

2016 PRODUCT LIST

This menu is available for pick up cold only from our outlets and is subject to seasonal availability.

All items are Vegetarian, (VGN) = Vegan items, (GF) = Gluten Free items and (DF) = Dairy Free.

INDIVIDUAL ITEMS - SMALL		
Curried Chickpea Burgers (GF)(VGN)	5.00	each
Fritters: Broccoli & Haloumi / Sweet Corn & Feta / Kimchi & Sweet Potato (DF)	5.00	each
Hand Rolled Falafel (GF) (VGN)	2.00	each
Middle Eastern Cauliflower Fritters (GF) (VGN)	2.00	each
Pumpkin, Pea & Sweet Chilli Risotto Pies (GF)	5.00	each
Sesame Crusted Tofu Burger (GF) (VGN)	5.00	each
Sweet Potato & Baked Ricotta Pies (GF)	5.00	each
INDIVIDUAL ITEMS - LARGE		each
Arancini: Pumpkin, Feta & Pine nut / Parsnip, Sage & Mascarpone / Tomato & Fennel / Mushroom & Stilton	6.50	each
Lentil & Whipped Potato Pie	7.50	each
Mac & Not Cheese with jalapeno crumb (VGN)(NUTS)	6.50	each
Mushroom Moussaka	10.50	each
Parcels : Mushroom & Caraway (VGN) or Cauliflower Cheese	6.50	each
Pumpkin & Red Lentil Lasagne	10.50	per slice
Spinach Crepe with Ratatouille & Baked Ricotta	7.50	each
Teff Flat Bread with Roasted Vegetables (GF)	7.50	each
Thai Curry Crepes	7.50	each
Zucchini & Red Quinoa Slice (GF) (DF)	7.50	per slice
TARTS* Large 42cm tarts pre-sliced into 16 slices.		
Caramelised Onion, Eggplant & Feta Tart	7.50	Per Slice
Leek & Gruyere Tart	50.00	Per Half
Roasted Carrot & Garlic Tart with Lemon & Parsley (GF)	99.00	Whole *
Spanakopita – Spinach & Ricotta Filo Pie		
Sweet Potato & Goats Cheese Tart in Wholemeal Pastry		
SALADS		
Beetroot & Lentil with Yoghurt Dressing (GF)		
Carrot & Quinoa Salad with Toasted Seeds (GF)(VGN)	18.00	X Large
Fresh Risoni Salad with Preserved Lemon (VGN)	12.00	Large
Middle Eastern Cracked Wheat Salad	9.00	Medium
Mung Bean Salad with Ginger & Soy	7.00	Small
Persian Cous Cousins with Roasted Cauliflower (VGN)		
Spiced Chickpea & Roasted Capsicum (VGN) (GF)		
SOUP: Asian Pumpkin (gf,vgn) / Greek Lentil (gf, vgn) / Potato & Leek (gf) / Indian Spiced Cauliflower (gf)	9.00	per serve
DIP See selection in store	5.00	each

All prices listed are GST inclusive where applicable.