

DELIVERY MENU

2016

URBAN GOURMET

MORNING TEA AND AFTERNOON TEA

SWEET

	Small	Large
Sweet Slice - a selection of chef's delicious treats		\$2.50
Chocolate Fudge Brownie (gf)		\$2.50
Ginger Crunch - o/d ginger, pistachios (ef)		\$2.50
Assorted Homemade Cookies		\$2.00
Yo Yo's - passion fruit filling		\$2.00
Muffins Sweet - chef's daily choice	\$2.25	\$3.50
Scones - jam, cream (ef)	\$2.95	\$3.50
Danishes - assorted fruit		\$2.25

Individual Cakes

Friends - chef's daily flavor (gf)	\$3.50
Chocolate Cake - chocolate ganache icing (gf)	\$3.95
Orange & Almond Cake (df, gf)	\$3.95
Carrot Cake - cream cheese icing (gf)	\$3.95
Petite Lemon Cupcakes - lemon curd, vanilla bean mascarpone	\$3.95

SAVOURY

Muffins Savoury - chef's daily choice (v)	\$2.25	\$3.50
Cheese Scones - butter (ef, v)	\$2.75	\$3.25
Tarte Fine - goats cheese, heirloom tomatoes, basil (ef, v)		\$3.50

Hot

Handmade Sausage Rolls	
• chicken, tarragon, tomato relish	\$3.00
• beef & pork, tomato sauce	\$2.50
Frittata - seasonal vegetables, feta (gf, v)	\$3.95
Bacon & Egg Slice	\$3.75
Quiche Lorraine - classic style	\$3.50
Quiche Salmon - hot smoked salmon, cucumber relish	\$3.50
Tart Vegetarian - chef's daily choice (v)	\$3.50

HEALTHY CHOICE OPTIONS

Muffin - apple, carrot, raisin (v)	\$3.75
Energy Slice - contains organic oats (ef, df, gf, vegan)	\$3.00
Date & Carrot Slice - organic oats, cashew frosting (ef, df, gf, vegan)	\$3.50
Quinoa Bites - granola, seeds, contains organic oats (ef, df, gf, vegan) (minimum of 10)	\$2.50
Bliss Balls (minimum of 10)	\$2.00
• date, chia, walnut (ef, df, gf, vegan)	
• lemon zest, coconut, almond (ef, df, gf, vegan)	



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CHEESE AND FRUIT

- Fresh Fruit Kebab
- Fruit & Nuts - fresh fruit, apricots, nuts
- Fresh Fruit Platter
- Fresh Fruit & Yoghurt - served in a noodle box
- 3 New Zealand Cheeses - crackers, quince paste
- 3 New Zealand Cheeses - apricots, nuts, crackers

Small	Large
\$2.50	\$4.25
	\$6.75
\$30.00	\$60.00
	\$8.50
	\$9.00
	\$11.50

Delivery fee CBD \$25.00 + GST
 Minimum order \$200
 Orders to be placed by 2.00pm day prior
 Please note all prices are exclusive of GST

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LUNCH

SANDWICHES

Club Sandwiches – variety of fillings – chef's choice (multiples of 4)	\$2.50
Small Mixed Rolls – variety of fillings – chef's choice	\$4.75

Selection of Breads

French Baguettes (small)	multiples of 8	\$4.00	
French Baguettes (large)	multiples of 4		\$7.00
Wraps	multiples of 2	\$6.00	
Italian Sourdough Sandwiches		\$7.50	
Whole Grain Sandwiches		\$7.50	
Gluten Free & Wheat Free options available - chef's daily choice		\$8.00	

Selection of fillings – maximum 3 choices

avocado, basil pesto, feta, tomato, rocket (v)
 roast pumpkin, eggplant, tomato chutney, basil (df, v)
 house smoked chicken, brie, cranberry
 chicken caesar, parmesan, cos lettuce, caesar dressing
 ham, chopped egg mayonnaise
 ham from the bone, rocket, tomato, wholegrain mustard (df)
 roast beef, tomato, horseradish, baby spinach (df)
 meatloaf, emmental, piccalilli, curry salt
 cold smoked salmon, wasabi mayonnaise, burst capers (df)
 tikka chicken, raita, banana, coconut, spinach
 banh mi (vietnamese roll), pulled pork, pickled cucumber, japanese mayonnaise, coriander
 tamarind beef, crisp shallot, sprouts, chilli, lime (df, ef)
 tuna, hummus, dijon, celery, gherkin, radish salad (df, ef)

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SALADS - INDIVIDUAL SERVES

Minimum of 10 of any one item

Summer Salad & Ricotta

\$7.95

garden peas, fennel, lime, ricotta (ef, gf, v)

Greek Style Salad

\$7.95

tomatoes, cucumber, capsicum, olives, dukkha, dried beans, feta (ef, gf, v)

Lemongrass Poached Chicken

\$7.95

cabbage, daikon, cucumber, coriander, peanuts (ef, df, gf)

Small Side Salad

\$3.50

torn mixed leaves, fresh herbs, raspberry vinaigrette (df, gf, v)

SWEET ITEMS

See morning and afternoon tea

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SAVOURY ITEMS

COLD

Lunch Rice Paper Wraps

- masterstock chicken, cos, chili caramel, mango (df, ef, gf) \$4.75
- julienne of asian vegetables, shiitake, chili caramel, mango (df, ef, gf, vegan) \$4.75

Larb Wrap - minced beef, coriander, chili, vegetables, nam jim (df, ef, gf) \$4.95
 Quinoa & Cauliflower Cakes - feta, oats, coconut oil (gf, v) \$4.25
 Maki Sushi - ginger, wasabi, soya (df, ef) \$2.00

HOT

Frittata - seasonal vegetables, feta (gf, v) \$3.95
 Croquette - lamb neck, minted broad bean dip \$3.50
 Salmon & Potato Cake - hot smoked salmon, dill (gf) \$4.25
 Bacon & Egg Slice \$3.75

Quesadilla

- mexican style beef \$3.00
- mexican bean (v)

Handmade Sausage Rolls

- chicken, tarragon, tomato relish \$3.00
- beef & pork, tomato sauce \$2.50

Empanadas

- tomato concasse, basil, mozzarella (v) \$3.95
- chilli beef, corn, egg

Tarts

Tart Vegetarian - chef's daily choice (v) \$3.50
 Tarte Fine - goats cheese - heirloom tomatoes, basil (ef, v) \$3.50

Quiche Lorraine - classic style \$3.50
 Quiche Salmon - hot smoked salmon, cucumber relish \$4.00

Small Pies

- steak, ale \$4.00
- chicken, white wine, leek
- ratatouille, brie, parsley

Skewer

	Small	Large
Vietnamese Green Curry Chicken - coconut sauce (df, ef, gf)	\$3.50	\$4.25
Middle Eastern Kofta - beef, coriander pesto (df, gf)	\$3.50	\$4.25
Roasted Vegetable - pesto sauce (df, ef, gf, v.)		\$3.50

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