



urban  
GOURMET



BOWL FOOD MENU



## BOWL FOOD

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Design your menu from the items below. Prices are GST exclusive.  
Chef and wait staff are required onsite at your event to produce and deliver these menu items.  
For a full proposal please contact [events@urbangourmet.co.nz](mailto:events@urbangourmet.co.nz).

### HOT

Smoked kahawai velouté, potato cream, parsley powder (GF)

'Paella' rice, chorizo crumb, prawn, crushed herb (DF, GF)

Pulled lamb, warm orange kumara salad, mint, snow pea, cucumber salsa (DF, GF)

Slow cooked beef cheek, crushed new potato, onion rings (DF)

Shaved cauli rice, soy chicken, pickled edamame (DF, GF)

Cavatelli pasta, mascarpone and parmesan cream, baby spinach, pickled tomato, brown butter crumb (V)

Ash tofu, dosai potato, fenugreek tomato chutney, curry leaf (GF, VG)

### COLD

Snapper ceviche, oyster cream (GF)

Citrus salmon, pearl barley, orange, pomegranate (DF, GF)

Nam prik rice noodles, lemongrass prawns, crispy garlic and shallots (GF)

Egg noodles, satay beef, chilli salt cashew, shoots and sprouts (DF)

Crispy duck salad, curry dressing, lychee (DF, GF)

Peri peri chicken poke bowl (GF)

Baked ricotta, heirloom tomato, olive candy, basil essence (GF, V)

DF = Dairy free   GF = Gluten free   VG = Vegan   V = Vegetarian  
DFO = Dairy free option   GFO = Gluten free option   VO = Vegetarian option   VGO = Vegan option

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### PLANT-BASED

Heirloom tomatoes, olive soil, basil gel (GF, VG)

Buddha bowl, silken tofu, brown rice, charred red peppers, avocado, caramelized pecan nuts (GF, VG)

Foraged mushroom espuma, pickled mushrooms (GF, VG)

Tasting of carrots, raw baby carrots, yellow carrot gel, pickled carrots (GF, VG)

Green pea blinis, cauliflower foam, charred cauliflower, toasted hazelnuts (VG)

Charred shallot tarte tatin (VG)

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