chicken, ham and superfood

(SINGLE SERVE INDIVIDUALLY WRAPPED)

RECOVERY MEALS

Souvlaki pita wrap

lamb or chicken served with lettuce, tomato, red onion, tzatziki and hummus

(SINGLE SERVE IN A BAG)

Chicken + beef burritos

(SINGLE SERVE IN FOIL LINED BAG)

Chicken + vegetable noodle boxes

vegetarian option available

(SERVED IN A NOODLE BOX)

Cheeseburger

southern style beef or chicken accompanied by a slaw

(INDIVIDUALLY PACKAGED)

HIGH ENERGY SNACK FOODS

Sliced fresh fruit box

(TAMPER-PROOF CONTAINER)

Yoghurt

selection of assorted Chobani fruit Greek yoghurt

Whole fruits

apples and bananas

Nuts

almonds, cashews and peanuts

(INDIVIDUAL PACKS)



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MENUS

feed the team



PLAYERS' SANDWICHES + WRAPS

SANDWICH FILLINGS SELECT FOUR [4]

Corned beef

with dijonaise, gherkins and Swiss cheese

Roast beef

with roasted pumpkin, baby spinach and beetroot relish

Lemon, garlic + thyme roasted chicken

with lettuce, tomato and Greek cucumber yoghurt

Shaved leg ham

with honey mustard mayonnaise, tomato, mixed lettuce leaves and Swiss cheese

Egg + lettuce

with spiced tumeric mayonnaise

Vegetarian

roasted sweet potato, carrots, sauerkraut, baby spinach, parsley and pumpkin hummus (v)

WRAP FILLINGS SELECT TWO [2]

Caeser-inspired

chicken with crunchy cos lettuce, crispy bacon, parmesan shards and house caesar dressing

Tuna

with baby spinach, tomato salsa and wild rocket leaves

Chicken

with baby spinach, tomato, corn, jalapeno, red onion, chipotle dressing

Superfoods

red cabbage, beetroot, carrot, quinoa, chia, baby spinach, alfalfa and pumpkin hummus (DF) (V)

Roast beef

with roasted pumpkin, baby spinach and beetroot relish

OPTIONS

Breads

- Multigrain
- White sliced
- Wholemeal
- Dark rye
- Gluten free

FRESH SANDWICHES
ARE CUT INTO HALVES,
INDIVIDUALLY BOXED
+ LABELLED



the fine print

QC QUALITY CATERING TERMS + CONDITIONS

The following terms and conditions apply to catering provisions provided by QCC Consulting in addition to the full company trading terms and conditions:

- All orders must be received by 12pm for next day delivery.
- Any late orders need to be confirmed by phoning QCC Consulting directly for confirmation and over the phone placement.
- Corporate catering orders are available for delivery Monday – Friday from 7am – 3pm. Orders requested outside of these times are subject to availability and incur an out of hours surcharge.
- All orders require FULL payment via credit card prior to delivery (excluding approved corporate credit account holders with valid Client Account Number (CAN) Invoices will be issued on approved trading terms.)
- No payments processed for corporate catering more than 30 days in advance.
- A QCC Consulting credit application needs to be requested and approved to receive account holder status for ongoing regular corporate catering orders. One-off and occasional catering requires full payment prior to delivery.
- 48 hours' notice is required for cancellation of any order. Full payment is required for orders cancelled on the day of delivery.
- For orders placed over \$250, delivery within 5km of Brisbane CBD is complimentary. For orders outside of this area a standard delivery fee applies based on postcode. Confirmed on checkout. All orders have the option of Pick Up from our Albion base.
- All orders under \$250 incur a \$50 delivery surcharge.
- QCC Consulting reserve the right to amend prices without notice.
- All catering equipment (including platters, bowls, and serving equipment) remain the property of QCC Consulting. Any damaged equipment or non-returned items will be charged at full replacement cost.
- QCC Consulting reserve the right to charge an additional fee for events that require a difficult set up, such as staircases or delayed service set up. Any such fees will be advised during site inspection.
- Full company trading terms and conditions to be read before and understood prior to confirming a quote.
- **Surcharges** – Catering required on Public Holidays, Christmas Eve and New Years Eve will incur a 15% surcharge on the quoted prices and are subject to availability.
- **Staffing** – All events require a minimum of one chef and one waiter for 3 hours per staff member. Depending on menu selection, venue set up and number of guests attending we will advise the staffing levels to ensure an efficient meal service. All staff requirements are charged from our Albion base to your function and returning to Albion.
- **Breakages** – QCC Consulting reserves the right to on charge to the client the cost of any replacement glassware or equipment that is damaged, destroyed or lost during the event.
- **Parking** – to provide our service QCC Consulting requires designated car parking space for one or more vehicles. Should parking charges/fees apply to the parking area these fees will be on charged to the client after the event.
- **Waste Removal** – QCC Consulting will not remove any waste from the event venue/site.
- **Special dietary** – QCC Consulting will take care to provide special meals for all dietary requirements but is unable to guarantee 100% free from traces of produce that cause allergic reactions including nuts, sesame, wheat, fish, milk, egg, crustacea, soy and lupin. All dietary requirements must be provide to Event Manager in writing no less than three (3) business days from event date.
- **Liquor Licence** – QCC Consulting follows best industry practice for Responsible service of alcohol policies. QCC Consulting reserves the right to refuse service to persons or end an event in accordance with this policy. QCC Consulting is licensed with the Queensland Government Office of Liquor and Gaming (#168033) to supply alcohol 10.00am – 12.00am Monday to Sunday
- **Event Schedules** – All event contact details, timings, run sheets, bump in and bump out details, venue contacts are required five (5) business days prior to event to ensure smooth deliver.
- **Taxes/GST** – All prices listed are including GST and in Australian dollars.

Staff Pricing

MONDAY-FRIDAY

CHEFS	\$48.90 p/h
F & B ATTENDANT	\$43.50 p/h
SUPERVISOR	\$48.90 p/h

SATURDAY

CHEFS	\$54.50 p/h
F & B ATTENDANT	\$48.90 p/h
SUPERVISOR	\$54.50 p/h

SUNDAY

CHEFS	\$65.20 p/h
F & B ATTENDANT	\$54.50 p/h
SUPERVISOR	\$65.20 p/h

