



urban
GOURMET

DAY DELEGATE MENU
WINTER 2025

BREAKFAST | PARAKUIHI



Design your menu from the items below.
Prices are delivery and GST exclusive.

PASTRY

Croissants, butter & preserves (N)

Pain au chocolate (N)

Fruit Danish (N)

SAVOURY

Mini croissant, champagne ham, Swiss cheese, tomato relish

Mini croissant, tomato, spinach, feta (V)

BREAKFAST BUN GLUTEN FREE OPTION AVAILABLE

Streaky bacon, fried egg, tomato relish, cheese

Halloumi, roasted field mushroom, baby spinach, herb pesto (V)

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

INDIVIDUAL POTS

Bircher muesli, berry, apple, shaved coconut (G, D, 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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



SWEET | KAI REKA



Design your menu from the items below.
Prices are delivery and GST exclusive.

MUFFINS

Blueberry (G)

Apple crumble

Raspberry

Chocolate

COOKIES 2 PER SERVE

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

Scone, jam & cream

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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



SAVOURY | KAI MOKARAKARA



Design your menu from the items below.
Prices are delivery and GST exclusive.

COLD SAVOURY

Selection of club sandwiches, assorted fillings 2 PER PERSON

Selection of sushi 2 PER PERSON

Sautéed mushroom & herb goat cheese crêpe (V)

Spinach, feta muffin (V)

Cheese scone, salted butter (V)

Vietnamese rice paper rolls, nam jim dressing (G, D) 2 per person

SAUSAGE ROLLS & PINWHEELS

Beef sausage roll, tomato sauce

Chicken sausage roll, capsicum & apricot chutney

Ham, cheese pinwheel

Spinach, feta pinwheel (V)

Cheesy-mite pinwheel (V)

PIES

Chicken, leek, tarragon

Pork, watercress

Steak, ale, aged cheddar

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

Wild mushroom, Gruyere cheese (V)

FRITTATA

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

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

Hot smoked salmon, broccoli, cream cheese, dill (G, 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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



PLANT BASED | KAI TIPU



Design your menu from the items below.
Prices are delivery and GST exclusive.

SWEET

Chocolate slice (G, VG, N)

Pear & almond slice (G, VG)

Berry muffin (G, VG)

Coconut, chocolate fingers (G, VG, N)

Seasonal fruit skewers (G, VG)

SAVOURY

Sundried tomato, baby spinach, vegan feta pinwheel (VG, N)

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

Cauliflower, pea & potato pakora, coconut raita 2 PER PERSON (G, VG, N)

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

Pumpkin, coconut, red curry pie (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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



LUNCH | TINA



Design your menu from the items below.
Prices are delivery and GST exclusive.

6" WRAPS (MADE WITHOUT GLUTEN AVAILABLE FOR ADDITIONAL \$1)

Chicken, egg, parmesan, anchovies, cos lettuce, Caesar dressing

Streaky bacon, iceberg, smoked cheddar, tomato, avocado, chipotle mayo

Beef brisket, tomato, classic Kiwi slaw, onion jam

Tikka masala paneer, pickled red onion, red cabbage, coriander, cucumber,
mango chutney (v)

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

BUILD YOUR OWN SANDWICH (MADE WITHOUT GLUTEN AVAILABLE FOR ADDITIONAL \$1)

CHOOSE YOUR BREAD:

Ciabatta

Turkish Pide

Roast chicken, brie, butter lettuce, mayonnaise, cranberry relish

Beef brisket, caramelised onions, Swiss cheese, tomato, rocket

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

Champagne ham, Swiss cheese, piccalilli, aioli, mesclun

Grilled halloumi, maple roasted kumara, mesclun, chilli jam (v)

Blackened eggplant, roasted pepper, carrot, rocket, basil pesto (v)

Harissa tofu, roasted butternut, hummus, baby spinach, tahini coconut yoghurt (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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



LUNCH | TINA



Design your menu from the items below.
Prices are delivery and GST exclusive.

HOT MAINS

Tamarind salmon, kai-lan, coriander & lime coconut yoghurt, crispy shallots (G, D, N)

Rosemary & garlic slow cooked lamb ragu, potato gnocchi, parmesan, parsley (G, N)

Slow cooked beef brisket, balsamic shallots, heirloom carrots, salsa verde (G, D, N)

Roasted chicken thigh, preserved lemon & thyme stuffing, pan gravy, dukkha crumble (G, D, N)

Pad Thai, tofu, wild mushrooms, crispy shallots, mung beans, carrot ribbons,
crunchy peanuts (G, VG)

Chickpea & red lentil curry, Indian spices, apple mango chutney (G, VG, N)

HOT SIDES

Steamed jasmine rice (G, VG)

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

Twice cooked new season potato, beetroot & cannellini bean puree (G, VG, N)

Steamed cauliflower, leeks, parmesan, smoked almond crumble, truffle oil (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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



SALADS | HUAMATA



Design your menu from the items below.
Prices are delivery and GST exclusive.

SALAD BOWL (SERVED IN LARGE BOWLS)

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

Caesar salad, pancetta, chopped egg, dressing, croutons, shaved parmesan (N)

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

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

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

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

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

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

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

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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



Design your menu from the items below.
Prices are delivery and GST exclusive.

AOTEAROA CHEESE

A selection of three NZ cheeses, grapes, quince paste, dried fruits, roasted nuts,
Central Otago honeycomb, pickled onions, assorted crackers (v)

PLOUGHMAN'S

Creamy NZ brie, Meyer cumin Gouda, artisan bread, Champagne ham, corned beef,
sun blushed tomatoes, pickled onions, cornichons, piccalilli, dried apple

SMOKED SALMON

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

GARDEN

Chargrilled Mediterranean vegetables, vegetable crudités, garlic mushrooms,
Vietnamese rice paper rolls, vegan feta, selection of dips & spreads, tortilla crisps (v)

CHARCUTERIE PLATTER

Pork rilette, salami, prosciutto, smoked kahawai brandade, chicken live pate, cornichons,
mixed olives, NZ brie, pickled vegetables, plum & tamarillo chutney, country sourdough

MIDDLE EASTERN MEZZE

Lemon & saffron roasted seasonal vegetables, halloumi, "Rescued Kitchen" muhammara,
mixed olives, tabbouleh salad, marinated artichokes, beetroot hummus, Turkish pide (v)

BREAD & DIPS

Selection of artisan breads, sourdough, ciabatta, rye, baguette, rosemary focaccia,
Urban selection of housemade dips & spreads (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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish,
Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.



AFTER FIVE CANAPÉS



Design your menu from the items below.

COLD | MAKARIRI

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 rillette, 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 eclair, 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 | MAHANA

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)
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 handles Gluten, Wheat, Dairy, Egg, Soy, Fish, Shellfish, Tree Nuts, Peanuts, Sesame, Sulphites and Lupin and may contain traces of allergen residues.

urban
GOURMET

urbangourmet.co.nz