



# home ready meals

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. We strongly encourage composting the small individual containers in your home compost and recycling the lids 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.

All meals come fresh.

## Freezable / Reheat Meals

1. Sweet Potato & Leek Bake w Creamy Herb Sauce w Steamed Greens
2. Vege Shepherd's Pie
3. Cauliflower Mac & Cheese
4. Sweet Potato Gnocchi w Silverbeet, Cherry Tomatoes & Peas
5. Massaman Curry w Tofu, Pineapple, Cashews & Brown Rice

## Best eaten fresh within 3 days

6. Sushi Rolls w Sundried Tomato, Avocado, Garlic Mayo & Cauliflower 'Rice'
7. Quinoa & Beetroot Salad w Almond Fetta
8. Avocado on Cashew & Almond Bread w Macadamia & Dill Cheese
9. Chia Pudding w House Granola & Fresh Fruits
10. Buckwheat Pancakes w Date Caramel & Fruits (reheat)

## Snacks

- a) Date, Coconut & Cacao Bliss Ball
- b) Hummus & Vege Sticks

5 Meals \$65 | 10 Meals \$120 | Additional Meals \$12 | Add a Snack \$3.5

Two Collection Times Each Week

Sunday 12pm-12:30pm (Order by Saturday 8pm)

Wednesday 5:30pm-6pm (Order by Tuesday 8pm)

Email your order to [grow@littleseedrestaurant.com.au](mailto:grow@littleseedrestaurant.com.au) , payment is on collection