



# urban

GOURMET

MORNING & AFTERNOON TEA MENU

## MORNING & AFTERNOON TEA

### SWEET

Sweet Muffins – chef's daily choice

Sweet Slice – chef's selection

Scones – jam & cream (ef)

Danishes – assorted fruit

Brownie – chocolate fudge (gf)

Ginger Crunch – ginger, pistachios (ef)

Cookies – chef's selection

Yo Yo's – passion fruit filling

### INDIVIDUAL CAKES

Friends – chef's daily choice (gf)

Chocolate Cake – chocolate ganache icing (gf)

Orange & Almond Cake – candied orange (gf)

Carrot Cake – cream cheese icing (gf)

Petite Lemon Cup Cakes – lemon curd, vanilla bean mascarpone

### HEALTHY OPTIONS

Muffin – apple, carrot, raisin

Energy Slice – contains organic oats (ef,df,gf,vegan)

Date & Carrot Slice – organic oats, cashew frosting (ef,df,gf,vegan)

Bliss Balls – date, chia, walnut (ef,df,gf,vegan)

Bliss Balls – lemon zest, coconut, almond (ef,df,gf,vegan)

Quinoa Bites – granola seeds, contains organic oats (ef,df,gf,vegan)

### FRUIT

Urban Gourmet Fruit Bowl – seasonal selection of whole fruit

Fresh Fruit Kebab – seasonal fruit (df,ef,gf,vegan)

Fresh Fruit Platter – seasonal fruit (df,ef,gf,vegan)

--

phone: 09 366 3086

email: [info@urbangourmet.co.nz](mailto:info@urbangourmet.co.nz)

[urbangourmet.co.nz](http://urbangourmet.co.nz)

--

## MORNING & AFTERNOON TEA

### COLD SAVOURY

**Club Sandwiches** – chef's daily selection (vegetarian included)

**Savoury Muffins** – chef's daily choice

**Cheese Scones** – butter (ef)

### HOT SAVOURY

**Handmade Sausage Rolls** – chicken & tarragon, housemade tomato sauce

**Handmade Sausage Rolls** – pork & beef, housemade tomato sauce

**Bacon & Egg Slice** – streaky bacon, free range egg, flaky pastry

**Frittata** – seasonal vegetables, feta (gf,v)

**Frittata** – hot smoked salmon, baby potato, spinach (gf)

**Croquette** – lamb neck, minted broad bean dip (gf)

**Salmon Potato cake** – hot smoked salmon, dill (gf)

**Empanadas** – chilli beef, corn, egg

**Empanadas** – tomato concasse, basil, mozzarella (v)

**Vegetarian Flan** – chef's daily choice (v)

**Quiche Lorraine** – champagne ham, cheddar, onion

**Hot Smoked Salmon Tart** – free range egg, herbs, lemon

**Artisan Pies** – steak, ale

**Artisan Pies** – chicken, leek, white wine

**Artisan Pies** – ratatouille, brie, parsley

(df) dairy free

(ef) egg free

(gf) gluten free

(v) vegetarian

Prices exclude GST & delivery charges.

--

phone: 09 366 3086

email: [info@urbangourmet.co.nz](mailto:info@urbangourmet.co.nz)

[urbangourmet.co.nz](http://urbangourmet.co.nz)

--