

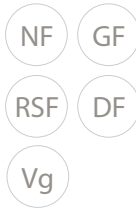


FED UP PROJECT

Catering Menu by Tom & Sarah

0428 438 348 - 9696 6701

Savoury / Salads



Middle Eastern Roast Veggie Salad

Sweet potato, Pumpkin, Carrot, Eggplant, Zucchini, Spinach, Cumin Toasted Seeds, Capsicum, Chickpeas, Balsamic Vinegar

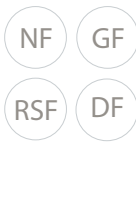
\$10 Per/head



Asian Slaw

Zucchini, Carrot, Cabbage, Fish Sauce, Sesame Oil, Lemon Juice, Maple, Spring Onion,

\$10 Per/head



Mexican Rice Salad

Avocado, Beans, Red onion, Capsicum, Charred Corn, Brown Rice, Paprika, Cumin, Coriander, Oregano, Maple, Lettuce

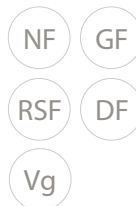
\$10 Per/head



Raw zucchini chilli pasta

Zucchini, Chilli flakes, Garlic, Ginger, Lime, Rice wine vinegar, Sesame oil, Olive oil, Salt, Pepper, Mint

\$10 Per/head



Veggie rice balls

Carrot, Broccoli, Brown rice, Water, Salt, Pepper

\$3



Wraps

Chicken & Avocado, Chicken & Salad, Ham Cheese Tomato, Feta, Smoked Salmon

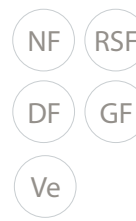
Large: \$10 - Small: \$5 - Gluten Free: \$7



Savoury Muffins

Free range eggs, Almond Meal, Feta, Spinach, Sundried Tomato

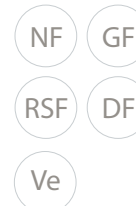
\$5



Sandwiches

Chicken salad, Falafel salad, Salami salad, Smoked salmon, Ham cheese salad

\$12 Per/head - 1.5 x Sandwiches pp.



Raw Pad thai

Carrot, Zucchini, Spring onion, Coriander, Mint, Peanuts, Lime, Sesame oil, Soy sauce, Chilli flakes, Honey, Garlic, Fish sauce, Salt, Pepper

\$10 Per/head



Gourmet Pizza

Base: Pita bread
Topping: Chicken & Vegetables or Pesto Mushroom & Vegetables

\$10



Salads



Green Quinoa Salad

Spiralised Zucchini, Broccoli, Spinach, Parsley, Cucumber, Quinoa, Celery, Olive oil, Flaked Almonds



\$10 Per/head

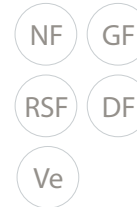


Pesto noodle salad

Zucchini, Carrot, Mixed lettuce, Almond, Lemon, Olive oil Salt, Pepper, Basil Pesto



\$10 Per/head



Kale apple salad

Kale, Apples, Honey, Spinach, Apple cider vinegar, Olive oil. Lemon juice, Salt, Pepper, Onion, Water



\$10 Per/head



Roasted Pumpkin & Feta

Pumpkin, Brown Rice, Feta cheese, Spinach, Pumpkin Seeds, Balsamic Vinegar, Honey, Olive oil, Dried Cranberries



\$10 Per/head

Build Your Bowl



Pick 2 Salads + Protein

Choose between salads above or the salads of the day
Most days there are 6 proteins to choose from
+ Recieve a free bottle of water with every bowl purchase

\$10 - \$14 (Depending on protein choice)



Protein Options

Boiled Egg: \$11
Flaked Tuna: \$11
Homemade Felafel: \$11
Herb Chicken: \$13
Smoked Salmon: \$14

Platter



Fruit Platter

Mix or seasonal fruits, please request specific types if you would like to.



\$6.5 Per/head

Snacks / Pudding



Caprice Salad Skewers

Mozzarella cheese, Basil, Fresh Tomatoes, Balsamic Vinegar

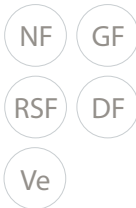
\$4 Per serve



Asian style Lettuce Cups

Vegetarian/Vegan: Tofu
Meat: Pork Belly
Cos lettuce, Soy, carrot, Vermicelli noodles

\$5 Per serve



Chia pudding

Banana, Lemon, Coconut, Mixed berry, Raspberry, Blueberry, Strawberry, Apple

\$5



Antipasto Platter

Cured Meats, Assorted Cheeses, Seed Crackers, Strawberries, Grapes, Dried Fruits, Housemade Dips, Nuts, Olives

\$6.5 Per/head (Minimum order x 4)



Dips w/ Seed Crackers

Choice of:
Housemade Sweet potato + dukkah,
Housemade Beetroot hummus,
Housemade Classic hummus

\$5 Per/head (Minimum order x 4)



Nuts & Fruits

Dried fruit, Mixed nuts, Sultanas,

\$5



Boiled Eggs

Free range eggs

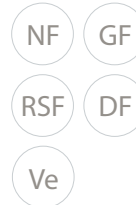
\$3 Per serve



Cheese Platter

Assorted Cheeses, Seed Crackers, Grapes, Dried Fruits, Nuts

\$6.5 Per/head (Minimum order x 4)



Energy Balls

Matcha & Cashew nut, Organic Cocoa Peppermint, Pea Protein

\$3



Fruit Salad & Pop

Created with a mix of seasonal fruits and a refreshing watermelon pop coated with organic lemon curd and coconut sprinkles

\$5



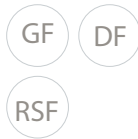
So Naughty But Nice Sweets



Paleo Banana Bread

Banana, Linseed, Sunflower seed, Almond, Coconut flour, Maple syrup, Free range eggs, Vanilla bean, Cinnamon, Nutmeg

\$6



Individual Almond Cakes

Flavours: Carrot Cake, Mocha Cake, Chocolate Cake, Orange Cake LSA, Free Range Eggs, Olive Oil, Coconut Sugar, Coconut Milk, Almond Meal, Baking Powder

\$8



Individual Raw Cashew Cheesecakes

Flavours: Mocha, Matcha & Black Sesame, Rainbow Cheesecake (Beetroot, Matcha, Lemon), Berry. Dates, LSA, Coconut, Vanilla, Sea salt, Coconut Oil, Cashews, Lemon, Maple, Coconut Milk

\$7



Assorted muffins

Choc Berry, Banana & Cinamon, Raspberry & Apple, Choc Orange

\$5



Vegan Almond Cake

Organic flour, Free range eggs, Almonds, Raspberry, Dates, Coconut oil, Coconut cream

\$8



Caramel Tahini Bar

Dates, Salt, Vanilla bean, Linseed, Sunflower seed, Almond, Unhulled tahini

\$3.5



Fruit Skewers + Sweet Dips

Choc Avocado Dip, Vanilla Cashew Cream, Fresh Fruits, Toasted Coconut, Crushed Walnuts, Flaked Almonds, Housemade Sweet Dips

\$5



Lemon Coconut Tart

Coconut cashew cream, lemon, Organic lemon curd, Strawberry, Coconut, Coconut oil, Mint, LSA

\$7



Coconut Ganache Tart

Coconut, Cacao powder, Coconut oil, Coconut cream, Organic chocolate, Raspberry, Dates, LSA

\$7



Apple caramel tart

LSA, Almond Meal, Coconut oil, Coconut Caramel, Cinnamon, Apples, Dates, Coconut Flour, Desiccated Coconut

Whole tart: \$40





Catering information & our background

Above is a snapshot of our functional foods that we have on offer as part of our catering range. The selection includes full fibre options to healthy desserts. Our goal is to provide you with meal options that increase the rate at which nutrients can be supplied to the brain. If you have ever eaten a meal, then felt like falling asleep afterwards, this is because the meal had too many carbs in it. We aim to prevent this from happening by delivering to you a well-balanced meal, to stimulate the brain & increase productivity. We have gluten free, nut free, dairy free and vegan options that are all produced without the use of refined and processed sugars.

Fed Up Project is based at 210 Clarendon Street, South Melbourne. Deliveries to South Melbourne are free of charge and deliveries are priced at a flat rate of \$15 within 25km of the CBD. If you choose to order over 100 items the delivery fee will be waived. All quotes are based on the seasonal ingredient prices, plus GST.

We can cater within 24 hours, and if you're lucky we might be able to deliver the product to you quicker than that, so it's always best to call and ask. =)

We look forward to giving you the opportunity to experience our nutrient dense meals. To have the ability to indulge and satisfy your sweet tooth with our range of health focused desserts. It is through our presentation, the ingredients we use and the passion we have for creating delicious amazingness that make our products uniquely awesome.

Be Healthy.
Sarah & Tom