

— EST 17 —

THE GOODS

— WHOLEFOODS —

hello@itsthegoods.com.au

No Name Lane,
40 Marcus Clarke Street,
Canberra City

ABN - 22618067146

GOOD FOOD, GOOD LIFE

BREAKFAST

TOAST

Wholemeal miche toast topped with:

Avocado & pea smash, fetta & chilli (GF*)

Beetroot hummus, roasted pumpkin smash & hazelnut dukkah (DF, VG, GF*)

Avocado, tomato, sunflower pesto (GF*, DF, VG)

\$10 ea / \$4.5 ea (half size)

BREAKFAST POTS

Breakfast bowl 360ml - your choice of:

Bircher, honey whipped yoghurt, stewed fruits

Chia pudding, coconut yoghurt, granola (DF, VG, GF)

Toasted muesli, honey whipped yoghurt, fresh fruit

Fruit salad bowls with or without yoghurt (DF*, VG*, GF*)

\$8.5 ea / \$5.5 (mini size)

MORNING TEA PLATTER

Includes a selection of the following:

Healthy banana bread, spelt & oat mini muffins, bliss balls, fresh fruit,
egg & roasted vegetable mini frittatas (DF*, VG*, GF*)

\$9.5 p/person. Min 8 people

LUNCH

SALADS

All our salads are lovingly made in house, using only fresh vegetables, legumes & a variety of wholefoods. They don't contain any "badditives", just real food, made fresh daily. Salads are gluten free and vegan. Our salads change depending on seasonal availability. Please see salad list attached for our current selection.

Individual salad boxes \$8 (small) / \$11 (medium) ea

Large catering salad boxes \$35 ea (feeds approx 8-10 as a side)

ADDITIONS - these can be added to any salad

Roasted moroccan spiced chicken (DF, VG, GF) \$3.5 p/serve

Dill baked salmon (DF, VG, GF) \$3.5 p/serve

GF baked falafels (DF, VG, GF) \$2 p/unit

REAL FOOD WRAPS

Fresh fillings encased in a wholemeal wrap. Choose from: roasted chicken, roasted vegetable or falafel. Packed full of hummus, greens, slaw & tahini.

\$9.5 each (can be ordered cut in half, or open style kept whole).

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BOXES

BREAKFAST BOX

Mini breakfast pot of your choice plus fresh fruit, bliss ball & healthy banana bread.
\$16.5 p/box

LUNCH BOX - min order 8 boxes

1/2 WRAP, 1/2 SALAD COMBO

Your choice of 1/2 wholesome wrap & salad selection.
\$11 p/box (or upsize to full wrap for +\$4 p/box)

THE WORKS

1/2 wrap, 1/2 salad plus bliss ball, nuts, dried fruit, sweet potato brownie bites/housemade muesli bar & fresh fruit
\$18 p/box

GRAZE

VARIETY OF GRAZING PLATTERS AVAILABLE. Served in bio kraft boxes, feed 10 - 15 people as a side/graze.

THE GOOD GRAZE: (VG, GF & DF)

Housemade dip, veggie sticks & crudite, house seeded crackers, fresh fruit, nuts, dried fruit & mini bliss balls
\$145 p/platter

LEVEL UP ANTIPASTO:

Selection of cured meats, gourmet cheese, marinated roasted vegetables & olives, housemade dip, veggie sticks & crudite, house seeded crackers, fresh fruit, nuts & dried fruit,
\$195 p/platter

TREAT YO' SELF: (VG, GF & DF*)

Selection of housemade wholefoods desserts, inc: sweet potato brownies, bliss balls, banana bread with fresh fruit, nuts & dried fruit
\$145 p/platter

T&C'S

All pricing is inclusive of GST. Some items may vary due to seasonality & availability.

Disposable cutlery, crockery & serviettes can be provided for \$2 p/person.

All food will be served in disposable bio containers, unless otherwise arranged.

GF - gluten free, DF - dairy free, VG - vegan, *optional

Payment terms: deposit is required upon confirmation. Full payment is required 48 hours prior to the event. Payment can be made by cash, eftpos or direct debit.

AMEX incurs a 1.5% surcharge. Minimum orders & delivery fees may apply,

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