



SINGLE SERVE VALUE LUNCH BOXES - \$15.50

+ GST please choose ONE box only, any diet meals can be added in.

VALUE BOX 1

Chicken, celery, seeded mustard & salad tortilla wrap

Brown rice, broccoli & capsicum salad pot

Raspberry & coconut cake & fresh fruit

VALUE BOX 2

Honey roast ham, cheese & salad whole meal roll, mango relish

Pearl couscous, roast eggplant & tomato salad pot

Orange cake slice & fresh fruit

VALUE BOX 3 – Gluten free, dairy free, vegan

Roasted vegetable sandwich, sun dried tomato, avocado spread & mesclun

Mixed bean, roast pumpkin & zucchini salad, coconut & sweet chilli

Dried fruit & nut pot & fresh fruit

DRINKS - Options to accompany each box

Assorted soft drinks 375ml \$2.50 each

Water 600ml \$2.50

300ml juice \$3.00

500ml juice \$3.40



SINGLE SERVE PREMIUM BOXES - \$18.50

+ GST please choose ONE box only, any diet meals can be added in.

PREMIUM BOX 1 – Healthy choice

Chicken, celery & seeded mustard salad rice paper roll, sweet soy dip
Quinoa, roast pumpkin, dried cranberries & coconut salad pot
Zucchini, sweet potato & fresh herb slice
Banana bread & fresh fruit piece

PREMIUM BOX 2

Rare roast beef, mesclun & honey mustard
Mixed bean, zucchini & coconut salad
Potato, bacon & mint salad
Chocolate chip oat slice & fresh fruit

PREMIUM BOX 3 – Gluten free, dairy free

Roast Moroccan chicken fillet & mixed bean salad
Sun dried tomato, char grilled vegetables & hommus
Roast kumara, walnut & avocado salad
Dried fruit & nut pot

Gluten free & vegan protein, option for above menu

Falafel balls & sweet chilli tofu

DRINKS - Options to accompany each box

Assorted soft drinks 375ml	\$2.50 each
Water 600ml	\$2.50
300ml juice	\$3.00
500ml juice	\$3.40



SINGLE SERVE PROTEIN & SALAD BOXES - \$19.50

+ GST please choose TWO proteins & TWO salads per order

HOW IT WORKS

Protein & salad boxes are designed for maximum healthy food choices.

Proteins are split as a half/half selection in a box.

One protein & your choice of two salads in each box

PROTEINS – Please choose two per order

All proteins are gluten free – MAXIMUM TWO PROTEIN & TWO SALADS PER ORDER

Grilled salmon fillet with lemon & chive mayo GF

Tuna, hard boiled eggs & Kalamata olives GF, V

Roasted Moroccan spiced chicken breast GF

Chicken, celery & walnut GF

Rare beef slices with honey mustard dressing GF

Tofu & falafel with hommus pot (GF, V, VGN)

Haloumi pan fried in olive oil & lemon (GF) (V)

Fetta, char grilled vegetables seasoned with balsamic glaze (GF, V, VGN)

SALADS – CHOOSE TWO SALADS PER ORDER

Roast pumpkin, mixed bean & zucchini, coconut & sultana salad GF,VGN, DF

Coleslaw – red, white cabbage, toasted pinenuts, capsicum and apple, dill mayonnaise GF,V, DF

Brown rice, broccoli & capsicum, orange zest dressing GF,V, DF

Wild rice, artichoke & tomato, dill, shallots & balsamic vinaigrette GF,V, DF

Pearl couscous, roast eggplant, mint, parsley, coriander & preserved lemon vinaigrette V

Mesclun, tomato, cucumber, combo beans, carrot & Spanish onion GF, V, DF

kumara with cashew nuts, avocado, chives & lemon myrtle, mayonnaise GF, V, DF

Quinoa, roast pumpkin, dried cranberries & coconut salad V, GF, DF



SINGLE SERVE BREAKFAST BOXES - \$13.50

+ GST please choose ONE box only, any diet meals can be added in.

BREAKFAST BOX 1

Ham & cheese croissant
Fresh baked cocktail Danish
Fresh seasonal fruit
Blueberry muffin

BREAKFAST BOX 2 - Gluten free

Banana bread
Fresh seasonal fruit
Natural yogurt, honey, berries
Dried fruit & nut mix

BREAKFAST BOX 3 – Gluten free, dairy free, vegan

Granola – gluten free, vegan
Lactose free yoghurt, honey, berries
Sweet treat
Fresh fruit - seasonal

DRINKS - Options to accompany each box

300ml	Fresh Apple or Orange juice	\$3.00
2lt	Fresh Apple or Orange juice	\$7.00
4lt	Fresh Apple or Orange juice	\$14.50



ADD ON TREATS

Sweet treats	Per person
Sesame seed snap biscuits (GF)	\$2.50
Dried fruit & nut pot	\$2.50
Anzac biscuits & cookies (two)	\$3.50
Chocolate brownie slice (GF)	\$3.50
Raspberry & coconut cake	\$3.50
Assorted muffins	\$3.50
Tasmanian cheddar & heritage blue with lavosh	\$5.50
Fresh fruit skewers	\$3.00
Fresh whole fruit (one piece)	\$1.50

MORNING / AFTERNOON TEA

Price per person \$7.00 + GST

Please choose 2 items only:

- Assorted fresh baked muffins
- Assorted mini Danish & sweet pastries
- Chocolate brownies (GF)
- Assorted gluten free biscuits & cakes
- Fresh seasonal cut fruit or fresh fruit skewers
- Coconut & berry chia cups
- Lactose free yoghurt, berries & granola cups
- Fresh fruit tarts / Portuguese tarts / ricotta & blueberry tarts (choose one type)
- Fresh baked scones with strawberries jam & whipped cream
- Raspberry coconut cake