



FED UP PROJECT

Catering Menu

Tom & Sarah: 0428 438 348 - 9696 6701



Savoury / Salads

NF GF
RSF DF

Creamy carrot pasta

Carrot, Lemon juice, Tahini, Olive oil, Ginger, Garlic

145g : \$10



NF RSF
DF Ve

Wraps

Chicken & Avocado, Egg & Bacon, CHicken & Salad, Ham Cheese Tomato, Felafel salad



NF GF
RSF DF

Asian Slaw

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



Ve

150g : \$10 - Protein is extra*

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

GF
RSF DF

Savoury Muffins

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



NF GF
RSF

Black Bean Noodle Salad

Organic Black Beans, Feta, Sun-Dired Tomato, Spinach, Salt, Pepper, Olive Oil



Ve

150g : \$10 - Protein is extra*

64g : \$6

NF RSF
DF GF

Sandwiches

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



NF GF
RSF DF

Raw zucchini chilli pasta

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



Ve

140g : \$10

\$170g : \$12 - 1.5 Sandwiches per person

NF GF
RSF DF

Veggie rice balls

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



Ve

43g : \$3

NF GF
RSF DF

Raw Pad thai

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



150g : \$10

Ve

Gourmet Pizza

Base: Pita
Topping: All traditional pizza



150g : \$10



Salads

NF GF
RSF DF
Ve

Avocado noodle salad

Zucchini, Carrot Mixed lettuce, Almonds, Avocado, Lemon Juice,

150g : \$10



NF GF
RSF DF

Pesto noodle salad

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

150g : \$10



NF GF
RSF DF
Ve

Kale apple salad

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

150g : \$10



DF GF
RSF DF

Raw carrot pasta salad

Carrot, Peanuts, Parley, Peanut butter, Coconut cream, Lime, Garlic, Salt, Pepper, Ginger

150g : \$10



Build Your Bowl

NF GF
RSF DF
Ve

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

350g : \$10 - \$14 (Depending on protein choice)



Protein Options

Boiled Egg: \$10

Flaked Tuna: \$11

Homemade Falafel: \$11

Herb Chicken: \$13

Smoked Salmon: \$14

+ Recieve a free bottle of water with every bowl purchase

Platter

NF GF
RSF DF
Ve

Fruit Platter

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

150g : \$6.5





Snacks / Pudding

NF GF
RSF DF
Ve

Chilli kale chips

Coconut oil, Kale Chilli flakes, Lime

55g : \$5



DF GF
RSF Ve

Nuts & Fruits

Dried fruit, Mixed nuts, Sultanas,



DF GF
RSF Ve

Clusters

Almonds, Cranberries, Dried apricots,
Puffed rice, Oats, Coconut oil,
Cinnamon, Shredded coconut, Maple
syrup, Flaked coconut

45g : \$5 - 2 pieces



NF GF
RSF DF

Boiled eggs

Free range eggs



NF GF
RSF DF
Ve

Chia pudding

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

106g : \$5



NF RSF

Broccoli tots

Broccoli, Breadcrumbs, Onion,
Shredded cheese, Salt, Pepper, Free
range eggs



NF GF
RSF DF
Ve

Almond agar pudding

Almond milk, Agar, Dates, Water

120g : \$5



NF GF
RSF DF
Ve

Energy Balls

Matcha & Cashew nut, Organic Cacao
Peppermint, Peanut Protein



NF RSF

Carrot tots

Carrot, Breadcrumbs, Onion, Salt,
Pepper, Free range eggs, Shredded
cheese

36g : \$2



NF GF
RSF DF

Fruit Salad & Pop

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



90g : \$5



So Naughty But Nice Sweets

DF GF
RSF

Paleo Banana Bread

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

100g : \$6



NF DF
RSF

Zucchini Mud Cake

Zucchini, Plain flour, Free range eggs, Coconut cream, Coconut oil, Dates, Cacao powder, Coconut sugar

90g : \$8



NF GF
RSF DF
Ve

Apple Crumble Pot

Apple, Cinnamon, Maple syrup, Homemade Coconut crumble

\$3.3 - 99g : \$5



NF DF
RSF

Assorted muffins

Choc Zucchini, Banana & Cinamon, Rasberry & Flaxseed, Choc chip

90g : \$6



NF DF
RSF Ve

Eggless Almond & Date

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

95g : \$8



DF GF
RSF Ve

Caramel Tahini Bar

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

15g : \$3.5



NF DF
RSF Ve

Bircher Apple Sandwich

Oats, Apple, Cinnamon, Nutmeg, Maple syrup, Saltanas



NF GF
RSF DF

Lemon Coconut Tart

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

92g : \$6



NF DF
RSF Ve

Coconut Ganache Tart

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

90g : \$8



NF DF
RSF Ve

Pear & Apple Slice

Apple, Pear, Coconut, Dates, LSA, Maple syrup, Cinnamon

87g : \$6





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