



GRAB AND GO MEALS

Location: 2/449A Dean Street, Albury

READY MADE. ORDER ONLINE OR
PICK UP IN-STORE (SUBJECT TO AVAILABILITY IN-STORE)

SINGLE SERVE MEALS

GRAB & GO

MEALS FOR TWO OR MORE

GRAB & GO

All meals are fresh, handmade and from scratch!

Vegetarian, Vegan and Dairy Free alternatives for most meals upon request. Depending on availability.

All meals are inclusive of GST

VIETNAMESE BANH MI BOWL: LEMONGRASS CHICKEN MEATBALLS PAIRED WITH BANH MI FILLINGS AND SRIRACHA DRESSING = \$16
(VEGAN AVAILABLE)

ZATAAR SALMON, ROASTED VEGETABLE AND QUINOA SALAD, SERVED WITH TAHINI AND HONEY DRESSING
\$17
(VEGAN AVAILABLE)

SWEET POTATO BUDDAH BOWL WITH CHICKEN, BLANCHED GREENS, RICE, SEEDS AND TAHINI MAPLE DRESSING \$16
(VEGAN AVAILABLE)

FRAGRANT THAI GREEN CHICKEN AND VEGETABLE WITH BROWN RICE AND GREEK YOGHURT (GF, DF) = \$16

VIETNAMESE CHICKEN CURRY WITH BROWN RICE AND GREEK YOGHURT (GF, DF) = \$16

WEEKLY SOUP MADE WITH OUR OWN BONE BROTH = \$15

- HOMEMADE MEATBALLS AND SMASHED TOMATO SAUCE, WITH HIDDEN VEGETABLES (GF)
- HEALTHY PALEO BUTTER CHICKEN (GF, DF)
- SATAY CHICKEN AND VEGETABLES (GF, DF)
- FRAGRANT THAI GREEN CHICKEN AND VEGETABLE (GF, DF)
- VIETNAMESE CHICKEN CURRY (GF, DF)

* SIDES NOT INCLUDED

SERVES 3 = \$26 INC. GST

HEALTHIER LASAGNA (CAULIFLOWER BECHAMEL) AND HIDDEN VEG

VEGETARIAN LASAGNA

SERVES 3-4 = \$23

SERVES 6-8 = \$45

BREAKFAST/SNACKS/DRINKS

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RAW MUESLI POTS WITH BERRIES AND YOGHURT. TOPPED WITH COCONUT AND MAPLE = \$12.00

COCONUT CHIA PUDDING, MANGO PUREE, BERRY JAM, TOASTED COCONUT AND MAPLE PEPITAS (GF, DF) = \$10.00

CHAI CHIA PUDDING, CARAMELISED APPLES, TOASTED COCONUT, COCONUT YOGHUR AND MAPLE PEPITAS (GF, DF) = \$10.00

RASPBERRY BROWNIES (GF, DF) = \$4.50

LITTLE OR BIG KIDS TAKE HOME MEALS

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TUNA BAKE WITH HIDDEN VEG (CONTAINS DAIRY AND GLUTEN)

SERVES 3-4 = \$15

MAC AND CHEESE WITH HIDDEN VEG (CONTAINS DAIRY AND GLUTEN)

SERVES 3-4 = \$14

CHICKEN NUGGETS (MADE WITH CHICKEN BREAST) (GF)

12 NUGGETS = \$19

CHICKEN POPPERS (CHICKEN & HIDDEN VEG BALLS) (GF)

12 POPPERS = \$15.50