

MORNING TEA AND AFTERNOON TEA

SWEET

Christmas Sweet Slice – white chocolate, pistachios, cranberries

Sweet Slice – a selection of Chef's delicious treats

Chocolate Brownie (gf)

Ginger Crunch - o/d ginger, pistachios

Assorted Homemade Cookies

Yo Yo's - passion fruit filling

Muffins Sweet - chefs daily choice

Scones - jam, cream

Danishes – assorted fruit

Small	Large
	\$2.75
	\$2.50
	\$2.50
	\$2.50
	\$2.00
	\$2.00
\$2.25	\$3.50
\$2.95	\$3.50
	\$2.25

Individual Cakes

Friends - chefs daily flavour

Chocolate Cake - chocolate ganache icing (gf)

Orange & Almond Cake (df, gf)

Carrot Cake - , cream cheese icing (gf)

Petite Lemon Cupcakes – lemon curd, vanilla bean mascarpone

\$3.50
\$3.75
\$3.75
\$3.75
\$3.75

SAVOURY

Muffins Savoury - chefs daily choice

Cheese Scones - butter

\$2.25	\$3.50
\$2.75	\$3.25

Hot

Handmade Sausage Rolls

- chicken, tarragon, tomato relish
- beef & pork, tomato sauce

Frittata – seasonal vegetables, feta (gf, v)

Bacon & Egg Slice

\$3.00
\$2.50
\$3.95
\$3.75

Tarts – Individual

Savoury Tart – fresh seasonal vegetables (v)

Quiche Lorraine - classic style

French Tart Fine - caramelised onion, spinach, tomato, bocconcini (v)

\$3.50
\$3.50
\$4.00

CHRISTMAS MORNING TEA (4 ITEMS PER PERSON)

\$14.00

Mini Savoury Muffins – smoked salmon, dill cream cheese

Small Croissants – ham from the bone, cranberry, camembert

Fruit Mince Pies - small

Fresh Fruit Kebab - small

HEALTHY CHOICE OPTIONS

Muffin - apple, carrot, raisin

Energy Slice (df, gf, vegan)

Quinoa Bites - granola, seeds, honey (df, gf, vegan) (minimum of 10)

Bliss Balls (minimum of 10)

- date, chia, walnut (df, gf, vegan)
- lemon zest, coconut, almond (df, gf, vegan)

\$3.75
\$3.00
\$2.50
\$2.00



DELIVERY MENU

2015

CHEESE AND FRUIT

- Fresh Fruit Kebab
- 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
	\$4.25
	\$8.50
	\$9.00
	\$11.50

Delivery fee CBD \$25.00 + gst and Minimum order \$200

Orders by 2.00pm day prior

Please note all prices are exclusive of gst

URBAN GOURMET

CULINARY INSPIRATIONS & EVENTS

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LUNCH

SANDWICHES

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

Selection of fillings – maximum 3 choices

Christmas Fillings - available for Wholegrain or Molenberg Sandwiches only:

roast chicken, christmas stuffing, cranberry
glazed carved ham, brandy thyme, wholegrain mustard, capsicum relish

Standard Fillings

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, wholegrain mustard
roast beef, tomato, horseradish, baby spinach
meatloaf, emmental, piccalilli, curry salt
cold smoked salmon, wasabi mayonnaise, burst capers
tikka chicken, raita, banana, coconut, spinach
banh mi (vietnamese roll), pulled pork, pickled cucumber, japanese mayonnaise, coriander
tamarind beef, crisp shallot, sprouts, chilli, lime
tuna, hummus, dijon, celery, gherkin, radish salad

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SALADS - INDIVIDUAL SERVES

Minimum of 10 of any one item

Quinoa & Beetroot walnuts, baby spinach, feta, tomatoes, sherry vinegar caramel (gf, v)	\$6.50
Classic Caesar Salad cos, bacon, egg, croutons, classic anchovy dressing	\$6.50
Curried Cauliflower & Edamame dried apricots, sunflower seeds, currants, toasted coconut (gf, v)	\$6.50
Sweet Broccoli toasted sesame seeds, fresh coriander, peas, pumpkin, kecap manis dressing (gf, v)	\$6.50
Cauliflower & Kale pumpkin seeds, sunflower seeds, mint leaves, currants, raspberry vinegar dressing (gf, v)	\$6.50
Small Side Salad torn mixed leaves, fresh herbs, raspberry vinaigrette (df, gf, v)	\$3.50

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SAVOURY ITEMS COLD

Rice Paper Wraps

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

Larb Wrap - minced beef, coriander, chili, vegetables, nam jim (df, gf) \$4.95

Quinoa & Cauliflower Cakes - feta, oats, coconut oil (gf,v) \$4.30

Maki Sushi - ginger, wasabi, soya (df) \$2.00

HOT

Quesadilla

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

Sweet Corn Cake Slices - chipotle sour cream, avocado salsa (v) \$3.00

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) \$4.30

Empanadas

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

Tarts - Individual

Vegetable Savoury Tart - seasonal vegetables (v) \$3.50

Quiche Lorraine - classic style \$3.50

French Tart Fine - caramelised onion, spinach, tomato, bocconcini (v) \$4.00

Skewer

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

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DELIVERY MENU

2015

VEGAN OPTIONS

SANDWICHES

Gluten Free, Wheat Free & Dairy Free Breads

Wraps - multiples of 2	\$6.60
Farmhouse Loaf	\$8.00
Vogel's Chia & Linseed	\$8.00

avocado, basil pesto, tomato, rocket
roast pumpkin, eggplant, tomato chutney, basil
hummus, dijon, celery, gherkin, radish salad

SAVOURY

Aubergine Cannelloni - micro herbs, capsicum, tomato fondue	\$4.00
Stuffed Tomato - wild rice, spring onion, basil pesto	\$3.75
Polenta Fries - urban salsa	\$4.00

SALADS - INDIVIDUAL SERVES

Quinoa & Beetroot	\$6.50
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walnuts, baby spinach, tomatoes, sherry vinegar caramel

Curried Cauliflower & Edamame	\$6.50
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dried apricots, sunflower seeds, currants, toasted coconut

Sweet Broccoli	\$6.50
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toasted sesame seeds, fresh coriander, peas, pumpkin, kecap manis dressing

Cauliflower & Kale	\$6.50
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pumpkin seeds, sunflower seeds, mint leaves, currants, raspberry vinegar dressing

Small Side Salad	\$3.50
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corn mixed leaves, fresh herbs, raspberry vinaigrette

Energy Slice	\$3.00
Bliss Balls (minimum of 10)	\$2.00
• date, chia, walnut	
• lemon zest, coconut, almond	

	Small	Large
Fresh Fruit Kebab	\$2.50	\$4.25
Fresh Fruit Platter		\$4.25

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URBAN GOURMET

DELIVERY MENU

2015

GLUTEN FREE AND DAIRY FREE OPTIONS

SANDWICHES

Gluten Free, Wheat Free & Dairy Free Breads

French Baguettes (large) multiples of 4	\$7.50
Wraps - multiples of 2	\$6.60
Farmhouse Loaf	\$8.00
Vogel's Chia & Linseed	\$8.00

Selection of fillings – maximum 3 choices

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

SALADS

Quinoa & Beetroot

walnuts, baby spinach, feta, tomatoes, sherry vinegar caramel (gf, v) \$6.50

Curried Cauliflower & Edamame

dried apricots, sunflower seeds, currants, toasted coconut (gf, v) \$6.50

Sweet Broccoli

toasted sesame seeds, fresh coriander, peas, pumpkin, kecap manis dressing (gf, v) \$6.50

Cauliflower & Kale

pumpkin seeds, sunflower seeds, mint leaves, currants, raspberry vinegar dressing (gf, v) \$6.50

Small Side Salad

torn mixed leaves, fresh herbs, raspberry vinaigrette (df, gf, v) \$3.50

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GLUTEN FREE AND DAIRY FREE OPTIONS

SAVOURY

COLD

Muffins Savoury - chefs daily choice (df, gf, v) \$2.25 \$3.50

Rice Paper Wraps

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

Larb Wrap - minced beef, coriander, chili, vegetables, nam jim (df, gf) \$4.95

Quinoa & Cauliflower Cakes - feta, oats, coconut oil (gf, v) \$4.30

Maki Sushi - ginger, wasabi (df, gf) \$2.00

HOT

Frittata - seasonal vegetables, feta (gf, v) (df available) \$3.95

Salmon & Potato Cake - hot smoked salmon, dill (gf) \$4.30

Tarts - Individual

Vegetable Savoury Tart - seasonal vegetables (gf, v) \$3.50

Quiche Lorraine - classic style (gf) \$3.50

French Tart Fine - caramelised onion, spinach, tomato (df, v) \$4.00

Skewer

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

SWEET

	Small	Large
Chocolate Brownie (gf)		\$2.50
Assorted Homemade Cookies (gf)		\$2.00
Muffins Sweet - chefs daily choice (gf or df, gf)	\$2.25	\$3.50

Energy Slice (df, gf, vegan) \$3.00

Quinoa Bites - granola, seeds, honey (df, gf) (minimum of 10) \$2.50

Bliss Balls (minimum of 10) \$2.00

- date, chia, walnut (df, gf, vegan)

- lemon zest, coconut, almond (df, gf, vegan)

Individual Cakes

Chocolate Cake - chocolate ganache icing (gf) \$3.75

Orange & Almond Cake (df, gf) \$3.75

Carrot Cake - (df, gf) \$3.75

Delivery fee CBD \$25.00 + gst and Minimum order \$200

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DELIVERY MENU

2015



Fruit

- Fresh Fruit Kebab (df, gf, vegan)
- Fresh Fruit Platter (df, gf, vegan)
- Fresh Fruit & Yoghurt (gf)

Small	Large
\$2.50	\$4.25
	\$4.25
	\$8.50

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