



INDIVIDUALLY PACKAGED MENU

BREAKFAST

Fruit salad VG GF H NF	\$5.90
Greek yoghurt with toasted muesli and berries V GF H	\$8.20
Hot breakfast pack DF NF Bacon & egg slider with tomato chutney, hash brown + vegetable muffin	\$12.80
Vegetarian breakfast pack V H NF Cheese & tomato croissant, fetta & spinach triangle + Roast pumpkin fritter	\$10.60

MORNING / AFTERNOON TEA

Mini muffin fresh haked cookie strawherries VH

Mini muinn, iresh baked cookie, strawberries v H	\$6.60	
Caramel donut, cake slices (chocolate carrot) + strawberries V H	\$7.85	
Caramel & peanut slice, banana muffins + strawberries VG GF H	\$8.45	
LUNCH		
½ Sandwich, ½ brioche (20% V)	\$8.35	
½ Sandwich, 2 pieces of sushi, vegetarian rice paper roll (20% V)	\$11.25	
½ Focaccia roll, rice paper roll, cake slice, fruit salad (20% V)	\$17.50	
Filled hamburger roll, piece of fresh fruit + sweet biscuit pack	\$12.40	
Filled hamburger roll, piece of fresh fruit, chip packet	\$12.70	

HOT FORK DISHES Individual serves (16oz) \$16.45ea

Chicken + Cashew Stir Fry with Rice GF DF H

Thai Green Chicken Curry with Rice GF DF H NF

Malaysian Beef Rendang with Rice GF DF H

Spinach & Ricotta Tortellini with Napoli Sauce & Basil VHNF

Sweet Potato, Chickpea & Coconut Red Curry with Rice VG GF H NF

SALADS Individual serves (16oz) \$10.85 ea

Tandoori Chicken Salad with a Tzatziki Dressing GF H NF

Falafel Garden Salad with a Sesame Dressing VG GF H NF

Roasted pumpkin, capsicum, spinach and feta salad V GF H NF

BUDDAH BOWLS Individual serves (1000ml) \$19.95 ea

Charred chicken, sweet potato, quinoa with balsamic glaze GF DF H NF

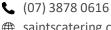
Sweet potato, chickpea, brown rice with green goddess dressing VG GF H NF

Smoked salmon, soba noodles and edamame with Japanese Dressing DF HNF

All prices inclusive of GST Minimum 10 of any variety Delivery fees & weekend surcharges apply



OR Uncle Toby's muesli bar







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