

Spring 2020 Share Menu

Sprout's share menu is perfect for informal dining experiences or buffet style events. This menu is generous, fresh and satisfying and makes the most of beautiful seasonal produce.

Smaller

Buffalo mozzarella, marinated eggplant, chilli jam, sourdough and pickled shallot (V)
Pear and leek galette with gruyere cheese and candied walnuts (CN, V)
Coconut poached calamari with green mango, Thai herbs and nahm jim (GF)
Prosciutto wrapped Tommy Ruff, white bean puree, slow roasted tomatoes, spiced pepitas, basil (GF)
Beef carpaccio, black garlic mustard, blood orange agrumato oil, radicchio and zucchini salad (GF)

Larger

Slow cooked salmon with broad beans, baby leeks, asparagus and pine nuts (CN, GF)
Chicken ballotine with pea puree, fresh peas and sugar snaps (GF)
Seared beef tenderloin with blood orange, roasted baby beets and feta (GF)
Braised duck leg, zucchini and pistachio baba ganoush, shaved zucchini and oregano dressing (CN, GF)
Moroccan lamb shoulder with charred wombok and tahini yoghurt (GF)
Crispy skin pork belly, caramelised apple and Brussels with cider mustard sauce (GF)

Sides

Spring vegetable and Israeli couscous salad with salsa verde dressing (V)
Broccoli, radicchio, rosemary almonds and lemon cream (CN, GF, V)
Shaved fennel, witlof with goat's curd, chives and toasted pecans (CN, GF, V)
Harissa roasted cauliflower and crispy chickpeas (GF, V)
Kohl rabi, green apple, mint and rocket salad with buttermilk dressing (GF, V)
Oven roasted Kent pumpkin with barberries, honey labna and zaatar (GF, V)
Asparagus and green beans with anchovy, thyme and lemon breadcrumbs
Crispy roasted potatoes with bay leaf oil and crème fraiche (GF, V)

Sweet

Flourless chocolate cake with mandarin gel, aero chocolate and candied zest (CN, GF, V)
Rum coconut mousse with charred pineapple, coconut crisps and lime syrup (GF, V)
Roasted strawberry tart with balsamic, basil, crème fraiche and oat crumble (V)
Salted caramel panna cotta, blood orange poached rhubarb, honeycomb and hazelnuts (CN, GF)

GF = Gluten free, CN = Contains Nuts, V = vegetarian, VE = Vegan
Note: Most dishes can be altered to meet most dietary requirements.
Menus may be subject to change depending on available ingredients.

