



urban
GOURMET

PLANT-BASED
SEATED DINNER MENU



ENTRÉES



Design your menu from the items following.

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.

Baby gem, artichoke, maitake heritage beetroot, wasabi (GF, VG)

Heirloom tomatoes, tomato consommé, basil oil, tomato vegan mayo (GF, VG)

Mezze plate, baba ganoush, confit green tomato, chickpea and red onion salad, stuffed vine leaf, pickled Lebanese cucumber, mint coconut yoghurt, zaatar pita bread chips (VG)

DF = Dairy free GF = Gluten free VG = Vegan V = Vegetarian

DFO = Dairy free option GFO = Gluten free option VO = Vegetarian option

MAINS



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Slow-cooked miso mooli, mushroom dashi, wilted Swiss chard, King oyster mushroom, pickled carrot, hazelnut crumb (GF, V)

Miso eggplant, butternut and burnt carrot puree, wilted greens, Puy lentils, peperonata (GF, VG)

Portobello mushroom stuffed with summer squash duxelles, caramelized shallot puree, charred leeks, roast almonds (GF, V)

Spiced lentil burger with brioche, tahina mayo, sweet potato fries (V)

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SIDES



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COLD

Panzanella salad, charred cauliflower, roast peppers, red radishes, chili, sourdough crouton, white balsamic dressing (VG)

Artichoke and orange salad, butter beans, saffron aioli (GF, VG)

A tasting of heirloom tomatoes, yellow beets, rocket, basil infused oil (GF, VG)

Māori potatoes, capers, pickled red onion, gremolata, crispy shallots (GF, VG)

WARM

Summer baby potatoes, tossed in fresh herbs and vegan seaweed butter (GF, VG)

Roast turmeric cauliflower, toasted almonds (GF, VG)

Summer Asian greens, sesame miso sauce (GF, VG)

Pattypan squash, zucchini, cumin infused extra virgin olive oil, thyme leaves, garlic crumble (VG)

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PUDDINGS



Design your menu from the items following.

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Filo pastry cup, vegan coconut cream, raspberry coulis, fresh berries, fresh flowers, lime zest (VG)

Tonka tapioca pudding, raspberry marmalade, fresh raspberries, dark chocolate ring (GF, VG)

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