

Autumn Sample Menu

GREAT TASTING MEALS
MADE FROM SUSTAINABLE
INGREDIENTS

We are an organic lifestyle company and
meal delivery programme designed for men
and women.



BREAKFAST

Tropical Fruit Smoothie

with papaya, melon, mango, banana, low – fat probiotic yoghurt,
organic pressed apple juice, and organic granola

MID-MORNING SNACK

PB & J Bites on the go

spelt and flaxseed crust topped with peanut butter and homemade
blackberry jam mix, topped with jam & cacao nibs

LUNCH

Knife & Fork Gluten Free Pizza

yucca (root vegetable) flour crust, topped with organic tomatoes, basil,
black olives, roasted garlic & mozzarella

Dates Wrapped in Prosciutto

stuffed with mozzarella & mint

AFTERNOON SNACK

Crispy Kale Dusted Popcorn

tossed with ground crispy kale

DINNER

Baked Scallops

with whole wheat crust mixed with mustard seed, grapefruit zest,
and cumin with a white wine and grape fruit reduction sauce accompanied
by braised leeks & chard nests roasted purple cauliflower with
sweet purple onions and saffron & sweet potato mash