



2023 Catalogue



For up to date pricing, specials and new product details please email us at sales@foodforfingers.com.au and we will provide access to our online ordering platform.



Heat and Serve range

Lamb Rogan Josh Samosa 40 x 30g

Lamb slow cooked in tomato and Kashmiri spices folded in a crisp samosa pastry.

Butter Chicken Samosa 40 x 30g

Chicken marinated in traditional Indian spices and yoghurt then wrapped in our samosa pastry.

Classic Vegetable Samosa 40 x 30g VEGAN

Our chef's take on the traditional vegetable samosa.

Pumpkin & Toasted Almond Samosa 40 x 30g VEGAN

Fresh pumpkin cooked in a light coconut curry with toasted almonds.



Sweet Potato & Cashew Empanada 40 x 30g VEGAN

Roasted cashew nuts and sweet potato with a touch of chilli in our empanada pastry.

Beef & Cheddar Empanada 40 x 30g

Ground beef seasoned with Mexican spices and cheddar cheese in fine short pastry.

Smoked Chicken Empanada 40 x 30g

Lightly smoked chicken and tomato salsa in our own special empanada pastry

Chorizo & Manchego Empanada 40 x 30g

Smoky chorizo with fresh herbs & manchego cheese wrapped in crisp empanada pastry

Spanish Potato & Pea Empanada 40x 30g VEGAN

Potato, green peas and fresh herbs lightly spiced with Mexican flavours in our own empanada pastry



Lorraine (Ham & Cheese) Savoury Donut 36 x 20g

Smoked ham, tasty cheese and spring onion.

Jalapeno Savoury Donut 36 x 20g VEGETARIAN

Jalapeno, coriander and spring onions combine for a taste sensation in a donut!!

All products come frozen for your convenience



Oven Bake Range. Ready to be baked fresh by you!



Chicken & Lemongrass Kofta 40 x 30g

Chicken combined with the bright fresh flavours of lemongrass & coriander.

Beef & Chipotle Kofta 40 x 30g

Ground Beef mixed with onions and smokey chipotle for a touch of spice.

Lamb & Oregano Kofta 40 x 30g

A Greek style kofta with fresh herbs, oregano and lemon.

AUSTRALIAN NATIVE FLAVOURS RANGE

Chicken & Lemon Myrtle Kofta 40 X 30g

Fresh Chicken with fragrant Lemon Myrtle and fresh herbs

Beef and Pepperberry Kofta 40 X 30g

Ground Beef flavoured with fruity native Pepperberry and our blend of spices.

Lamb & Saltbush Kofta 40 X 30g

Minced Lamb seasoned with native Saltbush and fresh herbs.



Butter Chicken Wellington 40 X 30g

Fresh tasty chicken combined with a rich and fragrant butter chicken sauce wrapped in flaky puff pastry parcels.

Beef & Mushroom Wellington 40 X 30g

Our delicious take on the classic beef Wellington!

Peking Duck Wellington 40 X 30g

Rich and fragrant Peking duck filling wrapped in a flaky pastry

Creamy Mushroom & Goats Cheese Wellington 40 X 30g **VEGETARIAN**

Mushroom and Goats Cheese combined in a delectable flaky pastry.



Chicken & Macadamia Meatball 50 X 30g

Chicken and roasted macadamia nuts flavoured with fresh ginger, coriander and mint.

Lamb & Feta Meatball 50 X 30g

Greek flavoured meatball with oregano and mint and a burst of feta

All products come frozen for your convenience



Oven Bake Range. Ready to be baked fresh by you!

Spanish Wagyu Sausage Roll 36 x 45g

Exotic wagyu beef, onions and fresh herbs flavoured with smoked paprika, garlic and spices.

Pork, Thyme and Cider Sausage Roll 36 x 45g

Fresh pork, apple cider and a touch of thyme.

Lamb and Harrisa Sausage Roll 36 x 45g

North African spices and succulent lamb combine in a flavour packed sausage roll.



Wontons & Dumpling Range

Frozen. Steam, Deep Fry or Pan Fry.

Shiitake & Tofu Dumpling 40 x 25g VEGAN

A Japanese inspired dumpling with shiitake mushrooms, tofu and vegetables.

Barramundi & Ginger Dumpling 40 x 25g

Fresh barramundi, gently flavoured with ginger and spring onion.

BBQ Pork Dumpling 40 x 25g

A classic flavoured dumpling with pork, hoisin, ginger and spring onions.

Satay Vegetable Dumpling 40 x 25g VEGAN

Fresh vegetables with a special satay sauce. These are truly delicious!

Prawn with Mint & Coriander Dumpling 40 x 25g

Fresh prawns, flavoured with fragrant coriander, mint & cashews.



Peking Duck Wonton 50 x 20g

Peking duck mixed with water chestnuts and spring onions in a crispy wonton skin.

Chicken & Lemon Grass Wonton 50 x 20g

A Vietnamese style dumpling flavoured with fresh lemongrass and a hint of sweet basil and coriander

All products come frozen for your convenience



Cooking Suggestions

Savoury Donuts

Reheat defrosted donuts in warm oven, 180°C for approx. 5 mins or refry gently in hot oil 170°C briefly until hot through. Do not overcook.

Empanada & Samosas

Cook from frozen. Deep fry in hot oil, 180°C until light golden brown. Remove from oil and rest for 5 min. Finish cooking in oven 180°C or deep fryer until hot through or bake in hot oven at 200°C until golden brown and hot through.

Dumplings

Cook from frozen. Steam: Coat the steamer base with a light layer of oil/non-stick spray. Place dumplings on top and cover pot with the lid.

Steam over the boiling water for 6-10 minutes. Deep Fry: Deep fry in hot oil, 180°C until light golden brown. Remove from oil and rest for 5 min. Finish cooking in oven 180°C or deep fryer until hot through..

Meatballs

Cook from frozen in a hot oven 200°C for 10-15min, or until cooked through..

Sausage Rolls , Pasties & Wellingtons

Bake in a hot oven 200°C for 15-20min, or until cooked through and golden brown.

Won Ton

Cook from frozen. Deep fry in hot oil, 180°C until light golden brown. Remove from oil and rest for 5 min. Finish cooking in oven 180°C or deep fryer until hot through or steam: Coat the steamer base with a light layer of oil/non-stick spray. Place wonton on top and cover pot with the lid. Steam over the boiling water for 6-10 minutes.

