

DELIVERY MENU

2015

DELIVERY FEE AK CBD \$25 - MINIMUM ORDER \$200 - ORDERS RECEIVED BY 2PM DAY PRIOR

MORNING TEA AND AFTERNOON TEA

Gluten Free options available * additional 25 cents

Dairy Free options available ~ additional 25 cents

SWEET

	Small	Large
Sweet Slice - Variety		\$2.50
Chocolate Brownie *		\$2.50
Danishes - Assorted Fruit		\$2.25
Assorted Cookies *		\$2.00
Yo Yo's - Passion fruit filling		\$2.00
Muffins Sweet *	\$2.25	\$3.50
Scones with Jam, Cream	\$2.95	\$3.50

Individual Cakes

Chocolate Cake, Chocolate Ganache Icing (GF)	\$3.75
Orange and Almond Cake (GF)	\$3.75
Banana and Fig Loaf (GF)	\$3.75
Carrot Cake, Cream Cheese Icing *, ~	\$3.75
Friands - Chefs daily flavor (GF)	\$3.50

SAVOURY

Muffins Savoury *	\$2.25	\$3.50
Cheese Scones, Butter	\$2.75	\$3.25

Hot

Handmade Gourmet Sausage Rolls, Tomato Sauce	\$2.50
Handmade Chicken and Tarragon Sausage Rolls, Tomato Sauce	\$3.00
Vegetable Frittata (V, GF)	\$3.95
Bacon and Egg Slice	\$3.75

Tarts - Individual

Vegetable Savoury Tart - Chefs daily choice (V), *	\$3.50
Quiche Lorraine *	\$3.50
French Tart Fine, Caramelised Onion, Spinach, Tomato, Bocconcini (V)	\$3.95

Healthy Choice Options

Muffin Bran, Carrot, Raisin	\$3.75
Energy Slice (GF, DF)	\$3.00
Raw Cacao Balls (minimum of 10)	\$2.00
• Date, Chia, Maca Balls (GF, DF, Vegan)	
• Coconut, Spirulina Balls (GF, DF, Vegan)	

CHEESE AND FRUIT

Fresh Fruit Kebab (GF, DF)	\$4.25
Fresh Fruit Platter (GF, DF)	\$4.25
Fresh Fruit Salad served in a Noodle Box with Acidophilus Yoghurt (GF)	\$6.50
Selection of 3 Cheeses, Crackers, Quince Paste	\$9.00



URBAN GOURMET

CULINARY INSPIRATIONS & EVENTS

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LUNCH

SANDWICHES

Small Mixed Rolls – variety of fillings	\$4.50
Club Sandwiches – variety of fillings (multiples of 4)	\$2.50

Selection of Breads	Fillings	
	Standard	Premium
French Baguettes (small) multiples of 8	\$3.75	\$4.00
French Baguettes (large) multiples of 4	\$7.00	\$7.50
Wraps multiples of 2	\$5.95	\$6.50
Ciabatta Rolls (small)	\$5.50	\$6.00
Ciabatta Rolls (large)	\$7.25	\$8.00
Whole Grain Sandwiches	\$7.25	\$8.00

Gluten Free options available at an additional 60 cents

Vogel's Chia and Linseed
French Baguette (large)
Farmhouse Loaf
Wraps

Selection of fillings – maximum 3 choices

Standard

Avocado, Basil Pesto, Feta, Tomato, Rocket (V)
Roast Pumpkin, Eggplant, Tomato Chutney, Fontina, Basil (V)
House Smoked Chicken, Brie, Cranberry
Chicken Caesar, Parmesan, Cos Lettuce, Caesar Dressing
Ham, Chopped Egg Mayonnaise
Ham from the Bone, Rocket, Tomato, Swiss Cheese, Wholegrain Mustard
Bacon, Egg, Tomato Relish
Roast Beef, Tomato, Horseradish, Baby Spinach
Meatloaf, Emmental, Piccalilli, Curry Salt
Hot Smoked Salmon, Avocado, Cos

Premium – Require 48 hours notice

Tikka Chicken, Raita, Banana, Coconut, Spinach
Banh Mi (Vietnamese Roll), Pulled Pork, Pickled Cucumber, Japanese Mayonnaise, Coriander
Tamarind Beef, crisp Shallot, Sprouts, Chilli, Lime
Moroccan Lamb, Goats Cheese, Harissa style Dressing
Salmon Cured, Bacon, Rocket, Mango Chutney
Tuna, Hummus, Dijon, Celery, Gherkin, Radish Salad

SALADS - INDIVIDUAL SERVES - for the protein addition we require 48 hours notice

Minimum of 10 of any one item

Vietnamese Salad (GF, DF, V)

<i>Vermicelli, Red Cabbage, Coconut, Spring Onion, Cashews, Nam Jim Dressing (V)</i>	\$6.50
*Add Pulled Chicken Breast	\$4.00



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Caesar Salad

Cos, Bacon, Egg, Classic Anchovy Dressing

\$6.50

*Add Pulled Chicken Breast

\$4.00

Quinoa Salad (GF, DF, V)

Beetroot, Walnuts, Baby Spinach, Feta, Tomatoes, Sherry Vinegar Caramel (V)

\$6.50

*Add Grilled Fillet of Lamb

\$6.50

Raw Vegetable Salad (GF, DF, V)

Carrot, Cabbage, Celery, Onion, Parsnip, Cauliflower, Puffed Rice, House Dressing (V) \$6.50

Vietnamese Rice Paper Wraps

- Master Stock Chicken, Sprouts, Lime, Chilli, Nam Jim Dressing (GF, DF) \$5.00
- Julienne of Asian Vegetables, Shiitake Mushrooms, Lemongrass Sauce (V) \$5.00

SAVOURIES

Mexican Beef Quesadilla (multiples of 8) \$3.00

Sweet corn Cake Slices, Chipotle Sour Cream, Avocado Salsa \$3.00

Empanadas

\$3.95

- Tomato Concasse, Basil, Mozzarella (V)
- Chilli Beef, Corn, Egg

Tarts - Individual

Vegetable Savoury Tart - Chefs daily choice (V) * \$3.50

Quiche Lorraine * \$3.50

French Tart Fine, Caramelised Onion, Spinach, Tomato, Bocconcini (V) \$4.00

Small Large

Skewer

\$3.50 \$4.25

Vietnamese Green Curry Chicken, Coconut Sauce (GF, DF)

Middle Eastern Beef Kofta, Coriander Pesto (GF, DF)

Roasted Vegetable Skewer, Pesto Sauce (V, GF, DF)

Small Pies

\$4.00

- Steak and Ale
- Chicken, White Wine and Leek
- Ratatouille, Brie and Parsley (V)

Croquette

\$3.50

Lamb Neck, Minted Broad Bean Dip

Sushi

\$2.00

Maki Sushi, Ginger, Wasabi, Soy (GF, DF)



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URBAN GOURMET

Vegan Options

Aubergine Cannelloni, Micro Herbs, Capsicum, Tomato Fondue	\$3.50
Stuffed Tomato, Wild Rice, Spring Onion, Basil Pesto	\$3.50
Polenta Fries, Urban Salsa	\$3.50

Vietnamese Salad

<i>Vermicelli, Red Cabbage, Coconut, Spring Onion, Cashews, Nam Jim Dressing (V)</i>	\$6.50
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Raw Vegetable Salad

<i>Carrot, Cabbage, Celery, Onion, Parsnip, Cauliflower, Puffed Rice, House Dressing (V)</i>	\$6.50
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Raw Carrot Cake, Lemon Icing	\$4.00
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Energy Slice	\$3.00
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Raw Cacao Balls (minimum of 10)	\$2.00
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- Date, Chia, Maca Balls

- Coconut, Spirulina Balls

Fresh Fruit Kebab	\$4.25
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