

## BOWL FOOD

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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](mailto:events@urbangourmet.co.nz).

### COLD

Akaroa salmon tartar, soy caviar (D, G)

Poached prawn salad, Asian greens, orange, pickled fennel slaw, baby cos, sesame seed dressing (D, G)

Pacific brown sugar chicken, pickled red cabbage, pineapple relish (D, G)

Duck confit salad, new potatoes, green beans, sherry vinegar dressing (D, G)

Free range egg, avocado, black rice, choi sum, dashi bearnaise, poke bowl (G, V)

Winter salad, bitter green, goat's cheese, roasted hazelnuts, apple crisps, fig vincotto (G, V)

### HOT

'Paella' rice, chorizo crumb, prawn, crushed herb (D, G)

Sticky lamb ribs, parsnip mash, Jerusalem artichoke chips (D, G)

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

Slow cooked pork cheek, smoked potato, cabernet sauvignon gel (D)

Fried chicken and waffles, spicy honey butter

Open pumpkin ravioli, hummus, burnt carrot (VG)

### PLANT-BASED

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

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

Winter greens, foraged pickled mushrooms, puffed quinoa (G, VG)

Korean fried cauliflower, spicy gochujang glaze, roasted sesame seeds (G, VG)

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

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.