

Healthier Choice Menu

Breakfast

minimum order

Loaded Superseed Granola

10

Nut Free Granola

10

Sunflower Seed, and Pepita Bread (For Toasting)

10

Apple and Cinnamon Pancakes

4

Berry Superfood Smoothie Bowl

4

Potato, Silverbeet, Cherry Tomato Frittata

4

Banana Blender Pancakes

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) Smoothie

4

Berry Explosion (Berries, Watermelon, Pomegranate, Mint) Smoothie

4

Orange, Strawberry, Banana, And Ginger Smoothie

4

Chocolate Chip, Banana, Protein Smoothie

4

Piña Colada, Banana, Pineapple, Coconut, Apple Smoothie

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

Kid Friendly

minimum order

Green Monster Pancakes	4
Homemade Chicken Nuggets & Sweet Potato Chips	4
Veggie Patch Mini Sausage Rolls	16
Meatasaurus Rex Pasta - Dinosaur Shaped Pasta And Veg Loaded Bolognese	4
Mini Green Sausage Rolls	16
Beef Burgers	4
Soft Tacos, With Black Bean, Coriander And Lime Sauce	4
Vegan Mac And Cheese	4

See our Childrens menu for a heap more options.

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

Thousand Island Dressing

Dietary Requirements

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

Dairy Free

Egg Free

Gluten Free

Keto

Low Carb, Low Fat, High Protein

Calorie Controlled Portions*

Lactose Free

Nut Free

Vegan

Vegetarian

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.

*Calorie controlled portions are subject to terms and conditions.