



Where imagination and ingredients grow wild

## SAMPLE MENU- SPORTING EVENTS

So here's what athletes eat so they can smile through the miles :

- Nashi pear discs smeared with fig jam, goats' cheese, thyme, hazelnut
  - Mango cheeks (seasonal) coconut kefir & toasted coconut sprinkle
  - Dates brimming with cardamom and cinnamon spiced fresh ricotta, steel cut oats, almond sprinkle
  - Breakfast bites : house made muffins with cashew cream frost
  - Spice C jars : cinnamon, cardamom, clove pear or fig slices, granola, probiotic yogurt
  - Flowerpots : rosewater orange chia pudding, fruit & seeds, edible flower
  - Green dream : matcha chia almond milk puddings, banana coins, hemp seeds
  - Tahini roasted granola with yogurt & chai spiced dukkah \*\*, sesame sprinkle
  - Happiness honey: half honeydew brimming with muesli or assorted fruits, kefir, pepitas & bee pollen
  - Rosy bowl : rosewater labneh granola in rockmelon bowl, sesame sprinkle
  - Dragon fruit Dream: bowl of dragon fruit, banana, & vanilla pod with roasted macadamia & dried banana finger chunks
  - ABC blend bowl : acai, beetroot or banana, cantelope or coconut with top layer of buckwheat, cacao nibs, shredded coconut flakes
  - Smoked salmon, cashew cream cheese, fresh dill, capers on pumpernickel
  - Haloumi, melon, fresh mint spears, pomegranate sprinkle & pistachio dust
  - Zucchini corn, thyme, fetta fritters
  - Sliders - miso cream cheese smoked salmon, spinach, cucumber, nori crisps
    - prosciutto, fennel tahini, rockmelon slice & fresh fennel
  - Want me wantons: bacon & egg, black sesame, shallot sprinkle, tomato relish
  - Holy heaving haloumi slabs - tomato chilli relish, avo smash & Mex dukkah
  - Yo Shiso : smashed avo on sourdough with tomato, lemon, red shiso salt & wakame
  - Fresh figs stuffed with goats curd, walnut & crisped pancetta (seasonal)
  - Caramelised banana tarte tatin, steel cut oats & coconut crunch
  - Breakfast burritos, scrambled eggs, tomato, fresh coriander pesto, avocado, corn
  - Coconut crusted tofu with mango aioli and roasted macadamias
  - Chai spiced tofu, spinach on sourdough
  - Fresh fruit juice mini bottles
  - Smoothie shots
- \*\* Chai spiced dukkah = (vanilla, ginger, allspice, star anise, peppercorns)

Any time of day meals/snacks.