



THE  
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LAB

# Plated Menu

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Sample Menu

Chef and wait staff are required onsite at your event to produce and deliver these menu items.

For a full proposal please contact [enquiries@thefoodlab.co.nz](mailto:enquiries@thefoodlab.co.nz)

## Entree

Zucchini Carpaccio, Parmesan, Fresh Basil, Balsamic Reduction and Juno Olive Oil.

Salmon with Buckwheat and Grapefruit Salad

Seafood Chowder with Mussels, Fish, Prawns, Bacon-infused Coconut Cream

Fresh Oyster (3) with Lemon Segments and Mignonette

Venison Carpaccio with Beetroot and Berries

Steak Beef Tartare with Melba Toast and Truffle Mayo

## Mains

Braised Beef Cheek with Pickled Mushrooms, Hazelnuts, Shallots, and Sherry Reduction

Cauliflower Steak with Almond Cream, currant capers chilli salsa, sliced almond

Confit Duck Leg with Buckwheat Risotto

Poached Snapper with Confit Leeks and Bottarga

## Sides

Roasted Beetroot, Feta, and Walnut Salad

Potato Salad, Red Onion, Cornichons and Mayonnaise

Slaw with Mustard Mayonnaise

Mixed Leaves Salad with Maple Vinaigrette and Garlic Croutons

Rosemary and Garlic Duck Fat Potatoes

Roasted Pumpkin with Yoghurt and Candied Pumpkin Seeds

Broccoli with Toasted Almonds and Sesame Dressing

Thyme Roasted Mushrooms