

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.

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#

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

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

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#

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#

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

<p>Taco Rice brown rice*, soy texture* or beef*, lettuce*, tomato*, onion*, coriander*, parsley*, garlic*, cumin*, lemon*, olive oil*, natural sea salt, black beans*, tinned tomato*</p>
<p>Onigirazu rice*, natural nori seaweed, apple cider vinegar*, natural sea salt, mirin, ginger#, tamari soy sauce (wheat free)*, carrot*, cucumber*, soy texture* --Seasonal vege side dish-- seasonal vegetable#</p>
<p>Shepherd's Pie potato*, lentil*, carrot*, celery*, mushroom, onion*, garlic*, natural sea salt, black pepper*, soy milk*, rice bran oil, tinned tomato*, rice syrup*, apple cider vinegar* --Seasonal vege side dish-- seasonal vegetable#</p>
<p>Soup of the Day with Bread minestrone, chowder etc. seasonal vegetable#</p>
<p>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*)</p>
<p>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*</p>
<p>Summer Noodle rice noodle or wheat pasta*, carrot*, mung bean sprouts*, zucchini*, cucumber*, tomato*, natural wakame seaweed, ginger*, garlic*, sesame oil*, tamari soy sauce(wheat free)*, natural sea salt, black pepper*, apple cider vinegar*, mirin, rice syrup*, sesame*, baking soda</p>
<p>Vege chips seasonal vegetable, rice oil, sea salt, pepper*</p>
<p>Pan Fried Dumplings Korean cabbage*, chive*, tofu*, sesame oil*, natural sea salt, tamari soy sauce*, ginger*, dumpling skins(wheat flour, salt, water), rice oil</p>
<p>Spring Roll 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: minced beef*</i></p>
<p>Apple Roll apple*, bread crumbs, rice syrup*, cinnamon*, spring roll wrapper, rice bran oil</p>
<p>Spelt Steamed Bun spelt flour*, coconut sugar*, sea salt, BP, DY --Vege bun-- cabbage* carrot*, spring onion*, chive*, ginger*, garlic*, tamari soy sauce*, mirin, sesame oil*, miso*, tapioca starch*, --Red bean bun-- red bean*, tahini*, brown rice syrup*, sea salt</p>

<p>Vietnamese Summer Roll rice paper, lettuce*, rice noodle, cucumber, carrot*, chive*, Vietnamese mint* coriander*, apple cider vinegar*, garlic* rice syrup*, natural sea salt, lemon*, toasted sesame oil*, chili, tapioca flour*</p>
<p>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)</p>
<p>Rice Ball white rice*, brown rice*, natural sea salt, tamari soy sauce*, nori seaweed, sesame*, wakame seaweed</p>
<p>Banana Muffin banana*, spelt flour**, rice oil, raw sugar*, baking soda, natural sea salt</p>
<p>Dairy and Egg free Chocolate Cookies spelt flour**, raw sugar*, cocoa*, rice bran oil, rice milk*, chocolate chips</p>
<p>Popcorn popping corn*, natural sea salt</p>
<p>Raw Gluten Free Cereal Bar rice puff, millet puff, sunflower seed*, shredded coconut*, sesame*, cinnamon*, natural sea salt, tahini*, rice syrup*</p>
<p>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</p>
<p>Hot Chocolate cow's milk*, rice milk* or soy milk*, cocoa*, raw sugar*</p>
<p>Berry Smoothie berry mix*, banana*, rice milk*, dates*</p>
<p>Green Smoothie 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