

Lunch Boxes

(Sample Menu)
Priced per person

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

Gluten Free (GF), Dairy Free (DF),
Vegetarian (V), Vegan (VE)

On the Run

Double Sandwich Pack
Savoury Tart
Cheese scone
Triple chocolate cookie
Piece of fruit

Kitchen Classic

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

Tasty & Healthy

Large Seasonal Salad
Bliss Ball
Piece of Fruit

Hunger Buster

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

We can make your lunch each day these lunch box food choices are Individual serves, packed in biodegradable boxes & delivered to your site ready to go.

Water 750ml: \$4.00 + GST - Apple & Orange Juice 3L: \$15.50 + GST

Bio Cups: \$0.50 + GST - Organic Most Juice Glass Bottle: \$4.00 + GST

Amplify Kombucha Glass Bottle: \$4.50 + GST

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
- ◆ Brownie
- ◆ Muesli bars
- ◆ Bliss balls
- ◆ Chia coconut pots
- ◆ Yoghurt parfait
- ◆ Dried fruit and nuts
- ◆ Fresh fruit salad
- ◆ Fresh fruit

Lunch Bowls

(Sample Menu)
Priced per person

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

**Gluten Free (GF), Dairy Free
(DF), Vegetarian (V), Vegan (VE)**

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

The Mediterranean Souvlaki Bowl

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

Fresh Vietnamese Rice Noodles

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

Sushi Styles

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

Minimum order: 10 of the same bases, we can change the protein only.

Cut off order time: 48 hours to receive the exact ingredients

Dietaries: We can do all dietaries- **VEGAN, KETO, VEGETARIAN, DAIRY FREE** etc.

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Bio Cups: \$0.50 + GST - **Organic Most Juice Glass Bottle:** \$4.00 + GST

Amplify Kombucha Glass Bottle: \$4.50 + GST

Protein choices:

- ◆ Lemon herb Chicken
- ◆ Teriyaki Chicken
- ◆ Crispy Chicken
- ◆ Marinated Lamb
- ◆ Falafel
- ◆ Sticky Beef
- ◆ Sweet soy Salmon
- ◆ Prawn
- ◆ Tofu sesame Scramble
- ◆ Tuna Mayo