

# Helen's

EUROPEAN CUISINE®

*Thanks Mum x*



*Product Catalogue*

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

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*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

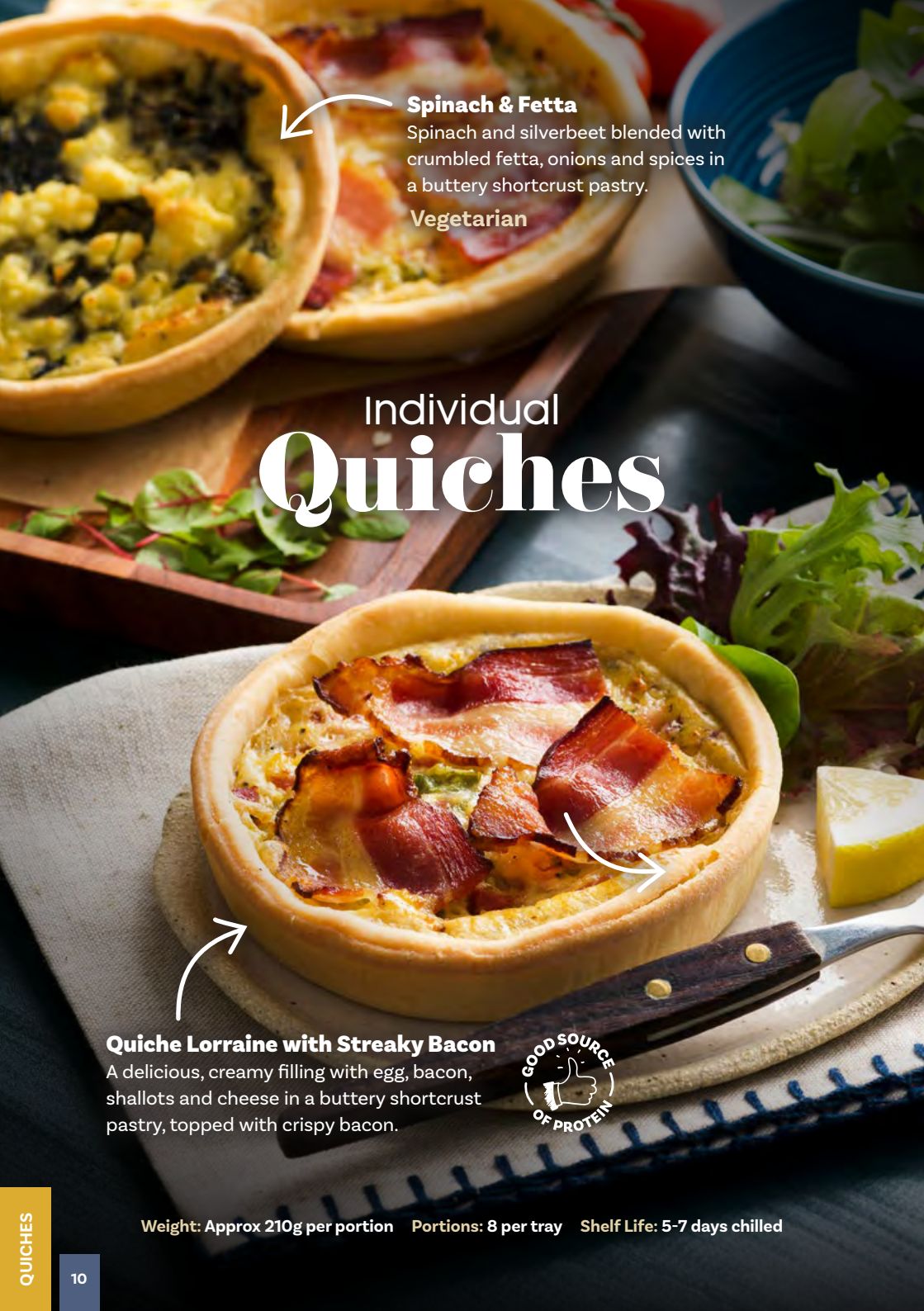
Lean beef mince seasoned with herbs and spices, combined with our Napolitana sauce, wrapped in a golden puff pastry and topped with sesame seeds.

## 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 fillo pastry.

#### **Vegetarian**



**1.5 SERVES OF VEGGIES**  
PER PORTION

### **Creamy Chicken & Mushroom**

Chicken tenderloin marinated in white wine, enfolded in a creamy mushroom sauce finished in a crispy fillo pastry.

### **Chicken, Bacon & Avocado**

Chicken tenderloin marinated in white wine enfolded in an avocado, capsicum and bacon sauce finished in a crispy fillo pastry.

### **Chicken Parmigiana**

Chicken tenderloin marinated in white wine, combined with Parmigiana sauce made from crushed tomatoes and parmesan cheese folded in a crispy fillo pastry.

### **Creamy Chicken & Camembert**

Chicken tenderloin marinated in white wine, enfolded in a creamy Camembert cheese sauce, with chopped onion and shallots wrapped in fillo 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



## 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





# Oven-Roasted Vegetable Tortilla Bake

Layers of tortillas, with oven-roasted capsicum, sweet potato, pumpkin, eggplant, zucchini and basil pesto.



**1 SERVE OF VEGGIES**  
PER PORTION

**Weight:** Approx 2.7kg per tortilla **Portions:** 12 pre-cut portions per tortilla **Shelf Life:** 5-7 days chilled



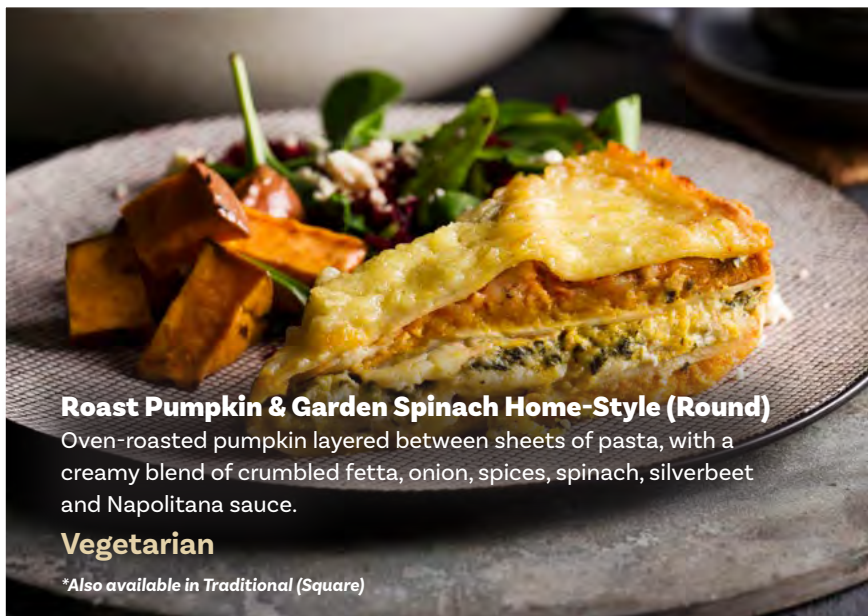
# Lasagnes

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)



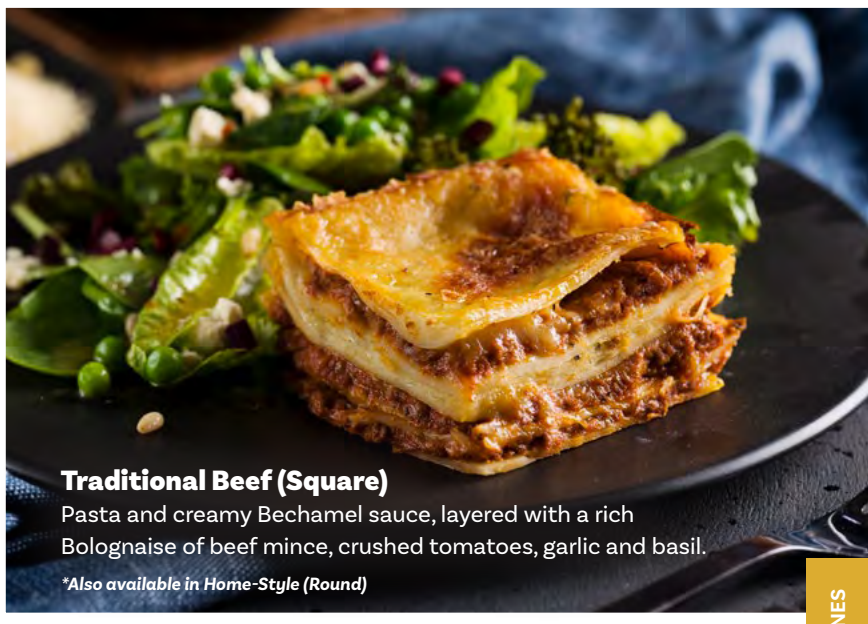


### **Roast Pumpkin & Garden Spinach Home-Style (Round)**

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 Bolognese 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



### **Chocolate Mini Muffins**

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 in a wire basket lined with a blue and white striped cloth. The bread has a cracked, textured top. Next to the bread is a small dish of butter and a knife with a wooden handle. 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

# Fruit Mince

## Tartlets

SEASONAL | NOVEMBER - DECEMBER

Sweet buttery pastry, encasing  
a classic mix of fruit & spices.



**Weight:** Approx 65g per portion **Portions:** 24 per tray **Shelf Life:** 30 day ambient





**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 baked scroll, likely made of filo, filled with a mixture of vegetables and cheese. It is served on a dark, textured plate alongside several green asparagus spears.

**Oven-Roasted Vegetable  
Gourmet Scroll**

**Lunch**

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

A photograph of a rectangular, golden-brown baked filo roll, filled with creamy chicken and Camembert cheese. It is served on a light-colored plate with a side of green beans and asparagus, and a small bowl of sliced potatoes.

**Creamy Chicken  
& Camembert  
Gourmet Filo**

**Dinner**



# 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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