

Helen's

EUROPEAN CUISINE®

Thanks Mum x



Product Catalogue

Savoury • Sweets • Scones • Vegetarian • Gluten Free • Vegan



Helen's
EUROPEAN CUISINE®

Handmade with local, fresh ingredients, we strive to provide quality savoury and sweet products that not only bring people together, but also inspire others to share a little bit of love.



**HANDMADE
WITH LOVE**



**SUPPORTS LOCAL
FARMERS &
SUPPLIERS**



**PRE PORTIONED
& READY
TO SERVE**



**GLUTEN FREE, DAIRY
FREE, VEGETARIAN &
VEGAN AVAILABLE**



**AUSTRALIAN
FAMILY OWNED
& MADE**

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Tomato & Fetta Puff

Handmade puff pastry topped with cherry tomatoes, red onion, fetta cheese & parsley.

Vegetarian



Weight: Approx 85g per portion Portions: 12 per tray Shelf Life: 3 days chilled



Breakfast Bacon & Egg Tart

Tomato, bacon and egg with diced onion and
tasty cheese in a shortcrust pastry shell.

Weight: Approx 150g per portion Portions: 6 per tray Shelf Life: 5-7 days chilled

Rustic Potato Rosti

A traditional Swiss style rosti, made with grated potato and chopped onion.

Gluten Free *and* Vegan



Weight: Approx 85g per portion Portions: 18 per tray Shelf Life: 3-5 days chilled



Gluten Free

Corn & Zucchini Fritters

A combination of corn, zucchini, capsicum, onion, egg & tasty cheese.

Vegetarian

Weight: Approx 60g per portion Portions: 24 per tray Shelf Life: 5 days chilled

Our Frittata Range



Gluten Free

Sweet Potato, Pumpkin, Spinach & Fetta

A wholesome blend of sweet potato and pumpkin chunks, oven-roasted with Spanish onion and herbs, combined with red peppers, baby spinach and crumbled fetta.

Gluten Free *and* Vegetarian



1.5 SERVES OF VEGGIES
PER PORTION

Baby Spinach & Fetta

Blanched garden spinach and sautéed onion, combined with a creamy blend of fetta and tasty cheese, seasoned and topped with crumbled fetta.

Gluten Free *and* Vegetarian



1 SERVE OF VEGGIES
PER PORTION

Weight: Approx 200g per portion Portions: 6 per tray Shelf Life: 5-7 days chilled

Gourmet Rolls

Roast Pumpkin & Ricotta

Oven-roasted pumpkin combined with ricotta, fetta, cottage and tasty cheese, herbs and spices, wrapped in a golden puff pastry.

Vegetarian



1 SERVE OF VEGGIES
PER ROLL



Lean Beef

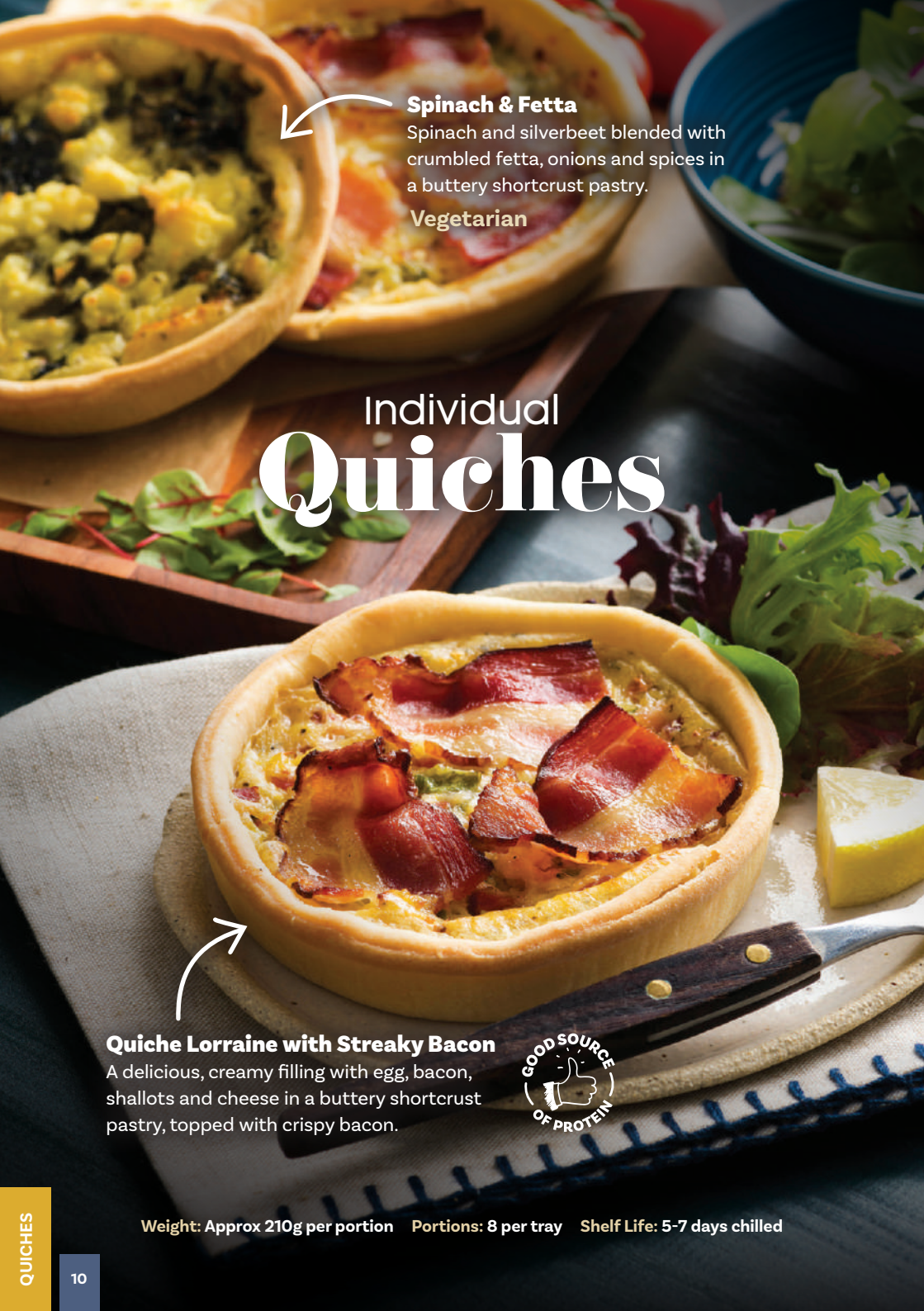
Lean beef mince seasoned with herbs and spices, combined with our Napolitana sauce, wrapped in a golden puff pastry and topped with sesame seeds.

Spinach & Fetta

Spinach and silverbeet mixed in a creamy blend of crumbled fetta, onion and spices wrapped in a golden puff pastry and topped with poppy seeds.

Vegetarian

Weight: Approx 180g per portion **Portions:** 8 per tray **Shelf Life:** 5-7 days chilled



Spinach & Fetta

Spinach and silverbeet blended with crumbled fetta, onions and spices in a buttery shortcrust pastry.

Vegetarian

Individual **Quiches**

Quiche Lorraine with Streaky Bacon

A delicious, creamy filling with egg, bacon, shallots and cheese in a buttery shortcrust pastry, topped with crispy bacon.



Weight: Approx 210g per portion **Portions:** 8 per tray **Shelf Life:** 5-7 days chilled



La Grande Quiche Lorraine

Diced bacon with tasty cheese and freshly chopped
tomato in a handmade herb shortcrust pastry.

Weight: Approx 2kg per quiche Portions: 12 pre-cut portions per quiche Shelf Life: 5-7 days chilled

Gourmet Scrolls

Vegetarian



Spinach & Fetta

Spinach and silverbeet in a creamy blend of crumbled fetta, diced onion and spices, wrapped together with soft ricotta into a filo scroll.

Oven-Roasted Vegetable

Pumpkin, sweet potato, eggplant, capsicum and zucchini combined with fetta and parmigiana sauce wrapped with soft ricotta into a filo scroll.



1 SERVE OF VEGGIES
PER PORTION

Weight: Approx 180g per portion Portions: 7 per tray Shelf Life: 5-7 days chilled

Sweet Potato & Pumpkin Soup

Smooth and velvety sweet potato and pumpkin soup.

Gluten Free *and* Vegan



2 SERVES OF VEGGIES
PER PORTION



**LOW IN FAT &
SATURATED FAT**

Sweet Corn & Potato Soup

A thick and creamy soup made with potato, cheese, corn and onions.

Gluten Free



1 SERVE OF VEGGIES
PER PORTION



Our Seasonal Soups

AVAILABLE MARCH - SEPTEMBER

*Toppings for inspiration only

Weight: 2L per pouch Portions: 8 serves per pouch Shelf Life: 5 days chilled

Delicious Gourmet Filos



**Roast Pumpkin,
Spinach & Fetta**

**Chicken
Parmigiana**

**Creamy Chicken
& Mushroom**

**Creamy Chicken
& Camembert**

**Chicken, Bacon
& Avocado**

Weight: Approx 200g per portion Portions: 6 per tray Shelf Life: 5-7 days chilled



*Chicken Parmigiana Gourmet Filo plating inspiration

Roast Pumpkin, Spinach & Fetta

A rich & colourful filling of oven-roasted pumpkin, spinach and silverbeet in a creamy blend of crumbled fetta, onion and spices, encased in filo pastry.

Vegetarian



1.5 SERVES OF VEGGIES
PER PORTION

Creamy Chicken & Mushroom

Chicken tenderloin enfolded in a creamy mushroom sauce finished in a crispy filo pastry.

Chicken, Bacon & Avocado

Chicken tenderloin enfolded in an avocado, capsicum and bacon sauce finished in a crispy filo pastry.

Chicken Parmigiana

Chicken tenderloin combined with Parmigiana sauce made from crushed tomatoes and parmesan cheese folded in a crispy filo pastry.

Creamy Chicken & Camembert

Chicken tenderloin enfolded in a creamy Camembert cheese sauce, with chopped onion and shallots wrapped in filo pastry.

Rosemary Lamb

Butter Chicken

Garden Spinach & Fetta

Tender Steak & Mushroom

Tender Steak & Guinness



Premium Filos

Weight: Approx 180g per portion Portions: 6 per tray Shelf Life: 5-7 days chilled

Rosemary Lamb

Tender chunks of seasoned lamb in a rich rosemary and herb gravy enfolded in filo pastry.

Tender Steak & Mushroom

Diced tender steak marinated in red wine, with mushrooms and shallots in a rich gravy, wrapped in filo pastry.

Butter Chicken

Succulent chicken cooked in a creamy, vibrant tomato and aromatic spiced sauce in golden filo pastry.

Garden Spinach & Fetta

Sautéed spinach, silverbeet and onion in a creamy blend of crumbled fetta, cottage and tasty cheese, encased in filo pastry.

Vegetarian

Tender Steak & Guinness

Tender chunks of steak marinated in Guinness, with caramelised onions in a rich gravy finished in a crispy filo pastry.



*Rosemary Lamb Premium Filo Plating Inspiration

Premium Vegan Filos

FEATURING ANTIOXIDANT-RICH SPICES



Mexican Filo

Curry Filo



*Mexican Filo Plating Inspiration

Curry Filo

Garam Masala inspired curry with sweet potato, ginger, carrot, chickpeas, coconut cream, turmeric, cumin and white pepper, enfolded in **turmeric glazed filo pastry**.

Weight: Approx 165g per portion

Portions: 8 per tray

Shelf Life: 5-7 days chilled

Mexican Filo

A blend of lentils, chickpeas, peas, celery, capsicum, onions, cannellini beans, black turtle beans with cumin, paprika and chilli spices, folded in **turmeric glazed filo pastry**.

Weight: Approx 165g per portion

Portions: 8 per tray

Shelf Life: 5-7 days chilled



Lasagnes

AVAILABLE IN BOTH HOME-STYLE (ROUND) AND TRADITIONAL (SQUARE)



Weight: Approx 3kg per lasagne Portions: 12 pre-cut portions per lasagne Shelf Life: 5-7 days chilled
(Both Home-Style and Traditional Lasagne)



Roast Pumpkin & Garden Spinach Home-Style (Round)

Oven-roasted pumpkin layered between sheets of pasta, with a creamy blend of crumbled fetta, onion, spices, spinach, silverbeet and Napolitana sauce.

Vegetarian

**Also available in Traditional (Square)*



Traditional Beef (Square)

Pasta and creamy Bechamel sauce, layered with a rich Bolognaise of beef mince, crushed tomatoes, garlic and basil.

**Also available in Home-Style (Round)*

Deep Dish Pies



Tender Steak & Guinness

A hearty combination of chunky beef and caramelised onion, slow cooked in an earthy Guinness-based gravy, encased in pastry.



Weight: Approx 180g per portion Portions: 5 per tray Shelf Life: 5-7 days chilled



**Tender Steak & Guinness Plating Inspiration*

Finger Food

4 PLATTERS AVAILABLE





**Mini Butter
Chicken Tartlets**

**Mini Spinach
& Fetta Pastries**

Mini Steak Pies

**Mini Caramelised Onion
& Camembert Tart**

Mini Butter Chicken Tartlets

Succulent chicken cooked in a creamy, vibrant tomato and aromatic spiced sauce in a savoury shortcrust pastry.

Weight: Approx 45g per portion

Portions: 30 per tray

Shelf Life: 5 days chilled

Mini Spinach & Fetta Pastries

Spinach & silverbeet combined with crumbled fetta, rolled in a delicious puff pastry.

Weight: Approx 35g per portion

Portions: 40 per tray

Shelf Life: 5 days chilled

Mini Steak Pies

Chunks of beef with caramelised onion, slow cooked in a delicious gravy, topped with puff pastry.

Weight: Approx 60g per portion

Portions: 24 per tray

Shelf Life: 5 days chilled

Mini Caramelised Onion & Camembert Tart

Caramelised onion and creamy Camembert quiche in a buttery pastry shell, topped with cracked pepper.

Weight: Approx 60g per portion

Portions: 30 per tray

Shelf Life: 5 days chilled

Delicious Savoury Muffins

Pumpkin & Bacon

Pumpkin and diced bacon with herbs and spices, topped with crispy bacon bits.

Baby Spinach & Fetta

Baby Spinach, parmesan cheese and onion topped with crumbled fetta.

Vegetarian

Weight: Approx 180g per portion Portions: 6 portions per tray Shelf Life: 5-7 days chilled



Something

Sweet

*Candy hearts are for inspiration only



Chocolate & Raspberry Muffin

Gluten Free and Vegan

A decadent blend of chocolate & raspberries
baked into a delicious chocolate muffin.

Weight: Approx 110g per portion Portions: 12 portions per tray Shelf Life: 5 days chilled

Butterscotch & White Chocolate

A blast of butterscotch caramel with white chocolate gems in a rich muffin, drizzled with white chocolate.

Strawberry & White Chocolate

Strawberries with white chocolate gems, topped with a dollop of smooth buttercream.

Chocolate Trio

Triple decadent chocolate muffin with white and dark chocolate chips.

Gourmet Muffins

Weight: Approx 120g per portion Portions: 6 portions per tray Shelf Life: 5-7 days chilled

Texas Muffins

Wildberry & White Chocolate

Wildberries in a soft muffin, with a white chocolate ganache topping.

Orange & Poppyseed

Orange zest and poppy seeds in a moist muffin, topped with a subtle orange glaze.

Blueberry & Custard

A blueberry muffin with a creamy vanilla custard centre and swirl on top.

Triple Chocolate

A chocolate muffin with chocolate chips and dark chocolate ganache topping.

Weight: Approx 180g per portion Portions: 6 portions per tray Shelf Life: 5-7 days chilled

Triple Chocolate Mini Muffin

A chocolate muffin with chocolate chips and dark chocolate ganache topping.

Blueberry White Chocolate Mini Muffin

Blueberries mixed into a light, fluffy muffin, drizzled with white chocolate ganache.

Mini Muffins

Weight: Approx 25g per portion Portions: 20 portions per tray Shelf Life: 5-7 days chilled

Scones

Traditional

These scones are light, fluffy and perfectly sweet.

Weight: Approx 90g per portion Portions: 24 portions per tray Shelf Life: 2-3 days chilled



Sticky Date

These deliciously tasty scones are made with dates and caramel fudge pieces.



Gourmet Breads

A large, golden-brown loaf of banana bread sits on a wire cooling rack. The bread is partially covered by a white paper liner and a blue and white striped cloth. A butter knife with a wooden handle and a small dish of butter are placed next to the bread. The background is a dark, textured surface.

Banana Bread (Whole)

Ripe bananas and cracked walnuts, blended into a bread loaf.



**Coconut & Mango
Loaf**

**Pear & Raspberry
Loaf**

Banana Bread

**Coconut & Mango
Loaf (Pre-Cut)**

A soft, moist loaf, with shredded coconut, mango, topped with crushed macadamia nuts.

**Pear & Raspberry
Loaf (Pre-Cut)**

Banana with sweet raspberries and chunks of pear.

**Banana Bread
(Pre-Cut)**

Ripe bananas and cracked walnuts, blended into a bread loaf.

Weight: Approx 2kg per loaf **Portions:** 12 pre-cut portions **Shelf Life:** 5-7 days chilled



**Sweet Potato,
Pumpkin, Spinach
& Fetta Frittata**

**Home-Style Beef
Lasagne**

Take me with you

Our heat-and-serve products provide:

- Quality and consistency
- Minimal preparation
- A time saving solution
- Assistance in reducing wastage
- Perfect menu or takeaway options



Hearty food starts with fresh, locally sourced produce... and plenty of it!

“A diet rich in fruits and vegetables supports a healthy gut, prevents the onset of chronic disease and notably is a rich source of inflammation-reducing polyphenols.

These are most bioavailable when sourced locally, directly from farmers.

That’s why, where possible, our procurement team work directly with local farmers and suppliers to ensure fresh produce is delivered to us.”

Eleni Zeniou
Dietitian APD.

We pride ourselves on food that feeds
our mind, body and soul.

Breakfast



**Rustic Potato
Rosti**

Supporting you throughout the entire day.



Brunch

**Baby Spinach
& Fetta Frittata**

A close-up photograph of a round, golden-brown scroll filled with a mixture of vegetables and cheese, served on a dark, textured plate. Several green asparagus spears are arranged around the scroll. The lighting is dramatic, highlighting the textures of the food.

**Oven-Roasted Vegetable
Gourmet Scroll**

Lunch

We have an extensive range of products suited to any day part.

A photograph of a rectangular fillo pastry filled with chicken and cheese, served on a light-colored plate. It is accompanied by a side of green beans and asparagus, and a small bowl of sliced potatoes. The background is dark and rustic.

Dinner

**Creamy Chicken
& Camembert
Gourmet Filo**



Freezing, Defrosting & Heating Tips

Freezing:

- Store at -18°C or below for up to 10 months.
- Highly recommended: store products in original boxes.
- Best quality: place in freezer bag and return to box.

Defrosting:

- Defrost overnight in cold room or refrigerator (4°C or below).
- Large products may require 2 days to defrost.
- Refer to product page for thawed shelf life stored at 4 °C or below.
- Re-freezing products is not recommended.

Heating Instructions:

- All products are pre-cooked, ready to heat and serve
- Heat in a speed oven, microwave or conventional oven.

Fast Serving:

- Heat thawed items in a microwave.
- Heat in microwave, using crisp or grill setting for products with pastry.
- Microwave until core temperature reaches >65°C.
- Finish under a grill or in the oven until crispy.
- Please note, every appliance is different, use this as a guide only.

Oven Tips:

- Heat thawed product at 160°C for about 20-30 mins, depending on product size.

Speed Oven Tips:

- Works well to perfectly heat and brown products.
- For specific programs, please speak to your speed oven supplier.

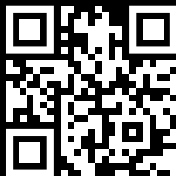
For more support, please contact your Business Development Manager

*"Sharing amazing food with others
has the power to foster care, connection
and most importantly love."*

*"Thank you for supporting our
family business."*

Helen and Zen Zeniou





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