



LIGHT-WEIGHT WALKING FOOD

GF=Gluten Free / WF=Wheat Free / V=Suitable for Vegans



ORDER DETAILS

Name:

Required date:

Phone:

Postal address:

Email:

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	Just add (per serve)	Item	\$AUD	Servings
		Breakfast		
GF V	Water 150-200ml	Quinoa & cinnamon porridge, 80g with coconut milk	\$5.50	
-	Water 150-200ml	Oats & cinnamon porridge, 80g with milk	\$5.50	
GF V	Water 150-200ml	Granola, 80g with coconut milk	\$5.50	
V	Water 150-200ml	Nutty granola, 80g with coconut milk	\$5.50	
-	Water 150-200ml	Chocolate granola, 80g with milk	\$5.50	
GF V	Water 125ml	Fry bread / Dumpling mix, 70g	\$5.50	
		Snacks		
GF V	n/a	Big Heart trail mix 100g	\$7.50	
V	n/a	Nut and seed trail mix, 100g	\$7.50	
V	n/a	Chocolate nut and seed trail mix, 100g	\$8.00	
GF V	n/a	Dried fruit mix: apricot, pear and peach 100g	\$8.00	
GF V	n/a	Savoury tomato slices 50g	\$7.00	
GF V	n/a	Fruit bark peach & strawberry 70g	\$4.00	
GF V	n/a	Fruit bark apricot 70g	\$4.00	
GF V	n/a	Fruit bark peach & pomegranate 70g	\$4.00	
		Lunch		
-	n/a	Wrap SIMSONS PANTRY 5pk (store-bought)	\$7.00	
GF V	n/a	Wrap BFREE sweet potato 5pk (store-bought)	\$9.00	
V	n/a	...plus MACRO nut spread 250g jar (store-bought)	\$7.00	
-	n/a	...plus SAFCO salmon 100g sachet (store-bought)	\$4.00	
WF V	Water 85ml	...plus almond & turmeric patty/spread 75g	\$6.50	
WF V	Water 85ml	...plus beetroot, dill & lentil patty/spread 75g	\$6.50	
WF V	Water 85ml	...plus mungbean, fennel & chilli patty/spread 75g	\$6.50	
WF V	Water 85ml	...plus polenta, garlic patty/spread 75g	\$6.50	





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	Just add (per serve)	Item	\$AUD	Servings
		Soup		
GF V	Water 300ml	Vegetable soup 40g	\$6.00	
GF V	Water 300ml	Sweet potato, leek and lentil soup 40g	\$6.00	
GF V	Water 300ml	Curried pumpkin soup 40g	\$6.00	
GF V	Water 300ml	Tomato soup 40g	\$6.00	
		Mains		
GF V	Water 200ml	Apricot curry 60g	\$6.00	
GF V		Double serve - Apricot curry	\$10.00	
GF V	Water 180ml	Ratatouille 30g	\$6.00	
GF V		Double serve - Ratatouille	\$10.00	
GF V	Water 300ml	Chow Mein 60g	\$6.00	
GF V		Double serve - Chow Mein	\$10.00	
GF V	Water 250ml	Mushroom ragout with pasta 60g	\$6.00	
GF V		Double serve -Mushroom ragout with pasta	\$10.00	
GF V	Water 250ml	Mushroom ragout with rice 45g	\$6.00	
GF V		Double serve - Mushroom ragout with rice	\$10.00	
GF V	Water 250ml	Pumpkin risotto 45g	\$6.00	
GF V		Double serve - Pumpkin risotto	\$10.00	
GF V	Water 250ml	Vegetable risotto 45g	\$6.00	
GF V		Double serve - Vegetable risotto	\$10.00	
		Dessert		
GF V	Water 180ml	Fig, pear & vanilla rice pudding with coconut milk 60g	\$5.50	
GF V	Water 180ml	Peach, apricot & cinnamon rice pudding with coconut milk 70g	\$5.50	

We recommend choosing a soup, mains and dessert for your evening meals, or alternatively a double-size mains can be provided at \$10.00 for each item