

	Just add (per serve)	Item	\$Aud
		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

	Just add (per serve)	Item	\$Aud
		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	Water 180ml	Ratatouille 30g	\$6.00
GF V	Water 300ml	Chow Mein 60g	\$6.00
GF V	Water 250ml	Mushroom ragout with pasta 60g	\$6.00
GF V	Water 250ml	Mushroom ragout with rice 45g	\$6.00
GF V	Water 250ml	Pumpkin risotto 45g	\$6.00
GF V	Water 250ml	Vegetable risotto 45g	\$6.00
		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

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

Current pricing year 2023



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BIG HEART ADVENTURES SELF-GUIDED WALKING FOOD MENU

Majority sourced from South Australian farmers