

# Home Ready Meals

This menu is 100% gluten free, dairy free & oil free and full of nutrient dense foods. We focus on obtaining as much of the produce locally and chemically free with a focus on reducing food waste and our general impact on the environment. Small containers can be composted and lids recycled into your recycling bin. Even better - you can supply us with your own reusable containers for us to put your meals into. It's all about convenience that doesn't cost your health or the Earth.

All meals come freshly made. Some can be frozen and some just need to be eaten fresh!

Freezeable/Reheat Meals (or eat within 3-4 days from fridge)

1. Little Seed Curry w Lemongrass, Almond, Garam Masala, Turmeric, Chilli, Chickpeas & Black Rice
2. Moussaka w Lentil & Mushroom Mince, Baked Eggplant & Bechamel Sauce
3. Baked Sweet Potato w Green Harissa Marinated Tempeh, Blackbeans & Garlic Mayo
4. Sweet Potato Gnocchi w White Beans Cream Sauce & Peas
5. Broccoli & Zucchini Balls w Brown Rice, Kidney Beans & Tomato Sauce
6. Lemon Pesto Pasta w Kale, Citrus, Cashew, Herbs on Edamame Spaghetti w Cashew Cheese

Best Eaten within 3 Days

7. Buckwheat Porridge w Dates, Flax Seed & Almond Crumble & Berries
8. Chia & Coconut Pudding w House Granola & Fruits
9. Avocado w Little Seed Cashew Almond Bread & Cashew Cheese
10. Carrot, Kale & Beetroot Slaw Salad (this is great to add to your dishes over a few days to get your your raw hit)

Snacks

11. Date & Cacao Bliss Balls
12. Hummus & Veges

5 Meals for \$65 | 10 Meals for \$120 | Additional Meals \$12 each | Add Snacks \$3.5 each

Collection

Sunday 12-12:30pm (order by Saturday 5pm)

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

