



Bowls

Individually packaged meal options available for catered groups or for individual office lunch

The Mediterranean Souvlaki Bowl

Tomato, lettuce, cucumber, feta, olive, tabbouleh, chili, hummus, garlic yoghurt & pita bread

Choices are:

Lemon Herb Chicken

Marinated Lamb

Falafel

Fresh Vietnamese Rice Noodles

Rice noodles, Viet slaw, mung sprouts, cucumber, carrot, capsicum, toasted peanuts & fresh chopped herbs

Choices are:

Sticky Beef

Sweet Soy Salmon

Prawn

Tofu Sesame Scramble

Buddha Zen (Plant Based)

Honey tamari roasted kumara, tofu sesame scramble, crunchy spiced chickpeas, brown rice, red cabbage kraut, sweet pickled carrot, avocado, roasted beets, fresh greens, nuts, spicy seeds, tahini lemon dressing

Sushi Styles

Sticky rice, edamame, pickled carrot, cucumber, avocado, capsicum, toasted nori, Japanese mayo, pickled ginger & wasabi

Choices are:

Teriyaki Chicken

Crispy Chicken

Tuna Mayo

Sweet Soy Salmon

Prawn

Tofu Scramble



Boxes

We can make your lunch each day... Let us put together a delicious nutritious Morning tea or Afternoon tea Priced from \$3.50. Lunch boxes made for you from the suggestions below. Individual serves delivered to your site ready to go Priced from \$16.50.

Savoury Suggestions

- Cheese & Crackers
- Raw veges with dip
- Rice paper rolls
- Sushi/rice balls
- Quiche
- Bacon & egg pies
- Filled roll
- Wrap
- Dagwood sandwich
- Popcorn Chicken
- Chicken nibbles
- Sausage Roll
- Salad pot

Sweet Suggestions

- Cookies
- Pikelets
- Muffins
- Scones
- Slices
- Muesli bars
- Bliss balls
- Chia coconut pots
- Yoghurt parfait
- Dried fruit and nuts
- Fresh fruit salad
- Fresh fruit
- Brownie

Packed Lunch Menu

On the Run: \$16.50 + GST

Double Sandwich Pack
Savoury Tart
Cheese Scone
Triple Chocolate Cookie
Piece of Fruit

Kitchen Classic: \$17.50 + GST

Half Large Filled Wrap
Sushi Selection (2pp)
Ham & Vegetable Frittata
Chocolate Brownie
Piece of Fruit

Tasty & Healthy: \$18.50pp + GST

Large Seasonal Salad
Bliss Ball
Piece of Fruit

Hunger Buster: \$20.50pp + GST

Large Filled Deli Roll/ Dagwood Sandwich
Chicken & avocado Rice Ball
Farmhouse Pie
Mixed Berry Crumble
Fruit Salad Pot

Water 750ml: \$4.00 + GST each

Apple & Orange Juice 3L: \$10.50 + GST

Bio Cups: \$0.50 + GST

Organic Most Juice Glass Bottle: \$4.00 + GST

Amplify Kombucha Glass Bottle: \$4.50 + GST