



## Menu

- 250ML Breakfast | \$5
- 500ML Lunch | \$10.50
- 1L Skillet | \$18
- 6 Bites | \$10
- 1L Frozen Soup | \$14

**BREAKFAST:** CHOOSE A STYLE, YOGURT TYPE AND FLAVOUR - AVAILABLE AS PARFAIT, OVERNIGHT OATS, OR CHIA PUDDING.

Vanilla | Plain | Vanilla Greek | Plain Greek | Dairy-Free Coconut | \$1 extra for Greek or Coconut yogurt  
 Blueberry Lemon | Mango | Mixed Berry | Baked Apple | Maple Cinnamon Pecan | Strawberry Mango |  
 Strawberry Salted Caramel | Caramel Apple | Banana & Peanut Butter | **• NEW •**

**JUST ADD EGG JAR:** SIMPLY JUST ADD 1-2 EGGS TO A HOT SKILLET WITH THIS JAR

Classic Vegetarian | Mediterranean | Italian | Cheddar & Veg |  
**• NEW •**



**LUNCH JARS:** JUST POUR CONTENTS OF THE JAR INTO A BOWL AND DIG IN!

Kale Caesar | Taco | Tuscan Pasta | Caprese Pasta | Apple, Gouda & Farro | The Fresh |  
 Butternut Squash Orzo | Winter Harvest | Balsamic Brussel | The WEEKEND Jar | Taco 'Take 2' |  
**• NEW •**

**SKILLETS:** ADD INGREDIENTS TO A HOT SKILLET AND ENJOY!

Choose A Base: Basmati Rice | Brown Rice | Rice Noodles | Couscous | Quinoa | Penne | Farro  
 Choose A Flavour: Tzatziki | Teriyaki | Butter Chicken | Mango Curry | **• NEW •**

**PROTEIN BITES:** JUST GRAB AND ENJOY!

Sea Salt Caramel & Dark Chocolate | Nutella Roche | Cocoa & Coconut (Nut Free) | Almond Chocolate Chip (Vegan) |  
 Trail Mix | **• NEW •**

**STARTER PACK | \$69**

2x Breakfast Jars | 3x Lunch Jars | 1x Dinner Skillet | 1x Pack of Protein Bites



**HOMEMADE SOUPS:** COMES IN 1L FROZEN CONTAINER, SIMPLY WARM AND ENJOY!

Butternut Squash | Broccoli & Cheddar | Vegetable