



urban
GOURMET



BOWL FOOD MENU

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Design your menu from the items below.

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.

COLD

Confit tuna, raw and cooked heirloom carrots (DF, GF)

Akaroa salmon tartar, soy caviar (DF, GF)

Havelock North mussels pickled in Japanese vinegar, pearl barley, orange, pomegranate (DF, GF)

Pacific brown sugar chicken, pickled red cabbage, pineapple relish (DF, GF)

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

Free range egg, avocado, grilled asparagus, dashi bearnaise, poke bowl (GF, V)

HOT

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

Hawkes Bay lamb ribs, pistachio korma sauce, masala potatoes, pea salsa, kumara crisps (DF, GF)

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

Hāngī style pork belly, tomato chutney, date tamarind puree, flaky paratha

Spinach and ricotta rotolo, smoked provolone, tomato (V)

3-cheese polenta chips, black garlic aioli (V)

PLANT-BASED

Spaetzle, heirloom tomato, olive candy, basil essence (VG)

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

New season asparagus, foraged pickled mushrooms, puffed quinoa (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)

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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