

# LUNCH BAR MENU INGREDIENTS

We use organic, biodynamic and GMO free ingredients whenever possible and based on availability.

## Key

\* organic ingredient

\*\* biodynamic ingredient

# vege may not be organic - it is our preference to use organic vegetables for our menu as much as we can.

## MEALS

### Curry with Rice

rice\*, pumpkin\*, carrot\*, celery\*, potato\*, green bean#, cauliflower#, curry powder, cumin powder\*, coriander powder\*, ginger#, garlic#, coconut milk\*, natural sea salt, tinned tomato\*, coconut oil\*, seasonal vegetable and dressing(GF VG)

### Chopsuey

brown rice\*, broccoli, cauliflower, carrot\*, celery#, cabbage or Chinese cabbage\*, spring onion\*, tamari soy sauce\*, mirin, apple cider vinegar\*, sesame oil\*, tapioca starch\*, vege stock, sea salt

### Frittata

kumara\*, Carrot\*, beetroot\*, pumpkin\*, potato\*, flax seed\*, tofu\*, soy milk\*, sunflower seed\*, nutritional yeast flakes, mustard\*, tapioca starch\*, parsley#, garlic#, lemon\*, sea salt , turmeric\* (beetroot relish and sunflower cream)  
--Seasonal vege side dish-- seasonal vegetable#

### Obento of the Day

Obento is a lunch bar special. The dish changes weekly depending on availability of ingredients.

### Onigirazu

rice\*, TVP(textured soy protein), apple cider vinegar\*, rice syrup\*, natural sea salt, tamari soy sauce\*, mirin, ginger#, carrot\*, cucumber#, natural nori seaweed  
--Seasonal vege side dish-- seasonal vegetable#

### Pad Thai

rice noodle, broccoli, red pepper#, mag bean sprout#, spring onion\*, carrot\*, garlic#, coriander\*, sunflower seed\*, lemon grass\*, tofu\*, kaffir lime leaves#, sesame oil\*, vegan fish sauce\*, sweet chili sauce\*

### Pizza

GF base: buckwheat\*, coconut oil\*, flaxseed\*; Wheat base: white wheat flour\*, whole wheat flour\*\*, dried yeast, raw sugar\*, natural sea salt, tinned tomato\*, oregano\*, olive oil\*, rice bran oil, corn, olive, (option: cheese)  
--Seasonal vege side dish-- seasonal vegetable#

**Quesadilla**

corn tortilla, butter or rice oil, cheese(optional), black bean\*, garlic\*, cumin\*, tinted tomato\*, onion\*, parsley# or coriander#

--*Seasonal vege side dish*-- seasonal vegetable#

**Quiche**

tofu\*, coconut milk\*, tahini\*, cashew nut\*, mustard\*, nutritional yeast, veges (e.g. leek, spinach, zucchini, mushroom, herbs etc)

--*Wheat crust*-- white flour\*, whole meal flour\*\*, rice oil, natural sea salt

--*GF crust*-- rice flour\*, chickpea flour\*, tapioca flour\*, rice oil, natural sea salt

**Ramen**

rice noodle or wheat noodle\*, baking soda, natural kelp seaweed, garlic#, ginger#, mirin, black bean sauce, tamari soy sauce, sea salt

cabbage or Chinese cabbage\*, carrot, mug bean sprouts#, spring onion\*, natural Nori seaweed

**Shepherd's Pie**

potato\*, lentil\*, carrot\*, celery\*, zucchini\*, onion\*, garlic\*(or garlic powder\*), natural sea salt, black pepper\*, soy milk\*, rice bran oil, tinned tomato\*, rice syrup\*, apple cider vinegar\*

--*Seasonal vege side dish*-- seasonal vegetable#

**Summer Noodle**

wheat pasta\* or rice noodle, tofu\*, turmeric\*, nutritional yeast, tomato, cucumber#, natural soft seaweed, soy bean sprouts, apple cider vinegar\*, tamari soy sauce\*, rice syrup\*, sesame oil\*, lemon#, seasonal vegetable# and dressing(GF VG)

**Taco Rice**

rice\*, lettuce\*, tomato, onion\*, parsley\*, tinned tomato\*, worcestershire sauce(GF)\*, cumin powder\*, coriander powder\*, coriander\*, onion\*, olive oil\*, garlic powder\*, beef mince\* or TVP(textured soy protein), natural sea salt, lemon#

**Tomato sauce pasta and salad**

wheat pasta\* or GF pasta\*, tinned tomato\*, onion\*, garlic\*, rice oil, italian mix herbs\*, seasonal vegetable# and dressing(GF VG)

**SOUPS****Soup of the Day with Bread**

minestrone, chowder etc.

seasonal vegetable#

**Chicken Noodle Soup**

rice noodle, celery\*, carrot\*, daikon radish\*, onion#, zucchini, cabbage\*, toasted sesame oil\*, sea salt, dried shitake mushroom, (vege soup stock), (option: chicken\*)

**Miso soup with Rice Balls**

dried shitake mushroom, kelp, white radish\*, pumpkin\*, kumara\*, carrot\*, onion\*, spring onion\*, miso, brown and white rice\*, natural sea salt, Nori seaweed, sesame\*

# SNACKS

## Apple Roll

apple\*, bread crumbs, rice syrup\*, cinnamon\*, spring roll wrapper, rice bran oil

## Banana Muffin

banana\*, spelt flour\*\*, rice oil, raw sugar\*, baking soda, natural sea salt

## Brownie

white spelt flour\*, whole spelt flour\*\*, cocoa powder\*, coconut sugar\*, baking powder, vanilla essence\*, rice oil, rice syrup\*, natural sea salt

## Cereal Bar (Raw Gluten Free)

rice puff, millet puff, sunflower seed\*, shredded coconut\*, sesame\*, cinnamon\*, natural sea salt, tahini\*, rice syrup\*

## Chocolate Cookies (Dairy and Egg free)

spelt flour\*\*, raw sugar\*, cocoa\*, rice bran oil, rice milk\*, chocolate chips

## Croquette

potato\*, carrot\*, corn\*, rice bran oil,  
--GF coating-- (rice flour\*, chickpea flour\*, tapioca flour\*, GF bread crumbs\*)  
--Wheat coating-- (whole meal flour\*\*, bread crumbs)

## Focaccia Banana

white spelt flour\*, whole spelt flour\*\*, olive oil\*, dried yeast, natural sea salt, coconut sugar\*, banana\*, cinnamon powder\*, coconut oil\*, coconut sugar\*

## Focaccia Rosemary Olive

white spelt flour\*, whole spelt flour\*\*, olive oil\*, dried yeast, natural sea salt, coconut sugar\*, olive, garlic powder\*, rosemary\*

## Ice Cake

cashew nuts\*, desiccated coconut\*, sunflower seeds\*, cocoa powder\*, dates\*, rice syrup\*, coconut milk\*, frozen strawberry\*, wild irish moss paste, coconut oil\*, vanilla extract\*, natural sea salt

## Orange Cake

GF flour(brown rice\*, white rice\*, glutinous rice\*, potato starch\*, tapioca starch\*, corn starch\*, xanthan gum) sunflower seed flour, orange\*, coconut oil\*, soy milk\*, vanilla essence\*, baking powder, baking soda

## Pan Fried Dumplings

Korean cabbage\*, chive\*, tofu\*, sesame oil\*, natural sea salt, tamari soy sauce\*, ginger\*, dumpling skins(wheat flour, salt, water), rice oil

## Popcorn

popping corn\*, natural sea salt

## Rice Ball

white rice\*, brown rice\*, natural sea salt, tamari soy sauce\*, nori seaweed, sesame\*, wakame seaweed

<p><b>Spring Roll</b>  bok choy*, carrot*, dried shitake mushroom, Korean cabbage* (when in season), mung bean vermicelli, spring roll wrapper, natural sea salt, black pepper*, mung bean sprouts*, tamari soy sauce (wheat free)*  <i>Optional:</i> minced beef*</p>
<p><b>Spelt Steamed Bun</b>  spelt flour*, coconut sugar*, sea salt, BP, DY  --<i>Vege bun</i>-- cabbage* carrot*, spring onion*, chive*, ginger*, garlic*, tamari soy sauce*, mirin, sesame oil*, miso*, tapioca starch*,  --<i>Red bean bun</i>-- red bean*, tahini*, brown rice syrup*, sea salt</p>
<p><b>Summer Roll</b>  rice paper, rice noodle, coriander*, lettuce*, carrot*, cucumber*, sesame oil*, natural sea salt, apple cider vinegar*, rice syrup*, paprika powder*, chili powder*, garlic powder*, tapioca starch*</p>
<p><b>Vege chips</b>  seasonal vegetable, rice oil, sea salt, pepper*</p>
<p><b>Hot Chocolate</b>  cow's milk*, rice milk* or soy milk*, cocoa*, raw sugar*</p>
<p><b>Berry Smoothie</b>  berry mix*, banana*, rice milk*, dates*</p>
<p><b>Green Smoothie</b>  kale*, banana*, apple*, rice milk*, ginger#</p>

## Suppliers profile

Organic fresh produce: MPS garden, Ceres Fresh, Huckleberry Farm, Ooooby, City Farmers' Market  
Organic groceries: Ceres Wholesale, Chantal Wholesale  
Organic pasta, pasta sauce: Countdown  
Biodynamic & organic teas: Ceres Wholesale & Trade Aid  
Organic & fair trade cocoa powder: Trade Aid  
Organic bakery items: Bread and Butter  
Organic medium grain rice: New World  
Japanese groceries, seaweed, miso: Japan Mart  
Asian groceries: Lim's Glen Innes  
Other non-organic groceries: New World  
Organic meat: Ellerslie Meat