



Snacks list
MAY 2022

Protein balls:

- Lime and coconut
 - Cacao
 - Carrot cake
 - Peanut butter (can add choc chips)
 - Almond
- \$5 each (minimum 4 per order same flavour)

Nut balls dipped in dark chocolate- Almond or peanut butter
\$5.50 each (minimum 4 per order same flavour)

Biscuits/Cookies

- Anzac (oats)
 - Peanut butter
 - Peanut butter and choc chip
- \$5 each (minimum 4 per order same flavour)

Muffins:

- Banana and coconut muffins
 - Banana, choc chip and hemp seeds
 - Blueberry
 - Almond and apple
 - Mango and chia (seasonal)
 - Zucchini and chocolate
- \$6 each (minimum 4 per order same flavour)

Rice paper rolls:

- Tuna and avocado
 - Chicken and mint
 - Beef and coriander
 - Veggie
- \$7 each (minimum 4 per order same flavour)
Best consumed within 2-3 days



Savoury muffins-

-Zucchini and pumpkin

-Cheese and bacon

-Ham and tomato

-Sundried tomato and chorizo

-Feta and spinach

-Whole frittata (large serving of the above flavours prices vary)

\$6.50 each (minimum 4 per order same flavour)

Muesli bars:

-Apricot and oats

-Date, oats and honey

-Choc chip

-Peanut butter

-Tahini and honey

\$6 each (minimum 4 per order same flavour)

Raw caramel cups

Cup size treats with 3 layers!

(DF and refined sugar free)

\$6.50 each (minimum 4 per order)

Banana breads (all gluten free and can be made vegan):

-Banana chocolate chip and coconut bread

-Plain banana

-Blueberry and banana

\$35 per loaf

8-10 serves

Coconut and chia pudding with nut/seed mix and blueberries \$10 each

Optional protein powder added for \$3 extra

Overnight oats

Oats soaked in dairy free milk, chia seeds, topped berry compote and almonds

\$15 each

Optional protein powder added for \$3 extra

No grain-granola cups with seasonal fruit and yoghurt of your choice (GF)

\$15 each



Ayurvedic porridge \$20 each

Soaked oats or quinoa slowly cooked with coconut milk, ghee, cinnamon, ginger, nuts, seeds, raisins and seasonal fruit optional- maple syrup or raw honey

Organic ghee 250ml \$20 each

According to Ayurvedic medicine, ghee (clarified butter) is beneficial for the whole body. It is great to build dhatus (tissues) and pacify the Vata and Pitta doshas. Ghee is rich in antioxidants, linoleic acid, and fat-soluble vitamins like A, E and D. It aids digestion by keeping the gastrointestinal tract healthy. It is well tolerated in most people with any dairy sensitivity because the milk solids are removed.

Chicken liver pate \$20 (Please allow minimum 48 hours notice)

Liver is one of the most nutritionally dense foods on the planet. It contains significant amounts of folate, iron, vitamin B, and fat-soluble vitamins like A, E and D.

Organic homemade chicken or beef bone broth- slowly cooked for 24 hours (\$13)

Bones, onion, garlic, celery, carrots, apple cider vinegar, peppercorns

Paleo buns \$20 (minimum 4 per order)

Gluten free and grain free

Made with almond meal, free range egg whites, acv, water, salt, psyllium husk

White rolls \$20 (minimum 4 per order)

Wheat free-made from oats and rice, milled flour to order, free range egg whites, acv, water, salt, psyllium husk

Notes:

- Optional to have these made in home booking using your ingredients or we can deliver them
- All organic ingredients used
- Made to order
- Some ingredients can be adjusted to your nutritional needs
- Delivery fee not included
- Pick up option from Freshwater 2096 available
- Prices do not include GST