



*urban*  
GOURMET

PLANT-BASED SEATED DINNER MENU

WINTER 2023



## ENTRÉES

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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).

Open beetroot ravioli, pumpkin hummus, herb, beetroot jelly, petit herb salad (G, VG)

Vegan pea flan, potato espuma, pea feathers, shaved vegan cheese (G, 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)

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.

## MAINS

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Chickpea and fennel tagine, almond couscous (VG)

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

Vegan lasagne, tomato coulis, charred leek (G, VG)

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

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PHONE: 09 366 3086

EMAIL: [EVENTS@URBANGOURMET.CO.NZ](mailto:EVENTS@URBANGOURMET.CO.NZ)

[URBANGOURMET.CO.NZ](http://URBANGOURMET.CO.NZ)

URBAN GOURMET MENU

## SIDES

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### COLD

Turmeric charred cauliflower, roast peppers, red radishes, chili, vegan aioli dressing (VG)

Chickpea, artichoke and orange salad, hazlenut crumb (G, V)

Roast pumpkin and charred onion salad (G, VG)

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

### WARM

English style roast gourmet potatoes, tossed in fresh herbs and vegan butter (G, VG)

Roast savoy cabbage, toasted almonds (G, VG)

Shanghai bok choy and choy sum, sesame miso sauce (G, VG)

Butternut squash risotto (G, VG)

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## PUDDINGS

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### PLATED DESSERT

Tropical rice pudding, coconut rice pudding, crunchy rice, coconut, tropical salsa, tropical coulis (VG)

Vegan hazelnut and chocolate, hazelnut sponge, hazelnut praline, chocolate ganache, hazelnuts, caramelized pears (G, VG)

### PETITS FOURS

Filo pastry, coconut, tropical salsa (VG)

Filo pastry, chocolate ganache (VG)

Vegan chocolate and hazelnut (G, VG)

Vegan rice pudding and mango (G, VG)

Vegan coconut and dark chocolate (G, VG)

Vegan lemon (G, VG)

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