

Morning & Afternoon Tea

Small Fruit Platter (5 serves) V, GF, DF <i>Seasonal fruit</i>	\$33.60
Medium Fruit Platter (10 serves) V, GF, DF <i>Seasonal fruit</i>	\$66.00
Small Cacao Brownies Box (8 serves) GF <i>Decadent cacao brownies served with date, caramel and strawberry</i>	\$33.60
Medium Cacao Brownies Box (20 serves) GF <i>Decadent cacao brownies served with date, caramel and strawberry</i>	\$57.60
Small Savoury Muffins Box (6 serves) GF <i>Spinach, feta and thyme muffins</i>	\$33.60
Medium Savoury Muffins Box (12 serves) GF <i>Spinach, feta and thyme muffins</i>	\$54.00
Small Savoury Loaf (12 serves) GF, DF <i>Pumpkin and Zucchini (served with garlic roasted hummus)</i>	\$43.20
Small Sweet Loaf (12 serves) GF, DF <i>Banana, coconut & lemon (served with nut butter)</i>	\$43.20
Medium Mixed Loaf (24 serves) GF, DF <i>12 x pieces of savoury loaf, 12 x pieces of sweet loaf</i>	\$80.40
Small Frittata Box (6 serves) GF, DF <i>Potato and Leek</i>	\$26.40
Medium Frittata Box (12 serves) GF <i>Zucchini</i>	\$42.00

Lunch

Salads: *Minimum Order of 6 serves per flavour.*

\$10.80 per serve or \$54.00 for a group box (serves 8 - 10)

Mediterranean – Quinoa Tabbouleh with chickpeas
& beetroot hummus (V, GF, DF)

Mexican – Kale and brown rice salsa with corn &
chipotle hummus (V, GF, DF)

Pad Thai – Rice noodle pad thai with peanut sauce (V, GF, DF)

Seasonal Box Salad (serves 8 - 10) \$66.00

Nourish Bowl – Greens & grains topped with seasonal roasted vegetables
& house made hummus \$19.20pp

Add Ons:

Poached herbed chicken (GF, DF) \$4.70pp

Quinoa vegan falafels (V, GF, DF) \$4.70pp

Morning & Afternoon Tea Collections:

Muffin Treats Collection	\$132.00
8 x juices	
8 x muffins (sweet or savoury)	
1 seasonal fruit pot	
Tropical Treats Collection	\$96.00
12 x loaf (sweet or savoury)	
8 x brownies	
1 seasonal fruit pot	
Bliss Treats Collection	\$145.20
8 x juices	
8 x brownies	
8 x bliss balls (V, GF, DF)	
1 x seasonal fruit pot	
Savoury & Sweet Treats Collection	\$114.00
12 x muffins (sweet or savoury)	
8 x brownies	
8 x frittatas	
Breakfast Sliders Collection (Morning Tea Only)	\$102.00
12 x prosciutto, egg, tomato relish & spinach sliders (DF)	
Mixed Breakfast Sliders Collection (Morning Tea Only)	\$72.00
4 x prosciutto, egg, tomato relish & spinach sliders (DF)	
4 x chilli scramble, roasted garlic hummus & spinach sliders (DF)	
4 x roasted pumpkin, hummus, spinach & sprouts slides (V, DF)	
Ballin' Box Collection	\$72.00
30 x assorted bliss balls (V, GF, DF)	
Cherish Platter	\$108.00
Assortment of seasonal dips, antipasto, cured meats, local cheese, banana bread, fresh fruit & treats	
Breakfast Pots (6 serves) – min 6 pots per flavour	\$42.00
Breakfast Pots (12 serves) – min 6 pots per flavour	\$78.00

- 1) Tropical granola with coconut yoghurt & berry jam (V, GF, DF)
- 2) Cacao chia pudding with coconut yoghurt & hemp cacao crunch granola (V, GF, DF)
- 3) Carrot cake oats soaked overnight with walnut crumble (V, GF, DF)

Lunch Collections:

- 1) *Prosciutto, beetroot hummus & rocket ciabatta slider (DF)*
- 2) *Herbed poached chicken, slaw & lettuce ciabatta slider (DF)*
- 3) *Roast pumpkin, garlic roasted hummus, sprouts & spinach ciabatta slider (V,DF)*

Mixed Ciabatta Sliders Medium (12 serves)	\$72.00
Mixed Ciabatta Sliders Large (24 serves)	\$132.00
Ciabatta Wrap Mix (20 serves) <i>A mix of 8 x ciabattas & 12 x wraps.</i>	\$78.00
Small Wrap Box (12 serves)	\$57.60
Medium Wrap Box (24 serves)	\$100.80
Cherish Platter <i>Assortment of seasonal dips, antipasto, cured meats, local cheese, banana bread, fresh fruit & treats</i>	\$108.00

Individual Boxes:

Breakfast Box <i>1 x juice (V, GF, DF)</i> <i>1 x muffin (GF, DF)</i> <i>1 x seasonal fruit pot (V, GF, DF)</i> <i>1 x breakfast ciabatta (prosciutto, beetroot hummus & rocket)</i>	\$30.00 pp
Nourish Box <i>1 x juice (V, GF, DF)</i> <i>1 x bliss ball (V,GF, DF)</i> <i>1 x seasonal fruit pot (V, GF, DF)</i> <i>1 x salad with protein (V, GF, DF options)</i>	\$30.00 pp
Wrap it up Box <i>1 x juice (V, GF, DF)</i> <i>1 x brownie (GF)</i> <i>1 x seasonal fruit pot (V, GF, DF)</i> <i>1 x wrap of your choice (V options)</i>	\$30.00 pp
Hearty Lunch Box <i>1 x juice (V, GF, DF)</i> <i>1 x brownie (GF)</i> <i>1 x seasonal fruit pot (V, GF, DF)</i> <i>1 x ciabatta sub (V options)</i>	\$30.00 pp

Drinks:

Cold Pressed Juices (250ml)	\$6.00 pp
<i>Orange Sky – orange, pineapple, lemon, turmeric</i>	
<i>Little Green – kale, spirulina, spinach, pear, cucumber, lemon, ginger</i>	
<i>Blood Bank – beetroot, cucumber, green apple, lime, ginger</i>	
Lightly Sparkling Water (500ml)	\$4.80 pp
Still Water (600ml)	\$4.50 pp
Probiotic Kitchen Kombucha	\$8.40 pp
<i>Ginger Ninja</i>	
<i>Blueberry Pie</i>	

Min. Order	\$120.00
Delivery (free over \$180.00)	\$30.00

**** all prices exclude GST**