



urban

GOURMET

LUNCH MENU

2018 LUNCH MENU

SANDWICH

Club sandwich

- Chef's daily choice
- Vegetarian

Small mixed roll

- Chef's daily choice
- Vegetarian

Gluten free finger sandwich – chef's daily choice

SANDWICH SELECT (minimum order of four of any one type)

Bread options

Pretzel roll
Turkish pide
Bap
Gluten free

Filling options

Lemon & herb grilled chicken – brie, baby spinach & cranberry sauce
Roast peppered beef – tomato, horseradish & rocket (df)
Honey roasted Champagne ham – Swiss cheese, salad greens & Dijon mustard mayo
Slow cooked pulled lamb – Asian slaw, crispy shallots & smoked sriracha sauce (df)
Cumin roast carrot – pumpkin hummus, feta & baby spinach (v)
Teriyaki tofu – Asian slaw, pickled ginger & coriander (vg)
Chef's daily inspiration – ask for this week's creation

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SALAD

SALAD (minimum order of five of any one type)

Individual salad box

Large bowl (per person)

Roasted root vegetable – tossed with feta, olives, a little spinach & spice
roasted chickpeas (ef,gf,v)

Moroccan roast butternut – quinoa, kale & sumac with tahini dressing (gf,v,df,vg)

Raw super seed salad – energy salad packed full of raw beets, carrot, broccoli &
roasted seeds tossed with turmeric sesame dressing (gf,vg)

Thai noodle - Asian vegetable slaw, rice stick noodles in sticky sweet soy
marinade, crispy noodles, coriander & sesame (df,v)

Chef's choice – ask for this week's creation

Salad additions

- Lemon & herb grilled chicken (70g)
- Sticky Thai beef (70g)
- Slow cooked pulled lamb (70g)
- Teriyaki tofu (70g)
- Hot smoked salmon (60g)

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COLD SAVOURY

Cheese & herb scone – butter (v)

Savoury muffin – chef's choice (v)

Maki sushi – soy sauce, pickled ginger & wasabi (df,gf,v)

Savoury tart – pumpkin, feta & pinenut (v)

Chia seed tart – goats cheese, rocket & candied walnuts (gf,v)

Pinwheel

- Ham, cheese & smoked tomato sauce
- Feta, spinach & onion jam (v)

Zucchini & cumin fritter – charred corn salsa (gf,vg)

Rice paper wrap (two pieces per serve)

- Pickled prawn, kaffir Lime, bean sprouts & sesame vermicelli with nam prik dipping sauce (df,ef,gf)
- Peking chicken, mung sprouts & crunchie cucumber with hoisin dipping sauce (df,ef,gf)
- Crispy pickled julienne veg, shiitake mushrooms, mint, coriander & chilli with tamari dressing (gf,vg)

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HOT SAVOURY

Focaccia pizza – chef Clyde's choice of legendary flavours (v)

Gourmet sausage roll

- Classic beef & pork, puff pastry with Heinz tomato sauce
- Chicken, puff pastry, herbs with tomato relish

Artisan pie

- Peppered steak
- Chicken tikka, pumpkin & coriander
- Wild mushroom, gruyere & thyme (v)

Sweet potato samosa – spices & peas with date & tamarind chutney (vg)

Croquette – slow cooked ham hock & potato with gribiche sauce (gf)

Kransky sausage tart – mozzarella & tomato

Bacon & egg slice – streaky bacon, free range egg & flaky pastry

Frittata – grilled capsicum, spinach, kumara, feta & sunflower seeds (gf,v)

Roast vegetable flan – chef's choice (minimum order 10) (v)

Quiche Lorraine – Champagne ham, cheddar & onion

Lamb kofta skewer – Middle Eastern spices with smoked yoghurt sauce (gf)

Peri peri chicken skewer – pickled lemon aioli (gf,df)

Tempura tofu skewer – soy chilli jam (gf,vg)

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SWEET TREATS

Sweet muffin - chefs daily creation (v)

Scone - jam & cream (ef)

Sweet slice - chef's selection (can specify type if order is 12+ on one variety)

- Ginger crunch with pistachios
- Chocolate & tahini brownie (gf)
- Urban rocky road (df,gf)
- Coconut raspberry slice
- Almond semolina slice (gf)
- Salted caramel slice (gf)
- Chocolate pecan tiffin

Fruit Danishes assorted (v)

Almond croissant (v)

Cookie - chef's selection (can specify type if order is 12+ on one variety)

- Raspberry & lime yoyo
- Maple pecan
- Double chocolate chip
- Salted caramel
- Chocolate mandarin
- Toffee crunch

INDIVIDUAL CAKES

Friand - chef's daily choice (gf)

Banana & buttermilk cake - candied walnuts

Chocolate cake - chocolate ganache icing (gf)

Orange & almond cake - candied orange (gf)

Carrot cake - cream cheese icing (gf)

Petite black forest cupcake - chocolate with cherry topping

Lemon syrup cake - soaked sultanas

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HEALTHY OPTIONS

Muffin

- Spiced apple & toasted almond (gf,vg)
- Passionfruit, vanilla & coconut (gf,vg)

Energy slice – contains organic oats (gf,vg)

Bliss bites (two pieces per serve)

- Cacao & coffee (gf,vg)
- Turmeric, vanilla & chia
- Apricot, almond & sesame

Haystack cookie - toasted coconut (df,gf)

Coconut passionfruit slice (gf,df)

FRUIT

Urban Gourmet fruit bowl – seasonal selection of whole fruit

Fresh fruit kebab – skewered seasonal fruit (df,ef,gf,vg)

- Small
- Large

Fresh fruit platter – sliced array of seasonal fruit (df,ef,gf,vg)

- Small
- Large

(df) dairy free

(ef) egg free

(gf) gluten free

(v) vegetarian

(vg) vegan

Please note that all prices are exclusive of delivery & GST.

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