

HOME READY MEALS - INFORMATION & PRICING



This menu is 100% gluten-free, vegan, dairy free & oil free. We focus on obtaining as much of the produce locally and chemical free with a focus on reducing food waste and our general impact on the environment. These menu items are designed to last in your fridge until Wednesday evening. Meals that can be put in the freezer are marked with (F). Meals that can be eaten cold are marked with (C). Meals designed to be eaten hot are marked with (H). We strongly encourage composting the small individual containers in your home compost and recycling the large family trays in your recycling bin. Even better, you can supply your own reuseable containers, crockery or bento boxes. We will be introducing options to reduce waste during the year such as a reusable crockery system.

It's all about convenience that doesn't cost your health or the Earth.

Email your order to grow@littleseedrestaurant.com.au by Friday 9pm for Sunday orders. You can pick your order up from Little Seed Restaurant between 3pm and 4pm on Sunday or have it delivered for \$7 between 4pm and 5pm on Sunday.

If you need food on the run on Thursday, Friday or Saturday our restaurant is open which offers a salad cabinet and breakfast, lunch and dinner menus which you can order take away. These menus can also be found on our website.

Home Ready Individual Meals:

Option 1:

Any 5 for \$65

Option 2:

10 Meals + 6 Snacks for \$135

(Sunday Dinner through to Wednesday Dinner) You can pick your own selections or simply choose our example menu planner option

Add more individual meals for \$12 each

Home Ready Family / Party Dishes (Feed 4-6 people)

1 Dish for \$65

2 Dishes \$120

Home Ready Add ons:

Supply of organic local leaves to add to your meals \$10

Half Loaf Little Seed Cashew & Almond Bread \$12

Date & Chilli Relish 250ml \$5

Garlic Mayo 250ml \$5



CONTINUE ON FOR MENU!

HOME READY MEALS - CURRENT MENU



INDIVIDUAL MEALS

- 1) Avocado, Little Seed Cashew & Almond Bread, Greens, Macadamia & Dill Cheese (C)
- 2) Scrambled Seasoned Tofu w Mushrooms & Onion Jam (H)
- 3) Chia Pudding w House Granola & Fruits (C)
- 4) Meatfree Balls w Sweet Tomato Sauce & Pulse Pasta (F) (H)
- 5) Roast Baby Carrots, Pickled Beetroots, Quinoa, Tahini Dressing (HC)
- 6) Roast Pumpkin, Leek & Mushroom Risotto (F) (H)
- 7) Red Bowl w Paprika Spiced Rice Noodles, Cauliflower, Chickpeas, Beetroot, Tomato, Roast Capsicum, Relish, Garlic Mayo (HC)
- 8) Roast Eggplant & Pulse Bake w Creamy White Herb Sauce (F) (H)
- 9) Green Bowl w Herb Pesto Brown Rice, Zucchini, Broccoli, Green Beans, Avocado (H) (C)
- 10) Lentil & Sweet Potato Balls w Brown Rice & Massaman Curry Sauce (H) (F)

Snacks

- 1) Date, Coconut & Cacao Bliss Ball
- 2) Mixed Seeds & Nuts
- 3) Hummus & Fresh Veg

FAMILIES / PARTIES

- 1) Meatfree Balls, Sweet Tomato Sauce, Pulse Pasta, Garlic Broccoli, Corn Cobs (H)
- 2) Chickpea & Beetroot Patties, Cabbage & Carrot Slaw, Leafy Greens, Potato & Leek Rostis (H&C)
- 3) Roast Eggplant & Pulse Bake w Creamy White Herb Sauce & Garden Salad

SEE PREVIOUS PAGE FOR INFORMATION & PRICING.

CONTINUE ON FOR EXAMPLE MENU PLANNERS



\$135 - SORTED FROM SUNDAY DINNER THROUGH WEDNESDAY DINNER



	Sunday	Monday	Tuesday	Wednesday
Brekky		Avocado, Seed Bread, Macadamia Cheese	Scrambled Tofu & Mushrooms	Chia Pudding, Granola, Fruits
Snack		Bliss Ball	Hummus & Veg	Hummus & Veg
Lunch		Green Bowl w Pesto Rice, Avocado & Veg	Carrots, Beets & Quinoa	Red Bowl w Noodles, Chickpeas, Reds, Mayo
Snack		Mixed Nuts	Bliss Ball	Mixed Nuts
Dinner	Meatfree Balls & Pulse Pasta	Eggplant Bake w White Herb Sauce	Lentil Sweet Potato Balls in Curry Sauce	Pumpkin, Leek, Mushroom Risotto



YOUR DIY MEAL PLANNER



	Sunday	Monday	Tuesday	Wednesday
Brekky				
Snack				
Lunch				
Snack				
Dinner				



YOUR DIY MEAL PLANNER



	Thursday	Friday	Saturday
Brekky			
Snack			
Lunch			
Snack			
Dinner			

