

Fork Dishes & Individually Packed

Hot Fork Dishes

Individual serves (16oz) \$17.65ea

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 V, H, NF

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

Salads

Individual Serves (16oz) \$14.85ea

Tandoori Chicken Salad with a Tzatziki Dressing GF, H, NF

Falafel Garden Salad with a Sesame Dressing VG, DF, GF, H, NF

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

Buddah Bowls

Individual serves (1000 ml) \$20.25ea

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

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

Smoked salmon, soba noodles and edamame with Japanese Dressing DF, H, NF

Breakfast

Individually boxed in compostable packaging

Fruit salad VG, DF, GF, H, NF \$7.00

Greek yoghurt with toasted muesli and berries V, GF, H \$8.50

Hot breakfast pack NF \$13.65

Bacon & egg slider, hash brown + Mini Pizza scroll

Vegetarian breakfast pack **V, H, NF** \$12.45 Cheese & tomato croissant, fetta & spinach triangle + Roast pumpkin fritter

Morning / Afternoon Tea

Individually boxed in compostable packaging

Mini muffin, fresh baked cookie, strawberries V, H \$7.80

Caramel donut, cake slices (chocolate | carrot) + strawberries V, H \$8.30

Caramel & peanut slice, banana muffin + strawberries VG, DF, GF, H \$9.40

Lunch

Individually boxed in compostable packaging

½ Sandwich, ½ Multigrain knot rolls (20% V) \$8.90

½ Sandwich, 2 pieces of sushi, vegetarian rice paper roll (20% V) \$12.40

1/2 Multigrain knot rolls, rice paper roll, cake slice, fruit salad (20% V) \$18.25

Individually packed in brown paper bag

Filled hamburger roll, piece of fresh fruit + sweet biscuit pack \$12.90

Filled hamburger roll, piece of fresh fruit, chip packet \$13.20

V Vegetarian VG Vegan GF Gluten Friendly DF Dairy Free H Halal Friendly NF Nut Free