

urban
GOURMET

BOWL FOOD MENU SUMMER 2023



BOWL FOOD



Design your menu from the items following.
Chef and wait staff are required onsite at your event to produce and deliver these menu items.
Bespoke menus are available on request. Additional charges may apply.
For a full proposal please contact events@urbangourmet.co.nz.

COLD

Akaroa salmon Hawaiian poke bowl, seaweed salad, compressed watermelon, avocado, soy caviar (D, G)

Tomato marinated prawn martini, Marie Rose sauce, baby cos, Bloody Mary gel (D, G)

Miso grilled chicken, aji verde sauce, sweetcorn, carrot and red onion salad (D, G)

Oolong tea smoked duck breast, baby gem, pomegranate seeds, orange, walnut dressing (D, G)

Heirloom ugly tomatoes, basil, buffalo curd, cabernet sauvignon gel, parmesan tuile, pickled shallots (G, V)

Summer garden greens, ash goat's cheese, couscous pearls, roasted hazelnuts, apple crisps, fig vincotto (G, V)

HOT

Seared scallop, sticky rice, coconut laksa, sugar snaps and coriander salad

"Risotto Nero", Roma tomatoes, peas, shaved fennel, sauteed squid (D, G)

Hawkes Bay lamb loin, sweet onion puree, tamarillo kasundi, buffalo yoghurt (G)

Crispy beef cheek, smoked potato puree, kimchi hollandaise (G)

Fried chicken, spiced honey, curry leaf mayo, pickled cucumber (G)

Ricotta and herb tortellini, corn velouté, basil pesto (V)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan

Please note our meals are prepared in a kitchen that handles Gluten, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.

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PLANT-BASED

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

Baby gem salad, crisp apple, green papaya, mint and coriander (G, VG)

Charred butternut squash, pickled pink oyster mushrooms, ancient grains (G, VG)

Fried sweet potato bravas, white miso and citrus (G, VG)

Chickpea and vegetable spring roll, cauliflower foam, charred cauliflower, toasted hazelnuts (VG)

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