

DIETARY LEGEND

DF - DAIRY FREE
GF - GLUTEN FREE
V - VEGETARIAN
VE - VEGAN
NF - NUT FREE

MENU - INGREDIENTS

SUPERFLYER



BROWNIES

GF FLOUR, SUGAR, EGGS, COCOA BUTTER, MARSCARPONE, CHOCOLATE

DIETARIES

GF, V, NF



MUFFINS

FLOUR, SUGAR, EGGS, MILK, CHOC, BANANA, BLUEBERRY, BUTTER, OIL
[MAY CONTAIN TRACES OF NUTS]

V



SEASONAL SELECTION OF FRUIT

GF, DF, V, VE, NF



BREAD ROLLS

FLOUR, YEAST, SUGAR, SALT

DF, V, VE, NF



RICE NOODLE

G.F SOY SAUCE, SESAME OIL, SWEET CHILLI SAUCE, SPRING ONION, CAPSICUM, BOK CHOY, SALT, PEPPER, LEMON JUICE

GF, DF, V, VE, NF



SELECTION OF SLICED MEAT

SOPRESSA, SILVERSIDE, SHAVED HAM

GF, DF, NF



MEDITERRANEAN SALAD

ROCKET, BLACK OLIVE, GREEN OLIVE, PERSIAN FETTA, SEMI DRIED TOMATO, BALSAMIC

GF, V, NF



ROASTED CHICKEN

BREAST WITH GARDEN HERBS, SALT, PEPPER

GF, DF, NF



CAESAR SALAD

COS LETTUCE, BACON, CROUTONS, PARMESAN, VINEGAR, EGG, MUSTARD, VEGETABLE OIL, SALT, PEPPER

NF



FARFALLE PASTA

FLOUR, VEGETABLE OIL, EGG, BASIL, PARMESAN, DANISH FETTA, BUTTERNUT PUMPKIN, SALT, PEPPER

V, NF



DIPS

HUMMUS CHICKPEA, TAHINI, SESAME, GARLIC, VEGETABLE OIL, SALT
PESTO, BASIL, GARLIC, VEGETABLE OIL, ROCKET, PARMESAN, SALT
CHUTNEY TOMATO, SUGAR, VINEGAR, CURRY POWDER, ONION, SALT

GF, DF, V, VE, NF
GF, V, NF
GF, DF, V, VE, NF



SELECTION OF CHEESE

BRIE, BLUE, CHEDDAR,

GF, V, NF

ANTIPASTO

GHERKIN, BLACK OLIVE, GREEN OLIVE, DRIED APRICOT, DATES, SOPRESSA, CRACKERS

DF, NF
GF Options
V/VE Options



AQUAVA
BOUTIQUE CATERING