

# WINTER MENU

## BREAKFAST

 Chia Oat Pudding, Banana, ABC butter & Goji 

 Green Smoothie Bowl   
Banana, avocado, spinach, kiwi, cashew

Winter nourishing breakfast

Hard boiled free range eggs, roasted mushrooms, avo, goat cheese  
on Zeally Bay Bread (GF option)



### Healthy toppings to add:

Organic Cacao-coco or Berry Buckies by *Mindful Foods*

Bio-dynamic Green Banana fibre powder by *Bush Tucker Blends*

## ENTREE & FINGER FOOD

Zucchini & Sweet potato Cake

 Carrot & Lentil Soup with ginger & cumin 

French Comté cheese Puff

## MAIN COURSE

 Veggie Tofu Curry with Tahitian vanilla-coco sauce   
served with rice

Leek, Onion & Mushroom Tart, served with mix salad

Butternut, Miso & Tofu Soup with Zeally B. Bread   
(GF option)

## TREAT & DESSERT

 Choco Mousse (Vegan option)

 Vegan Apple Tart 

Madeleines

Vegan Chocolate Brownie 

 Fruit Platter 

Minimum order 4 of each.