



urban  
GOURMET

PLANT-BASED  
SEATED DINNER MENU



## ENTRÉES

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Design your menu from the items following. Prices are GST exclusive.  
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](mailto:events@urbangourmet.co.nz).

Miso glazed silken tofu, kimchi aioli, Vietnamese salad (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)

Super food salad, puffed black rice (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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Stuffed green tomatoes, tomato rice, basil salsa verde, toasted hazelnuts (GF, VG)

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

Pearl barley and charred corn risotto, eggplant fritters, vegan cheese (VG)

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

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## SIDES

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### COLD

Baby cos salad, fresh pea salsa, radish, white balsamic (GF, VG)

Super foods salad, edamame, roast almonds, Japanese pickles, yuzu soy dressing (GF, VG)

Roasted heirloom carrot, yellow beets, rocket, chimichurri coconut yoghurt (GF, VG)

New season potatoes, pickled red onion, gremolata, crispy shallots (GF, VG)

### WARM

Fennel roasted baby potatoes, confit onion, smashed herbs, smoked salt (GF, VG)

Miso glazed cauliflower, tamari and chilli spiced seeds (GF, VG)

Harissa roasted pumpkin, baby spinach, puffed lentils (GF, VG)

Wilted brassicas, cumin infused extra virgin olive oil, thyme leaves, garlic crumble (GF, VG)

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## PUDDINGS

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Saffron infused sous vide pineapple, bergamot set cream, lime meringue, tarragon oil,  
coconut snow, pistachio sponge, blood peach gel (VG, GFO)

Summer berry and vegan chocolate mousse, raspberry sorbet (VG)

Mango and coconut panna cotta, mango jelly, eggless meringue (VG)

Orange chocolate torte, mandarin sorbet, freeze dried orange (VG)

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