

Healthier Choice Menu

iSupport**Chef.**

Breakfast

minimum order

Loaded superseed granola

10

Nut free granola

10

Sunflower seed, and pepita bread (for toasting)

1 loaf

Chia seed jam

5

Apple and cinnamon pancakes

5

Banana blender pancakes

5

Potato, silverbeet, cherry tomato frittata

4

Juice Bar

Citrus zinger (orange, grapefruit, apple)

4

Carrot, apple, ginger

4

Beetroot, apple, carrot

4

Kale, celery, orange, apple

4

The greenie (cucumber, kale, spinach, celery, green apple)

4

Berry explosion (berries, watermelon, pomegranate, mint)

4

Orange, strawberry, banana, and ginger

4

Chocolate chip, banana, protein

4

Piña colada, banana, pineapple, coconut, apple juice

4

Soups

minimum order

Hearty pea and ham

4

Sesame chicken and corn

4

Green lentil, tomato and vegetable

4

Spicy Thai pumpkin

4

Barley, pumpkin, parsnip, carrot and celery broth

4

Chicken, noodle, and vegetable

4

Classic minestrone

4

Vietnamese vegan phở, noodles, shiitake, ginger, cinnamon

4

Sweet Snacks

Peanut butter chocolate rice bubbles square

20

Gluten free banana bread

8

Apple pie scrolls

10

Banana oat cookies

10

Simple custard

5

Banana custard

5

Chickpea chocolate chip cookies

10

Snickers ice cream

4

Sweet potato brownies

12

Savoury Snacks

Crudites, with hummus

4

Buckwheat seed bread

1 loaf

Zucchini slice with cherry tomatoes

8

Cheesy zucchini fritters

4

2

Kid Friendly

minimum order

Green monster pancakes	4
Homemade chicken nuggets & sweet potato chips	4
Veggie patch mini sausage rolls	16
Meatasaurus rex pasta - <i>dinosaur shaped pasta and veg loaded bolognese</i>	4
Mini green sausage rolls	16
Beef burgers	4
Soft tacos, with black bean, coriander and lime sauce	4
Vegan mac and cheese	4

Dinner or Lunch

Sweet and spicy wings, corn and coleslaw	4
Teriyaki sesame chicken with rice & broccolini	4
Jamie's beautiful lamb shanks with tomato, chilli and garlic	4
One pot healthy lasagne	4
Mediterranean green olive chicken tray bake	4
Asian beef salad on rice noodles	4
Sweet chilli prawns with asian greens served with rice	4
Broccoli chicken rissoles, green beans, almonds	4
Spinach and chicken sausage risotto	4
Crispy skin barramundi with vietnamese style salad	4
Vegan Japanese tofu, spinach bowl	4

Salads

minimum order

Salmon, soba noodle and wasabi pea salad

4

Warm Brussels, eggplant and sprout salad

4

Lentil, chickpea, avocado & goats cheese salad

4

Raw broccoli, dried cranberry & bacon salad

4

Broccoli, kale & cashew salad

4

Desserts

Raw macadamia & mango pie

8

Red velvet cupcakes, cacao avocado frosting

8

Chocolate avocado pudding

6

Lemon curd tart

8

Pumpkin, walnut and mixed spice cake

12

Chocolate pecan frosted cake

12

Homemade 'Milks'

Almond milk

500ml

Hemp milk

500ml

Dressings

Zesty Avocado Mayonnaise

Honey Mustard Dressing

Sriracha Dijonnaise

All menu items subject to seasonal availability and fluctuations in price. iSupportChef always purchases the cheapest price without sacrificing quality.

Dietary Requirements

Dairy free (DF)

Egg Free (EF)

Gluten free (GF)

Keto (K)

Lactose free (LF)

Nut Free (NF)

Vegan (V)

Vegetarian (VG)

We can work with all these Dietary requirements and preferences so please get in touch.

Please let us know if you or anyone in the home has allergies or intolerances when selecting your menu. Almost all meals can be made to be allergen free, and vegan or vegetarian friendly. If one person in the home has allergic anaphylactic reactions to any substance all meals will be made omitting that allergen.