



# FUTURE CUISINE

Presented by

**LAUREN  
WILDBOLZ**



## THE FUTURE OF CATERING

‘I’ve Seen the Future and it is Green’. Taking it upon herself to create dishes and menus with only plant-based ingredients, Swiss pioneer of vegan-cooking, Lauren Wildbolz, represents the future of fine dining.

In a kitchen packed with flavours, Wildbolz and her team strive to bring the best and most innovative recipes to table, making Future Cuisine the future of haute cuisine.

So, if you are in need of culinary inspiration, look no further. Be it for your business event, birthday party, or wedding, Future Cuisine will be sure to meet your dreams. Following a personal consultation, we offer individual plans to suit any occasion with a promise of undreamt pleasure for you and your guests. Future Cuisine stands for a top-class culinary art performance. Like from the future. Only today. [futurecuisine.ch](http://futurecuisine.ch)

## LAUREN WILDBOLZ

In 2008, Lauren Wildbolz founded the first vegan restaurant in Switzerland, ‘Vegan Kitchen & Bakery’ and has since become renowned internationally for her purely plant-based cooking skills.

During her bachelor’s degree at the Zurich University of the Arts (ZHdK), Lauren explored how ethical and social concerns could be reconciled with fine dining, healthy cooking and high-quality food.

Her unconventional ideas hit the pulse of the times and aroused interest in sustainable enjoyment, especially among gourmet food lovers. Her projects provoke investigation and debate – from how one should handle their food, to protection of the environment, and social and political issues.

Having published two books on vegan nutrition and ethics, Lauren is now working on her third book on the future of nutrition. What’s more, Lauren teaches about sustainability in her cooking courses, trains companies how to cook vegan and plant-based dishes and is a lecturer and expert at the Neuro Culinary Center in Vitznau.

Amuse Bouche Surprise



Umami-Kartoffel  
mit Crème Fraîche



Kürbiskern-Spinat und Ricotta-Frischkäse



Champignon Antipasti, Sojabohne, getrocknete Tomate,  
Edamame



# EAT THE RICH (E)

Savoury Cupcakes



Gegrillter Artischockenboden, Zitronen-Kartoffelstampf, Hafer



Nuss Crostini mit Nektarinen-Chutney und Camembert



Home Made Mozzarella







# LAUREN WILDBOLZ

## EAT THE RICH (E)

The Apéro Pauvre — consisting of chips, breadsticks, nuts, it may satisfy small cravings—and is certainly addictive—but it doesn't quite hit the spot. For this reason, it has often been replaced by the Apéro Riche, now more likely to be served at openings and other events. But, let's be honest, both offer more or less the same types of food.

Believing that your events deserve more than this, Future Cuisine has redefined, interpreted and designed the Apéro Riche under the motto 'Eat The Rich (e)'; versatile, extraordinary and - yes! - "rich"; The plant-based creations that we serve you and your guests are as delicious and ingenious as their presentation.



Kandierte Spicy Chilis



Sushi Makis with Blackrice und Seitan



Ume Boshi mit eingelegter Dulce Alge (Rote Atlantik Alge)



Spicy Shitake Quiche mit eingelegter Chioggia Rande (Rote Bete)



# MEZSEKI

Mit Kaffirlimettenblätter gedämpftes Gemüse



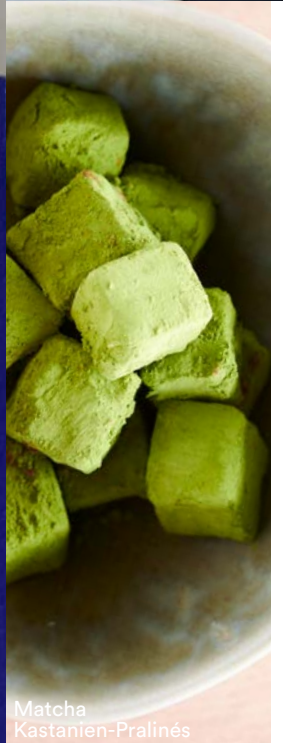
Omni Pork mit Zitronengras Vinaigrette



Sake-Rice Milk Ice Cream with Sakura Flower



Matcha Kastanien-Pralinés







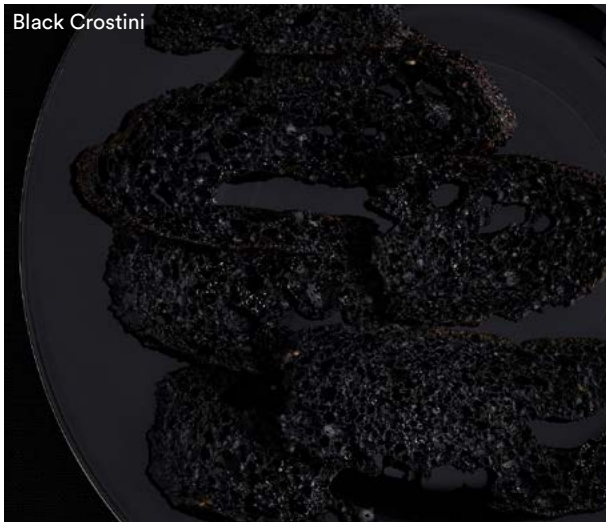
## MEZSEKI

Transcending the traditional tasting menus, Lauren's 'Mezseki' concept merges North African mezze dishes with the Traditional Japanese dining style, Kaiseki. Mezseki is the perfect blending of exquisite, bitesize dishes made to be shared as a group. What's more, each recipe is personally inspired from Lauren's experiences of traditional cooking in Egypt and Japan. Each dish is carefully crafted for you to experience the opulence and versatility a plant-based cuisine has to offer.

**LAUREN  
WILDBOLZ**



Black Crostini



Trüffel Kartoffelstock



Dinkel Ragatoni mit Black Pesto Rosso



# DARK AS THE NIGHT



Soba Noodles with Schwarzer Prinz Tomate und Pflaume



Schwarze Nuss und Schwarzes Sesam Eis mit fermentierter Aquafaba Meringue





## DARK AS THE NIGHT

Believing that food is a visual experience too, we use colour to set the mood. Our creatively coloured dishes and table-settings enchant the eyes as well as the mouth. Want to change up the traditional white table set-up, and enjoy a mysteriously delicious dark dinner? Then, try our exclusive black-colored dishes (using all-organic active charcoal powder) served on table settings in shades of black, and you will experience first-hand how colour can radically alter the mood, as you eat earthy food in a sumptuous setting. Want to mix things up? We also believe in playing with contrasts, offering the possibility of following one of our 'dark courses' with one of our colorful and lavish dishes. Whether your preferences lean toward bursts of colour, or more elegant themes of white or black, you will find the mood and tone you desire, to elevate the feel of your dining experience.

**LAUREN  
WILDBOLZ**



Cheesecake mit Kirschen & Schokokeksen



Apple Almond Crumble Cake



KUBO  
The Deconstructed Raw Cake



Himbeeren-Mousse mit Aquafabe Meringue



# OUTER SPACE DESSERT

Randen Praliné



Tessiner Kiwi Tarte



Feigen Mousse mit Matcha Aquafaba und Heidelbeer-Kompott



Pastinaken-Himbeer-Kastanien Pralinen

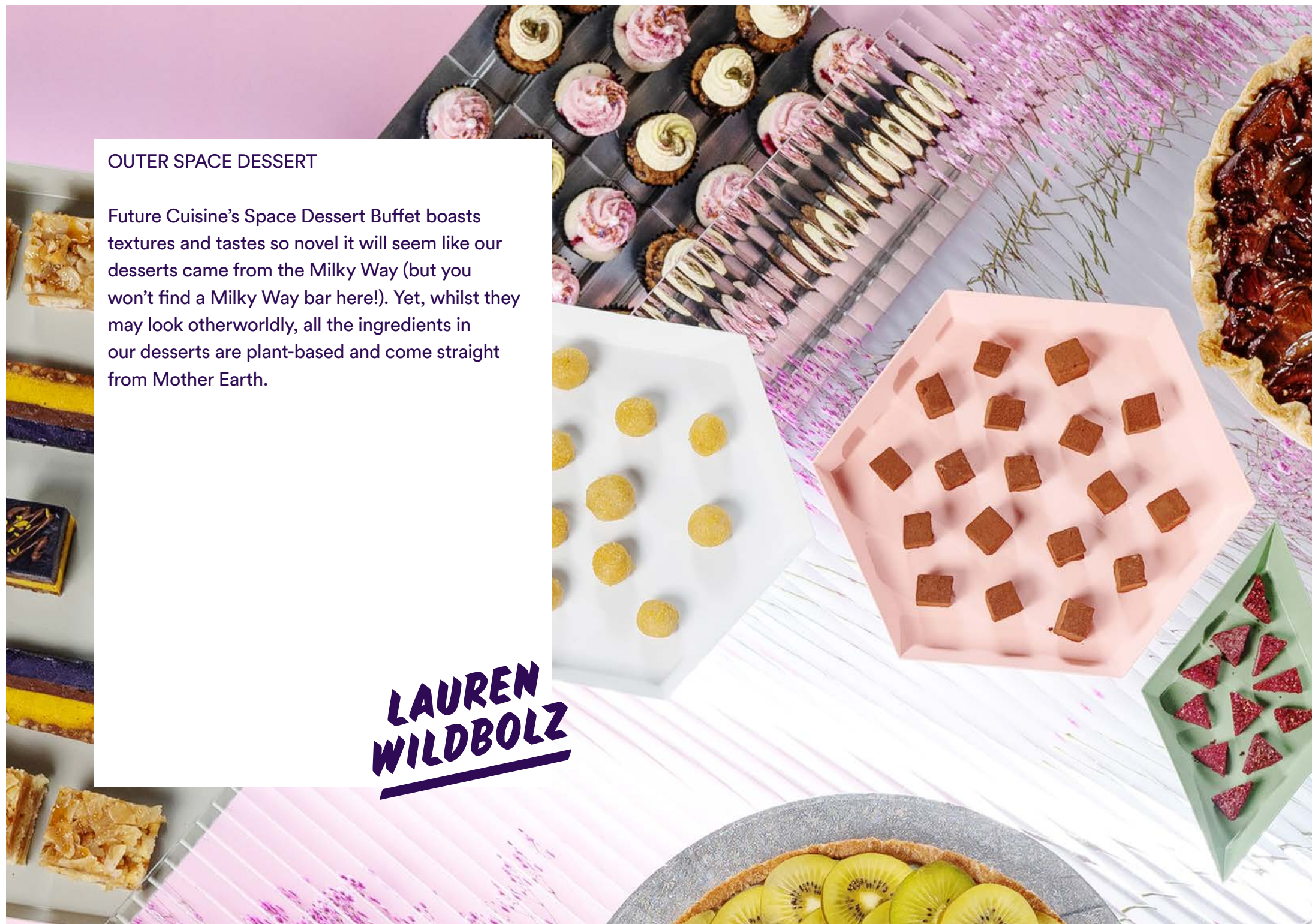




## OUTER SPACE DESSERT

Future Cuisine's Space Dessert Buffet boasts textures and tastes so novel it will seem like our desserts came from the Milky Way (but you won't find a Milky Way bar here!). Yet, whilst they may look otherworldly, all the ingredients in our desserts are plant-based and come straight from Mother Earth.

**LAUREN  
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FUTURE CUISINE  
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