

Baby and Young Kid's Menu

All our baby and kid's foods are made from scratch with natural ingredients, no added salt (unless specified), sugar or premade sauces. Please ask for some salt, tamari or coconut syrup on the side if you would like to increase the flavors.

Baby Led Weaning Finger Food and Toddler Friendly Meals

Gluten Free Sweet Potato Gnocchi with Lentil, tomato, carrot, roast Onion & Garlic Sauce (V, VG, GF, SF) **50**

Delicious, soft and perfect for little hands these gnocchi dumplings are a great way to get bubba's carbohydrate, protein and vegetable quota in with minimal fuss.

Served with steamed broccoli and green beans on the side,

Optional adjustments –please ask if you would like grated cheddar cheese on top or if you want to swap out the gnocchi for Penne pasta for a non –gluten free option.

Buckwheat and hidden vegetable crepe rollups with your choice of topping
(V, GF, SF, DF, VG option available on request) **45**

Containing buckwheat flour, egg and your choice of secret veggie or pulse puree snuck into the batter this is basically a soft super food masquerading as a delicious crepe. Choose from pumpkin, beetroot, spinach, carrot, sweet potato, lentil, or red kidney bean purees to add to your pancake batter.

Then let us roll it up with your choice of topping–honey or banana for a sweet treat, peanut butter for some nutty protein or melted cheese for a super savoury snack.

Egg free vegan option available on request.

Served with sliced avocado and cucumber sticks on the side.

Onion, Broccoli and Carrot omelette with Super Protein Grain Balls–
(V,DF, GF, SF) **55**

A veggie boosted omelette cut into finger strips and served with little grain balls of quinoa, lentils, red rice, chia, carrot, onion and garlic. Designed to please even the fussiest palettes while ticking all the nutrient boxes. Protein tick, healthy fats tick, vegetables tick, grains tick, flavour tick tick tick tick!!! I think I now have a nervous tic...

Served with raw cucumber sticks

Broccoli, Sweet Potato, Tofu and Cheese Croquette Fingers served with raw cucumber and steamed carrot sticks
(V, GF, SF) **50**

A deliciously balanced croquette with a cheesy centre containing sweet potato for carbs, broccoli for veggies and tofu, egg and cheese for protein these are rolled in homemade gluten free breadcrumbs and lightly fried in coconut oil. Perfect for little hands to hold and tasty enough that mummy might want some too!

Served with refreshing raw cucumber and steamed carrot sticks

Choose your own adventure Mix and Match components

Salt free hummus 10
Tahini 10
Homemade peanut butter 10

Steamed or raw carrot sticks 10
Raw cucumber sticks 10
Sliced avocado rolled in chia 15

Steamed corn on the cob 15
Steamed long beans 15
Steamed sweet potato strips 15
Steamed broccoli 15
Edamame 15

Mixed roast veggie (these contain salt) 20
Quinoa 15

Small red rice ball 5 each
Protein ball-quinoa, red lentil, chia and red rice (with onion, garlic and carrot) 10
Lightly fried Tofu pieces (these contain tamari which has salt) 15
Lightly fried Tempe pieces (these contain tamari which has salt) 15

Boiled egg 10
Egg strips 10
Veggie Omelette 20

Yoghurt 15
Cheese- feta or cheddar cubes 20

1 x Samosa with spelt flour pastry (these contain salt) 20
1 x Veggie and tofu spring roll with spelt flour pastry (these contain salt) 20
Falafel patty (these contain salt) 20
Lentil patty (these contain salt) 20

Mashed or sliced Banana 10

Slice of wholegrain or Gluten Free Toast cut into fingers with your choice of butter, avocado, peanut butter, tahini (let us know if you would like us to cut the crust off) 20

Sweets

'They Must Never Know About the Spinach' Muffin Square (V, SF, DF) **35**

Dragon fruit, banana, raisins and mango disguise the handfuls of spinach hidden away under fruity fibres. Also containing wholemeal wheat flour, egg, cinnamon, vanilla, and coconut oil. Technically it shouldn't be a desert, but their tastebuds will never know this!!!

Yoghurt and Chopped Banana (V, GF, SF) **25**

an oldie but a goodie. The sweet banana is so beautifully balanced by the tart yoghurt flavours. Please ask if you would like us to served your banana mashed.

Pumpkin, Banana, Sultana and Oat strips (V, VG, GF, SF, DF) **35**

Who would guess that this healthy and simple combination of banana, oats, pumpkin & sultanas would produce such a delish slice. One of Sophia's favourite snacks to hold & munch while marauding around on adventures with her teddies. Cookie in one hand, Buster the doggie in the other- she is good to go.

Cacao Ice Magic Raw Vegan Ice Cream (V, VG, GF, R, SF) **30 1 SCOOP, 45 2 SCOOPS, 55 3 SCOOPS.**

This one comes straight off the adult's menu & onto the kids. Sharing is caring! Your choice of banana, pineapple or dragon fruit ice cream encased in a hard cacao shell. Crack it with a spoon & indulge! Contains coconut oil. If oil is too rich for your little one, please ask us to make it without the shell!

First Food Purees for Babies 35

MIX AND MATCH ANY 3 FROM THE LIST BELOW

Carrot
Sweet Potato
Beetroot
pumpkin

Broccoli
Spinach
Cauliflower
Tomato

Chickpeas
Lentil
Red Kidney Beans

Banana
Avocado
Apple Sauce

Yoghurt
Tahini
Peanut butter