



Cafe Iterum
Dont Die Veg Bowl
Type
Grab and Go Menu

Menu Price		Gross Margin		Per Serving	
\$0.00		0.00%		\$5.82	
Food Cost		Labor Cost		Prime Cost	
\$5.82 0.00%		\$0.00 0.00%		\$5.82	
Serving	Serving Size	Prep Time	Cook Time		
	1	mins	mins		

ALLERGENS

Eggs	Fish	Gluten	Milk	Peanuts	Sesame	Shellfish	Soy	Tree Nuts
No	No	No	No	No	No	No	No	No

INGREDIENTS

150 gram	Black Lentils	\$0.32	50 gram	Sherry Mushrooms with Caramelized Onions	\$0.38
200 gram	Roast Broccoli	\$4.08	20 gram	Almonds, slivered and blanched	\$0.28
1	vinegar, cider apple 5%	\$0.06	1	Dont Die Oil	\$0.21
tablespoon			tablespoon		
50 gram	Roasted Sweet Potatoes	\$0.25	5 gram	House Herby Mix	\$0.07
0.12 gram	Steamed Cauliflower	\$0.16			