| our honestly | | | salads (single serve) | | create your own | | | |
|----------------------------|----------------------------------|-----------------|-----------------------|---|-----------------------------|--|---|---|
| healthy catering menu | | | | | | 4 toppings \$17.50, 5 toppings \$18.50, 6 toppings \$19 | | |
| | | | GF | chicken chipotle (popular) | \$18 ^{.50} | base | dressing | toppings |
| V = vegan GF = gluten free | | | | shredded free-range chicken, corn, shredded cheese, tortilla crisps, black beans, coriander, jalapeÕos & cos lettuce with chipotle mayonnaise dressing | | cos lettuc mixed leav spinach warm brown | es vinaigrette basil pesto caesar | avocado beetroot black beans capsicum |
| | healthy snacks | | | | \$ 1 9 | rice vegan | chipotle mayonnais jalapeno lime | coriander |
| | | | | modern caesar | *19 | chicken st | ock fresh lemon spiced tahini | corn croutons |
| GF | free-range boiled eggs & spinach | \$ 6 | | shredded free-range chicken, crispy bacon, free-range egg, parmesan, croutons & cos lettuce with caesar dressing | | white balsamic zesty asian | cucumber currants | |
| GF V | shelled edamame | \$6 | | 3 | | | | danish feta edamame |
| GF | | . . | V | vegan slaw | ^{\$} 16 | protein | | free-range egg |
| | falafel & spiced tahini dip | ^{\$} 6 | | carrot, mint, red cabbage, coriander, edamame, fried shallots & cos lettuce | | crispy bac flaked tun | | fried shallots jalapenos mint |
| GF V | fruit salad | ^{\$} 6 | | with zesty asian dressing | | falafel marinated | oulled pork | parmesan olive |
| | protein bars | ^{\$} 5 | GF | middle eastern falafei | \$ 17 | marinated tofu shredded free-range chicken warm marinated chicken | ree-range chicken | pinenuts quinoa |
| | protein balls | ^{\$} 5 | | falafel, mint, currants, cucumber, tomato, spanish onion & cos lettuce with tahini dressing | | warm meatballs red cabbage warm meatballs sesame seeds shredded cheese spanish onion | | |
| | | | GF | protein powerhouse | \$ 17 ^{.50} | | | tomato |
| | | | | flaked tuna, edamame, free-range egg, quinoa, beetroot & spinach with olive oi & lemon juice | 1 | platter | (serves 4-5) | tortilla crisps dukkha almonds coconut |
| | drinks | | ∨ superfood detox | | ^{\$} 18 | each of our platters contain 4-5 | | |
| | | | • | marinated tofu, coriander, quinoa, | 10 | servings, ideal for meetings and | | |
| | still water | \$ 4 .50 | | beetroot, edamame, sesame seeds & mixed | | corporate lunches. | | |
| | | | | leaves with zesty asian dressing | | choose from a variety of flavours: | | |
| | sparkling water | ^{\$} 5 | GF | quinoa chicken | \$18 ^{.50} | GF chic | cken chipotle (popula | • |
| | coke zero | \$ Ļ .50 | | shredded free-range chicken, feta, almonds, quinoa, black olives & mixed | | modern caesar \$69 Vegan slaw \$58 | | |
| | diet coke | \$ L .50 | | leaf with balsamic vinaigrette | | veg | | |
| | | • | | pulled pork tortilla | | ^{GF} mid | dle eastern falafel | ^{\$} 62 |
| | emma & toms juice | \$ 5 .50 | | marinated pulled pork, tomato, shredded cheese, capsicum, corn, tortilla crisps & cos lettuce with jalapeno lime dressing | | GF pro | tein powerhouse | ^{\$} 64 |
| | emma & toms sparkling 250ml | \$ 5 .50 | | | risps & | ∨ sup | erfood detox | ^{\$} 65 |
| | | | | | | pull | ed pork tortilla | \$ 67 |
| | | | | | | ^{GF} qui | noa chicken | ^{\$} 67 |