



urban
GOURMET

DAY DELEGATE MENU

BREAKFAST

PASTRY

Croissants, butter & preserves (N)

Pain au chocolat (N)

Fruit Danish (N)

Croissant roll

SAVOURY

Mini croissant, champagne ham, Swiss cheese, tomato relish

Mini croissant, tomato, spinach, feta (V)

BREAKFAST BUN

Streaky bacon, fried egg, tomato relish, cheese, ciabatta

Zany Zeus halloumi, mushroom, baby spinach, herb pesto, ciabatta (V)

Scrambled tofu, tomato, avocado, baby spinach, ciabatta (VG)

INDIVIDUAL POTS

Bircher muesli, berry, apple, shaved coconut (G,N)

Seasonal fruit salad, vanilla syrup (G, VG, N)

Chia breakfast custard, fresh pineapple, tropical coulis (G, VG, N)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



PLATED BREAKFAST

Pork & fennel breakfast sausage, streaky bacon, rosemary roasted field mushroom, vine tomato, scrambled eggs, potato & herb rosti (G)

Smashed avocado, grilled Zany Zeus halloumi, cherry tomato salsa, free range scrambled eggs, grilled sourdough (V)

Rosemary roasted field mushrooms, baby spinach, vine tomato, kumara & red onion hash (G, VG)

SERVED WITH

Selection of pastries

Fruit platter (G, VG)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



SWEET

MUFFINS & SCONES

Blueberry muffin (G)

Apple crumble muffin

Raspberry muffin

Chocolate muffin

Scone, jam & cream

COOKIES

Chocolate chip (N)

Milk chocolate, hazelnut

Raspberry, matcha (N)

Anzac (N)

Chia, pecan (G)

OUR KIWI CLASSICS

Chocolate brownie (N)

Ginger crunch

Rocky road (G, N)

Caramel slice (G, N)

Carrot cake, cream cheese

Banana cake, caramel ganache

FRUIT

Seasonal whole fruits (VG)

Seasonal fruit skewers, passionfruit syrup (G, VG)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



SAVOURY

COLD

Selection of club sandwiches, assorted fillings 2 PER PERSON

Selection of sushi 3 PER PERSON

Spinach, feta muffin (V)

Tomato, bocconcini, basil skewer (V)

Cheese scones, salted butter (V)

HOT

SAUSAGE ROLLS AND PINWHEELS

Beef sausage roll, tomato sauce

Chicken & herb sausage roll, capsicum & apricot chutney

Kūmara, fresh herb & black bean sausage roll, eggplant chutney (V)

Ham, cheese pinwheel

Spinach, feta pinwheel (V)

PIES

Chicken leek, tarragon pie

Pork, watercress pie

Steak, ale, aged cheddar pie

Pumpkin coconut, red curry pie (VG)

Wild mushroom, Gruyere pie (V)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.

SAVOURY

QUICHE

Caprese quiche, bocconcini, vine tomatoes, basil, baby spinach (V)

Hot smoked salmon, broccoli, cream cheese quiche (G, N)

Caramelised onion, feta, thyme quiche (G, V)

FRITTATA

Spinach, roasted red pepper, feta frittata (G, V, N)

Champagne ham, new potato, cheddar frittata (G, N)

SKEWERS

Lamb kofta, mint yoghurt (G, N)

Teriyaki chicken skewer, spring onion, toasted sesame (G, N)

Fresh herb and garlic roasted vegetable skewer, romesco (G, VG, N)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.

PLANT BASED

SWEET

Chocolate slice (G, VG, N)

Pear and almond slice (G, VG)

Berry muffin (G, VG)

Coconut, chocolate fingers (G, VG, N)

Chia chocolate cup, tropical coulis (G, VG, N)

Vegan croissant, preserves (VG)

SAVOURY

Sundried tomato, baby spinach & vegan cream cheese pinwheel (VG, N)

Kimchi, "Impossible meat", potato & coriander empanada (VG, N)

Cauliflower, pea & potato pakora, coconut raita (G, VG, N)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



LUNCH

BUILD YOUR SANDWICH

CHOOSE YOUR BREAD FROM THE OPTIONS BELOW

Premium white wrap (made without gluten on request)

Rosemary, sea salt focaccia

Ciabatta

Turkish bread

CHOOSE YOUR FILLING FROM THE OPTIONS BELOW

Honey, mustard & dill chicken, lime crema, cucumber, mesclun, cranberry relish (G)

Roast chicken, brie, butter lettuce, creamy mayo, peach & mango chutney (G)

Roast lamb, rosemary infused goat cheese, "Rescued Kitchen" green tomato chutney, rocket

Beef brisket, caramelised onions, Swiss cheese, rocket (G)

Pulled pork, kimchi slaw, sriracha mayo, coriander (G)

Shaved champagne ham, cheddar cheese, piccalilli, aioli, mesclun (G)

Harissa tofu, roasted butternut, spinach, tahini dressing (VG)

Fennel roasted field mushroom, sauerkraut, Catalina dressing, dill pickles, vegan cheese (VG)

Grilled halloumi, maple roasted kumara, avocado, chilli jam, mesclun (V)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



urban
GOURMET

urban
GOURMET

urban
GOURMET

urban
GOURMET

LUNCH

HOT MAINS

Roasted lamb shoulder, roasted new potatoes, salsa verde (D, G)

Braised beef short rib, balsamic onions, pinot noir sauce (G)

Kawakawa and Mānuka honey roasted boneless chicken thigh (D, G)

Makhani chicken, Indian spices, tomato gravy (G)

Garden vegetable paella, greens, fried tofu (G, VG)

Vegetable lasagna, "Rescued Kitchen" tomato sauce, spinach, toasted seeds (G, VG)

HOT SIDES

Steamed jasmine rice (G, VG)

Steamed greens, shiitake mushroom, hoisin ginger sauce, toasted sesame (VG)

Fresh herb and parmesan potato gratin (V)

Miso roasted kūmara (G, VG)

Roasted vegetable medley, garlic & herb butter (G, V)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.

SALADS

Smoked salmon, new potato, avocado, radish, cucumber, watercress, rocket, lemon dill horseradish dressing, 5 seed sprinkle (G)

Roast kūmara, baby spinach, red onion, chorizo crumb, smoked paprika yoghurt, garlic crostini

Oregano chicken, Israeli couscous, sundried tomato, basil pesto, baby spinach, parmesan, fresh herbs

Roasted baby carrots, wild rocket, toasted almonds, dried apricots, maple & mustard dressing, feta crumble (G, V)

Furikake chicken, bok choy, soba noodles, crispy shallots, coriander, sesame soy dressing, edamame, spring onion (G)

Leafy greens, cucumber, green capsicum, alfalfa sprouts, avocado, apple, pumpkin seeds, green goddess dressing (G, V)

New potatoes, creamy mayo, spring onion, cornichons, capers, boiled egg (G, V)

Caesar salad, pancetta, chopped egg, dressing, croutons, shaved parmesan

Mexican beef, charred corn, avocado, cherry tomato, mesclun, coriander, creamy chipotle dressing (G)

Black quinoa, chargrilled courgette, mint, sunflower seeds, black olives, white wine vinaigrette, wild rocket (G, VG, N)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



AFTER FIVE GRAZING

GRAZING BOXES

Aotearoa Cheese - A selection of three NZ cheeses, grapes, quince paste, dried fruits, roasted nuts, Central Otago honeycomb, pickled onions, assorted cheese crackers (V)

Ploughman's - Creamy NZ brie, Meyer cumin Gouda, artisan bread, Champagne ham, corned beef, sun blushed tomatoes, pickled onions, cornichons, branstons pickle, dried apple

Mānuka smoked salmon box - Mānuka hot smoked salmon, herbed crème fraîche, Mandy's horseradish, capers, fresh lemon, pickled cucumber, sourdough crostini

Garden vegan box - Chargrilled Mediterranean vegetables, vegetable crudités, garlic mushrooms, Vietnamese rice paper rolls, marinated vegan feta, selection of dips & spreads, spiced tortilla crisps (VG)

Middle Eastern veggie mezze box - Lemon & saffron roasted seasonal vegetables, Zany Zeus halloumi, "Rescued Kitchen" muhammara, mixed olives, tabbouleh salad, marinated artichokes, fresh herbs, lemon wedges, beetroot hummus, Turkish pide (V)

Charcuterie Platter - Pork rilette, beef coppa, smoked kahawai pate, kumara sourdough, duck & green peppercorn terrine, pickles, mixed olives, plum & tamarillo chutney

Chip and dip box - Crispy flour tortilla chips seasoned with sweet smoked paprika, served with coriander & lime crema, chipotle tomato relish, guacamole (V)

Bread and dip box - Selection of artisan breads, herbed olive oil, truffle butter, chef's selection housemade dip (V)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.



AFTER FIVE CANAPÉS

COLD

Tōgarashi prawn, avocado salsa, wonton crisp, coriander (D, N)

Smoked salmon, apple gel, wasabi pea powder, black garlic, rice crisp (G, D, N)

Coronation chicken scone, mango, apricot, chilli, almonds, raita

Confit duck, ginger & orange rice paper cigar, sesame, lime gel (G, D, N)

Pork rilette, pear & fennel jam, tostada, pork crackling (G, D, N)

Thai beef fillet, mango chutney, coriander, mint (G, D, N)

Parmesan shortbread, roasted leek, paprika mascarpone, quince gel (V, N)

Buffalo ricotta, poached pear, rocket pesto, Russian rye (V)

Mushroom parfait éclair, balsamic pearls, crème fraîche, pepita & pistachio crumb (V)

Carrot & ginger purée, orange gremolata, flax seed crisp (G, VG, N)

Kūmara donut, lemon tofu whip, spring onion, “everything but the bagel” seasoning (VG, N)

WARM

Seared scallop, chorizo crumb, jacket potato, lemon & parsley aioli (G, N)

Crab & prawn toast, sesame, sweet ‘n sour kewpie (N)

Prawn tempura, kawakawa mayo, seaweed salt (G, D, N)

Kūmara rosti, Hāngī chicken, watercress puree, plum gel (G, D, N)

Fried chicken, finger lime caviar, pickled zucchini, crème fraîche (G, N)

Honey glazed lamb loin, balsamic onion petal, blackberry gel (G, D, N)

Aged cheddar & caramelised onion choux, truffled Mānuka honey, rosemary (V, N)

Wild mushroom & hazelnut sausage roll, beetroot ketchup (V)

Chipa - South American cheese bite, mozzarella, feta whip, parmesan, thyme, paprika (G, V, N)

Kūmara fondant, cinnamon maple, candied pecan, thyme (G, VG)

Celeriac croquette, pickled apple, hazelnut crumb, horseradish aioli (G, VG)

D = Made without dairy G = Made without gluten V = Vegetarian VG = Vegan N = Made without nuts

Please note our meals are prepared in a kitchen that also handles gluten, wheat, milk/dairy, egg, soy, fish, shellfish, tree nuts, peanuts, sesame, sulphites, and lupin and may contain traces of allergen residues.

urban
GOURMET

urbangourmet.co.nz