



*The insatiable*  
**BUSINESS**  
*of*  
**FOOD**

**KIDS MENU**

**[ COLD ]**

**[ INDIVIDUAL BOXES ]**

**MORNING BLISS**

Yogurt pot, berry compote, granola sprinkle (V, GF)  
Fruit Salad Cup (Vn, GF)  
Vege Frittata (V, GF)  
Insatiable Bliss Ball (Vn, GF)

**RISE N' SHINE**

Fruit Salad Cup (Vn, GF)  
Almond Muffin Cake (V, GF)  
Vege Frittata (V, GF)

**KEEP IT SIMPLE**

Fruit Salad Cup (Vn, GF)  
Mini Muffin (V)  
Bacon and Egg Tart

**THAI RICE NOODLE  
SALAD**

Chicken or tofu, carrot, cucumber, mint, red onion, chives,  
peanuts, mild nam jim dressing (Vn, GF) (Mild)

**GRILLED CHICKEN TENDERS,  
TOMATO CHUTNEY**

Pasta salad of heirloom tomato, bocconcini, cucumber,  
olives, red bell pepper, casarecci pasta, with  
pesto & olive oil dressing (V)  
Bread roll & butter (V)  
Country vegetable frittata (V, GF)  
Insatiable brownie (V) Seasonal fruit (Vn, GF)

**[ INDIVIDUAL BOWLS ]**

**BEAN MACHINE BOWL**

Salad nicoise of green beans, cherry  
tomato, potato, egg, olives, lettuce, lemon  
mustard vinaigrette (V, GF, DF)

**CIAO BELLA BOWL**

Pasta salad of cherry tomato, bocconcini, cu-  
cumber, olives, capsicum, casarecci pasta,  
with pesto & olive oil dressing (V)

**GREEN BOWL**

Crunchy asparagus, sugar snaps, red bell pep-  
pers, avocado, pumpkin seeds, fresh green salad  
leaves, tangy vinaigrette (Vn, GF)

**SUPER SALAD BOWL**

Grilled chicken, spinach, quinoa, feta, roasted  
pumpkin, currants, pepitas, almonds (GF)

**TAKE A BREAK**

Fruit Salad Cup (Vn, GF)  
Fine Herb Quiche (V)  
Mini tomato, spinach & cheese croissant (V)  
Banana Bread, with butter portion (V)



# KIDS MENU

## [ WARM ]

### BETWEEN THE BREAD

*Select Side: house chips and pick or steamed veges or vege pasta salad*

Grilled cheese sandwich with tomato soup or side  
Grilled ham and cheese sandwich  
Grilled beef slider with cheese, fixings  
Grilled chicken breast slider with cheese, fixings  
Grilled vegetable burger with cheese, fixings  
All beef hot dogs with cheese, fixings  
Bbq chicken sliders with cheese, fixings  
Bbq jackfruit slider with cheese, fixings +\$2  
Sloppy joes with lettuce and tomato  
Mushroom sloppy joes with lettuce and tomato  
Warm tomato and mozzarella panini

### BOX MEALS

Chicken fingers, french fries and mac and cheese  
Zucchini fingers with sweet potato fries and mac and cheese  
Chicken parmigiana with caesar salad  
Eggplant parmigiana with caesar salad  
Lemon chicken breast with vege rice  
Roasted chicken breast with vege rice  
Roasted vegetables with vege rice  
Turkey meatloaf with mashed potatoes and veges  
Mushroom meatloaf with mashed potatoes and veges  
Grilled cauliflower steak with chickpea hummus and salad  
Mushroom steak with chickpea hummus and salad  
Spinach and cheese egg pie with salad  
Meatball lasagna with Caesar salad

### BOWLS

Asian noodles with chicken and veges or just veges  
Chicken meatballs with pomodoro sauce and veges  
Falafel balls with salad and veges  
Turkey meatballs with veges  
Mushroom meatballs with veges  
Turkey chili with cheese, crackers and salad  
Vegetarian chili with cheese, crackers and salad  
Broccoli and chicken pasta with Caesar salad  
Broccoli and sausage pasta with Caesar salad  
Vegetable pasta primavera with Caesar salad  
Spaghetti & meatballs with Caesar salad  
Gnocchi potato dumplings with pomodoro sauce  
Mediterranean quinoa salad with carrots and haloumi salad

### PIZZA

*Select side: Caesar or green salad*

Margarita verace  
Italian meat and cheese  
Rosted vegetables

### SPANISH

Chicken or Vege burrito with Spanish rice and beans  
Chicken or Vege quesadilla with guacamole, salsa, tortilla chips  
Chicken or Vege Tacos with cheese, lettuce and sour cream  
Chicken or Vege Fajitas with salsa an sour cream  
Beef, Chicken or Vege Empanadas with summer salad  
Bbq chickpea tacos with summer salad  
Bbq jackfruit tacos with citrus slaw +\$2  
Spanish paella with chicken or vege

### HEALTHY WRAPS

*Select Side: house chips and pick or steamed veges or vege pasta salad*

Chicken tarragon salad  
Mediterranean tuna salad  
Roasted turkey & avocado  
Roasted seasonal vegetables

### SEAFOOD

Crispy fish burger with house potato chips  
Roasted fish tacos with citrus slaw cups  
Crispy fish filet with vege rice and salad  
Shrimp salad roll with house chips and New York pickles  
Shrimp coconut curry with rice and cucumber salad +\$2

### SWEETS

Insatiable brownies      Chocolate cake  
Chocolate chip cookies      Cheesecake  
Lemon mousse cake      Fresh fruit bowl

## I LET'S CHAT I

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