

January-April 2018 Communal Cooking & Classes

Join Little Seed Chef, Asher, as he holds an empowering space for you to learn and engage with cooking.

His classes have a particular focus on:

Flavour & Simplicity
Plant-Based Nutrition & Health
Sustainable Kitchen & Gardens
Community, Family & Connection

Classes are small, informal and relaxed. They cater for any level of ability or confidence level.

Supercharge Your Daily Menu

How to Add More Plant-Based Whole Foods to Your Meals

Wednesdays 7am-8:30am | \$65 | Includes brekky & take away lunch

Come once or come regularly!

10th Jan, 17th Jan, 7th Feb, 21st Feb, 7th March, 21st March, 4th April, 18th April

Sunday Morning Communal Prep

Use the Little Seed kitchen and your very own chef on hand to prep meals and food to help kick start your week. Guidance, suggestions, menus and ideas suitable for families or individuals, then take your prep home. All ingredients included. Bring the kids along for free

Sundays 8:30am-11am | \$180 | Includes food for a few days!
Come once or come regularly!

14th Jan, 21st Jan, 11th Feb, 25th Feb, 11th March, 18th March, 8th April, 22nd April

Fancy Restaurant Food

Surprise your loved one or friends with restaurant quality at home dinner.

Learn to cook a 3 course menu.

Wednesday February 7th 5:30pm-7:30pm | \$55 | Light food included

Condiments

An expanded condiments class on Show Holiday to explore more refined, different and in-depth recipes such as vegan cheeses, pickles and ferments.

Thursday April 12th 9am-12pm | \$140 | Take your work home with you!

How to Host a Party

Learn how to cater awesome food for lots of awesome people. Tips, recipes, chatting and sit down with everyone to enjoy your hard work over dinner and drinks.

Easter Saturday 31st March 4pm-9pm | \$140 | All food and drinks/liquor included

Kids Lunchbox Prepping

Have a chef help your little one pack a balanced lunchbox.

Easter Sunday 1st April 9am, 12pm, 3pm | 1 Hour | \$20

Offsite Custom Sessions In your Home

From \$50 per person

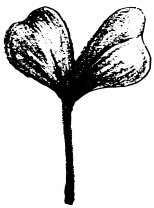
Private Classes on Site for Parties/ Groups

From \$50 per person

Come to My House

What do you like to eat? What does your family like to eat? How can we help you with some ideas that suit you, your family & your kitchen? Or you might just need a chef to cook at your place for a special event or to help you get prepped for the week.

From \$200 for 2 hours



How to book? Drop into our Restaurant Little Seed, 100 Russell St, Toowoomba, book and pay over the phone 45649197 or email grow@littleseedrestaurant.com.au and a bank transfer can be organised. Booking with more people than just yourself? We can hold spots for 24 hours. Terms/ Conditions: Full payment is required upon booking. If cancelled more than 7 days prior, 50% will be refunded. If cancelled 7 days or less full payment is forfeited.