

OUR
PASSION

Nature's Harvest

YOUR
HEALTH

CATERING MENU

Choose a healthy, delicious, life-enriching option next time you need to cater for an event or meeting!

BREAKFAST

BREAKFAST CUPS (PRICE PER PERSON):

MUESLI

+

MIXED
BERRIES

+

MYLK* OR ORGANIC YOGHURT



HOUSE MADE ORGANIC MUESLI 10.00

Organic oats, apricots, sultanas, almonds, sunflower seeds, pepitas (V) (VG) (R)

HOUSE MADE GLUTEN FREE MUESLI 10.00

Brown rice puffs, rice bran with apple juice, goji berries, sultanas, pumpkin seeds, sunflower seeds, apricots (GF) (V) (VG) (R)

NO TOAST CHALLENGE MIX GRANOLA 13.00

Coconut, almonds, hazelnuts, cashews, pepitas, tahini, ginger, cinnamon, vanilla, linseeds, sunflower seeds (V) (VG) (P) (GF)

ACAI BISCOTTI CUP 10.00 PER PERSON

Acai, blueberries, mango, banana, apple juice. Topped with House Made Organic Muesli and Biscotti Crumble: almonds, pistachio, cranberries, dates, vanilla, Himalayan salt (GF) (V) (VG) (R)

BREAKFAST BURRITO 6.95 PER WRAP

Wholemeal wrap, egg, mushroom, spinach, onion, capsicum, avocado (VG)

EXTRA MYLK OR YOGURT

Organic dairy milk +0.50

Organic oat +0.50

Organic rice +0.50

Bonsoy / cocoquench..... +1.50

Housemade organic

almond mylk..... +1.50

Blended fresh whole coconut..+2.50

Organic dairy yoghurt.....+1.00

Coconut yoghurt.....+2.50

FOLLOWING SERVES 8-10 PEOPLE

FRUIT CUPS 75.00

Seasonal fruit, coconut yoghurt, choice of house made muesli served with pistachio biscotti crumble (GF) (V) (VG) (R)

CHIA POTS 75.00

Chia seeds soaked in coconut water mixed with a delicious blend of coconut, cashews, agave, vanilla and your choice of:

- Organic strawberries

- Organic cacao powder

(GF) (V) (VG) (R)

GRANDMA'S COOKIE BARS 65.00

Buckwheat, coconut, almond, rice malt syrup, psyllium husk, baking soda, strawberries, chia seeds, coconut nectar (GF) (V) (VG)

CHOC BEETROOT BROWNIE 65.00

Beetroot, sweet potato, cacao, almonds, coconut, dates, sea salt, psyllium. Icing: cacao, coconut nectar, vanilla, lemon. (GF) (V) (VG)

BLUEBERRY MUFFIN 65.00

Almonds, coconut, rice malt syrup, egg, organic blueberries, vanilla, himalayan salt, baking soda. (P) (GF)



(GF) Gluten free (V) Vegan (VG) Vegetarian (R) Raw (P) Paleo

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WRAPS, SANDWICHES, AND SNACKS

WRAPS PRICES10 PIECES/ 20 PIECES

RAW WRAPS\$130 /\$260

Our dehydrated wrap base is made with zucchini, sundried tomato, sunflower seeds, oregano, and psyllium husk, filled with carrot, beetroot, lettuce, capsicum, alfalfa sprouts, and housemade avocado "mayo".

(V) (VG) (R) (GF) (NF)

WRAPS AND SANDWICHES\$50/\$100

An assortment of:

-Organic egg with salads and curry mayo

-Cheese with salads, avo and hummus

(V) (NF)

-Lentil patty with salads, avo and hummus

-Tempeh with salads, avo and hummus

(VG) (NF)

RAW PIZZA\$60/\$120

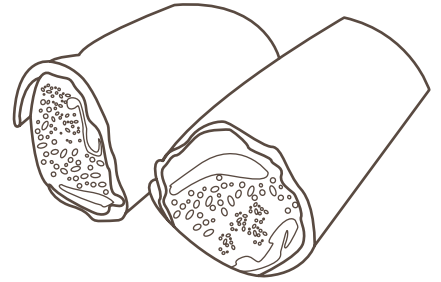
The base is made with walnuts, zucchini, flaxseeds, and Himalayan Pink Salt and dehydrated. Toppings can include raw tomato sauce, raw "hummus", raw "cheese", olive tapenade, mushrooms, capsicum, cherry tomato, fennel, garlic dukkah, and basil.

(GF) (V) (VG) (R)

VEGETARIAN SUSHI\$30/\$60

20 PIECES/ 40 PIECES

Capsicum, cucumber, carrot, alfalfa sprouts, and bean sprouts, all wrapped up in sushi rice and nori sheets (GF) (V) (VG) (R) (NF)



HOT FOOD SERVES 8-10/ SERVES 12-14

RED LENTIL DAHL\$120/\$160

Red lentils, tomatoes, turmeric, chilli, sea salt, cumin & garam masala

(GF) (GF) (V) (VG) (NF)

LENTIL & SPINACH DAHL\$120/\$160

Red lentils, tomatoes, onions, spinach, chilli, sea salt, cumin, Garam masala & turmeric

(GF) (GF) (V) (VG) (NF)

CHICKPEA CURRY WITH SPINACH\$120/\$160

Chickpeas, coconut milk, tomatoes, spinach, onion, garlic, ginger, coriander, turmeric, fenugreek & chilli (GF) (GF) (V) (VG) (NF)

SPICY MEXICAN BEANS\$120/\$160

Kidney beans, onions, garlic, tomatoes, cayenne pepper, cumin, paprika, himalayan salt served with house made guacamole

(GF) (GF) (V) (VG) (NF)

*HOT FOOD INCLUDES RICE OR QUINOA



(GF) Gluten free (V) Vegan (VG) Vegetarian (R) Raw (GF) Oil free

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SALADS



SERVES 8-10\$75

SERVES 12-14\$105

HOUSE DRESSINGS\$15

HERBED QUINOA SALAD

Quinoa, avocado, cucumber, tomato, lime, spring onion, parsley, coriander, pepper, chilli flakes

(GF) (V) (VG)

TOFU STIR FRY

Tofu, bok choy, snow peas, bean shoots, capsicum

(GF) (V) (VG)

ASIAN SLAW

Red cabbage, broccoli, capsicum, carrots, coconut aminos, lemon, chilli

(GF) (V) (VG) (R)

MOROCCAN SALAD

Cucumber, capsicum, red onion, chick peas, quinoa, parsley, coriander, pepitas

(GF) (V) (VG)

RAW CARROT & BEETROOT

Carrot, beetroot

(GF) (V) (VG) (R)



HOUSE DRESSINGS

(GF) (V) (VG) (R)

Asian peanut dressing

Peanuts, agave, coconut, nama shoyu, chilli, lemongrass, lemon

Coriander lime dressing

Coriander, lime, chilli, olive oil, honey, sea salt, cumin, chilli

Ginger miso

Miso, lemongrass, chilli, lemon, honey, sea salt, apple cider vinegar, ginger

Herb vinegarette

Apples, zucchini, cucumber, apple cider vinegar, parsley, mint, garlic, sea salt

Avocado mayo

Avocado, lemon, garlic, cayenne pepper, olive oil, nama shoyu, stevia

Italian

Capsicum, red onion, garlic, oregano, basil, lemon, tamari, olive oil

Avo caeser

Avocado, garlic, lemon, apple cider vinegar, dijon mustard, nutritional yeast, pink salt



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DRINKS AND TREATS

SUPER JUICES

HANGOVER FIX	7.50
Carrot, apple, beetroot, celery, cold pressed ginger	
GREEN ENERGY	7.50
Silverbeet, kale, cucumber, celery, green apple, lemon, parsley, cold pressed ginger	
SUMMER SUN.....	7.50
Pineapple, orange, cold pressed ginger, lemon	

SUPER SMOOTHIES

NATURES SUNSET.....	12.95
Mango, juiced orange, juiced apple, banana, strawberries	
PEANUT BUTTER MOCHA.....	12.95
Banana, espresso, peanut butter, almonds, hazelnuts, cacao	
PROTEIN MINT GREEN.....	12.95
Whole coconut, banana, Vanilla pea protein (21grams), spirulina, peppermint	

Organic subject to availability



COFFEE & HOT DRINKS

COFFEES (LOCAL DELIVERY ONLY)

Cappucino / flat white / long black / latte	\$4.00
Short machiatto.....	\$4.00
Long machiatto	\$4.50
Espresso.....	\$3.00
Double espresso.....	\$3.50
Extra shot.....	\$0.60
Mocha.....	\$5.00

HOT DRINKS

Hot chocolate / jaffa / mint / turkish delight	\$5.00
Chai latte.....	\$5.50
Prana chai / chai baba masala / lotus blue ayurvedic chai**	
Tumeric latte aurvedic style.....	\$6.95
Tumeric, cardamon, chilli, vanilla, ginger, honey, cinnamon, milk	
Red espresso	\$4.00
Red cappucino / red latte / red flat white.....	\$4.50
Matcha latte.....	\$6.95
Regular add	\$0.50

TEAS

Green tea / English breakfast / Peppermint / Camomile / Rooibos	\$3.90
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TREATS

RAW DESSERT PLATTER	45.00
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SERVES 8-10 PEOPLE (CHOOSE 3)

An assortment of:

- Raw "snickers"
- Raw "oreo"
- Lemon slice
- Piña colada slice
- Choc Truffles
- Key Lime Pie Bites
- Cacao Energy Ball
- Spirulina Mint Ball
- Protein Bursts

WHOLE RAW MANGO CHEESECAKE	\$120
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Ⓜ GF Gluten free Ⓜ V Vegan Ⓜ VG Vegetarian Ⓜ R Raw Ⓜ NF Nut free