



The insatiable
BUSINESS
of
FOOD

KIDS MENU

[COLD]
[INDIVIDUAL BOXES]

MORNING BLISS

Yogurt pot, berry compote, granola sprinkle (V, GF)
Fruit Salad Cup (Vn, GF)
Vege Frittata (V, GF)
Insatiable Bliss Ball (Vn, GF)

RISE N' SHINE

Fruit Salad Cup (Vn, GF)
Almond Muffin Cake (V, GF)
Vege Frittata (V, GF)

KEEP IT SIMPLE

Fruit Salad Cup (Vn, GF)
Mini Muffin (V)
Bacon and Egg Tart

**THAI RICE NOODLE
SALAD**

Chicken or tofu, carrot, cucumber, mint, red onion, chives,
peanuts, mild nam jim dressing (Vn, GF) (Mild)

**GRILLED CHICKEN TENDERS,
TOMATO CHUTNEY**

Pasta salad of heirloom tomato, bocconcini, cucumber,
olives, red bell pepper, casarecci pasta, with
pesto & olive oil dressing (V)
Bread roll & butter (V)
Country vegetable frittata (V, GF)
Insatiable brownie (V) Seasonal fruit (Vn, GF)

[INDIVIDUAL BOWLS]

BEAN MACHINE BOWL

Salad nicoise of green beans, cherry
tomato, potato, egg, olives, lettuce, lemon
mustard vinaigrette (V, GF, DF)

CIAO BELLA BOWL

Pasta salad of cherry tomato, bocconcini, cu-
cumber, olives, capsicum, casarecci pasta,
with pesto & olive oil dressing (V)

GREEN BOWL

Crunchy asparagus, sugar snaps, red bell pep-
pers, avocado, pumpkin seeds, fresh green salad
leaves, tangy vinaigrette (Vn, GF)

SUPER SALAD BOWL

Grilled chicken, spinach, quinoa, feta, roasted
pumpkin, currants, pepitas, almonds (GF)

TAKE A BREAK

Fruit Salad Cup (Vn, GF)
Fine Herb Quiche (V)
Mini tomato, spinach & cheese croissant (V)
Banana Bread, with butter portion (V)



KIDS MENU

[WARM]

BETWEEN THE BREAD

Select Side: house chips and pick or steamed veges or vege pasta salad

Grilled cheese sandwich with tomato soup or side
Grilled ham and cheese sandwich
Grilled beef slider with cheese, fixings
Grilled chicken breast slider with cheese, fixings
Grilled vegetable burger with cheese, fixings
All beef hot dogs with cheese, fixings
Bbq chicken sliders with cheese, fixings
Bbq jackfruit slider with cheese, fixings +\$2
Sloppy joes with lettuce and tomato
Mushroom sloppy joes with lettuce and tomato
Warm tomato and mozzarella panini

BOX MEALS

Chicken fingers, french fries and mac and cheese
Zucchini fingers with sweet potato fries and mac and cheese
Chicken parmigiana with caesar salad
Eggplant parmigiana with caesar salad
Lemon chicken breast with vege rice
Roasted chicken breast with vege rice
Roasted vegetables with vege rice
Turkey meatloaf with mashed potatoes and veges
Mushroom meatloaf with mashed potatoes and veges
Grilled cauliflower steak with chickpea hummus and salad
Mushroom steak with chickpea hummus and salad
Spinach and cheese egg pie with salad
Meatball lasagna with Caesar salad

BOWLS

Asian noodles with chicken and veges or just veges
Chicken meatballs with pomodoro sauce and veges
Falafel balls with salad and veges
Turkey meatballs with veges
Mushroom meatballs with veges
Turkey chili with cheese, crackers and salad
Vegetarian chili with cheese, crackers and salad
Broccoli and chicken pasta with Caesar salad
Broccoli and sausage pasta with Caesar salad
Vegetable pasta primavera with Caesar salad
Spaghetti & meatballs with Caesar salad
Gnocchi potato dumplings with pomodoro sauce
Mediterranean quinoa salad with carrots and haloumi salad

PIZZA

Select side: Caesar or green salad

Margarita verace
Italian meat and cheese
Rosted vegetables

SPANISH

Chicken or Vege burrito with Spanish rice and beans
Chicken or Vege quesadilla with guacamole, salsa, tortilla chips
Chicken or Vege Tacos with cheese, lettuce and sour cream
Chicken or Vege Fajitas with salsa an sour cream
Beef, Chicken or Vege Empanadas with summer salad
Bbq chickpea tacos with summer salad
Bbq jackfruit tacos with citrus slaw +\$2
Spanish paella with chicken or vege

HEALTHY WRAPS

Select Side: house chips and pick or steamed veges or vege pasta salad

Chicken tarragon salad
Mediterranean tuna salad
Roasted turkey & avocado
Roasted seasonal vegetables

SEAFOOD

Crispy fish burger with house potato chips
Roasted fish tacos with citrus slaw cups
Crispy fish filet with vege rice and salad
Shrimp salad roll with house chips and New York pickles
Shrimp coconut curry with rice and cucumber salad +\$2

SWEETS

Insatiable brownies Chocolate cake
Chocolate chip cookies Cheesecake
Lemon mousse cake Fresh fruit bowl

I LET'S CHAT I

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