

Spring 2019 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

- Beetroot cured salmon, horseradish cream, watermelon radish, potato crisps and ruby grapefruit (GF)
- Prosciutto wrapped Tommy Ruff, smashed broad beans, slow roasted cherry tomatoes (GF)
- Beef carpaccio, cornichons, horseradish, black garlic mustard and watercress (GF)
- Moroccan lamb, eggplant and pine nut pide with preserved lemon salad (CN)
- Buffalo mozzarella, sugar snaps, charred spring onions and thyme pangrattato (V)
- Grilled portobello mushroom stuffed with porcini, taleggio and tarragon (V)

Larger

- Slow cooked salmon with lemon, baby leeks, asparagus and pine nuts (GF, CN)
- Thyme and lemon marinated chicken with fennel, zucchini flowers and zucchini puree (GF)
- Roasted duck leg with red curry, lime and steamed rice (GF)
- Sticky beef cheek, white anchovy, soft polenta, salsa verde (GF)
- Moroccan lamb shoulder with Israeli couscous and baby carrots (CN)
- Charred kangaroo fillet with XO sauce, quinoa and ginger green beans

Sides

- Charred wombok, tahini dressing, preserved lemon (GF, V)
- Tuscan kale and peas sautéed with lemon, chilli and garlic (GF, V)
- Charred eggplant and broccolini with Szechuan Caramel (GF, V)
- Pickled papaya, Thai basil and daikon salad (GF, CN)
- Broccoli, braised radicchio, rosemary almonds and lemon cream (V, GF)
- Turmeric cauliflower, tahini yoghurt, dates, olives and quinoa (V, GF, CN)
- Oven roasted kent pumpkin with barberries, goats' cheese and mint (V, GF, CN)
- Celeriac, wittlof, pickled fennel and apple slaw (V)
- Crispy roasted potatoes with horseradish crème fraiche (V)

Sweet

- Crème fraiche mousse, roasted and fresh strawberries, black pepper meringue (GF, V)
- Pistachio semolina torte, rhubarb, rosewater and yoghurt cream, candied rose petals (V, CN)
- Salted caramel and chocolate tart with roasted banana (GF, CN)
- Rum and coconut mousse with charred pineapple, coconut crisps and lime syrup

sprout.edu.au



@sproutadl

