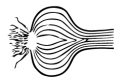


# LET THEM EAT

1<sup>ST</sup> JULY 2019

EST. 2008

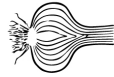


ADELAIDE

## 2019 PRODUCT LIST

All items are Vegetarian, (VGN) = Vegan items, (GF) = Gluten Free items. All prices GST inclusive where applicable,

<b>INDIVIDUAL ITEMS - SMALL</b>		
Curried Chickpea Burgers (GF)(VGN)	6.00	each
Fritters: Broccoli & Haloumi / Sweet Corn & Feta / Kimchi & Sweet Potato (VGN)	6.00	each
Hand Rolled Falafel (GF) (VGN)	3.00	each
Middle Eastern Cauliflower Fritters (GF) (VGN)	3.00	each
Sweet Potato & Baked Ricotta Pies (GF)	6.00	each
Mexican Black Bean Burger (GF) (VGN)	6.00	each
Sesame Crusted Tofu Burger (GF) (VGN)	6.00	each
<b>INDIVIDUAL ITEMS LARGE</b>		
Jack Cheese & Jalapeno Pasty	7.50	each
Arancini: Pumpkin, Feta & Pine nut / Parsnip, Sage & Mascarpone / Mushroom, Parmesan & Mozzarella	7.50	each
Lentil & Whipped Potato Pie	8.50	each
Mac & Not Cheese with jalapeno crumb (VGN)(NUTS)	7.00	each
Teff Flat Bread with Seasonal Roasted Vegetables (GF)	9.00	each
Parcels : Mushroom & Caraway (VGN) or Cauliflower Cheese or Mushroom Moussaka (VGN)	7.50	each
Pumpkin & Red Lentil Lasagne	13.00	per slice
Crepe: Spinach Crepe with Ratatouille & Baked Ricotta / Thai Curry (VGN)	9.00	each
<b>TARTS*</b> Large 42cm tarts pre-sliced into 18 slices.		
Caramelised Onion, Eggplant & Feta Tart	9.00	Per Slice
Leek & Gruyere Tart	65.00	Per Half
Roasted Carrot & Garlic Tart with Lemon & Parsley (GF)	120.00	Whole *
Spanakopita – Spinach & Ricotta Filo Pie		
Sweet Potato & Goats Cheese Tart in Wholemeal Pastry		
<b>SALADS</b>		
Beetroot & Lentil with Yoghurt Dressing (GF)		
Carrot & Quinoa Salad with Toasted Seeds (GF)(VGN)		
Risoni, Preserved Lemon, Mint (VGN)		
Middle Eastern Cracked Wheat Salad	18.50	X Large
Mung Bean Salad with Ginger & Soy	12.50	Large
Persian Cous Cous with Roasted Cauliflower (VGN)	9.50	Medium
Raw Beetroot & Edamame with avocado dressing (GF)(VGN)	7.50	Small
Spiced Chickpea & Roasted Capsicum (VGN) (GF)		
Zingy Kale with Black Bean & Corn (GF)(VGN)		
<b>DIP</b> Hommus (gf,vgn), Kale Hommus (gf,vgn), Chipotle Hommus (gf,vgn), Creamy Pumpkin (gf), Beetroot (gf,vgn)	5.50	each



## 2019 PRODUCT LIST

CAKES -INDIVIDUAL	
Double Chocolate with a raspberry centre	6.00 each
Strawberry Gingerbread Cupcake (VGN)	
Chocolate Cupcake (VGN)	
Pumpkin Pie Cupcake (VGN)	
Caramel Cheesecake (GF)	
CAKES - SLICES	
Salted Caramel Chocolate Brownie Tart	6.00 per slice 65 per whole cake (14 slices)
Armenian Nutmeg Cake	
Apple Crumble Cake	
Indian Spiced Carrot Cake with Cream Cheese Icing	6.50 per slice 70 per whole cake (14 slices)
Strawberry & Coconut Cake (GF)	
Orange & Almond Cake (GF)	
Chocolate & Blueberry Cake (GF)	
Zucchini Cake with Lemon Cream Cheese Icing	
COOKIES	
Peanut Butter & Chocolate Chip	5.50 each
Macadamia & White Chocolate	
Muesli	
Triple Chocolate	
POPCORN - Salty, Spicy, Sweet (GF & VGN)	\$5.00 per bag

HOT FOOD MEALS		
	+ 1 - 2 salads	+ 3 - 5 salads
Hottie (see individual pricing)	+ 7.00	+9.00

DEALS - take home and cold only no additional discounts	
Five (5) Pack Falafel or Cauliflower Fritters	12.50
Dip + Five (5) Pack Falafel or Cauliflower Fritters	16.50