

OUR OFFERING IS A
CELEBRATION OF LIFE

SHOWING RESPECT FOR THE RAW INGREDIENTS
& THE LAND THAT SUPPORTED THEIR GROWTH



egg of the universe



@eggoftheuniverse



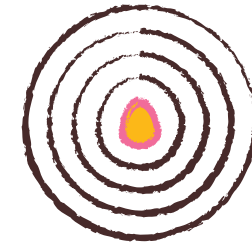
@wholefoodscafe



EggOfTheUniverse

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Catering Menu



HEALTHYLUNCHBOXES

**EVENT CATERING
FOR THE HOME OR OFFICE**

**WHOLEFOODS ESSENTIALS
FOR FAMILY AND FRIENDS**



SENSATIONAL SANDWICHES

ROAST VEGGIES, PESTO & GOATS CURD \$12

Sourdough, Activated Cashew Pesto, Seasonal Roast Vegetables, Salad Greens & EOTU Sauerkraut V, VG, DF

TURMERIC CHICKEN \$12

Sourdough, Organic Poached Turmeric chicken, Salad Greens, Coleslaw with Aioli & EOTU Sauerkraut DF



SEASONAL SALADS

BUCKWHEAT TABOULI \$12

Sprouted Buckwheat, Roast Seasonal Vegetables with Organic Boiled Egg, Salad Greens, EOTU Aioli, Sauerkraut & Dukkha Seasoning GF, DF + Turmeric Poached Chicken + \$3

SUPERFOOD SALAD \$12

Organic quinoa, Garden Peas, Seasonal Roasted Vegetables, Salad Greens, Roasted Nuts & Seeds, EOTU Sauerkraut, Mango Lime Dressing GF, DF, V, VG + Turmeric Poached Chicken + \$3

COLD PRESS JUICES, SMOOTHIES & KOMBUCHA

SEASONAL FRUIT COLD PRESS \$8 (375ml)

VEGETABLE COLD PRESSED \$8 (375ml)

KOMBUCHA \$6/\$12 (375ml or 750ml)

SALTED CARAMEL NUT BUTTER \$10

Banana, Almond Butter, Maple Syrup, Sea Salt, Organic Cows Milk

CHOCOLATE NUT \$10

Banana, Almond Butter, Chia, Honey Raw Cacao, Organic Cows Milk (Add EOTU Almond Milk +\$3)

GREEN ALCHEMY \$10

Kale, Orange, Chia, Avocado, Coconut Water, MCT Oil, Alchemy Super Greens Powder.

HEALTHY SWEET TREATS

BLISS BALLS \$3

Coconut Maple or Choc Beetroot Nut meal, Coconut, Dates, Raisins, Maple Syrup + Raw Cacao & Beetroot Powder V, VG, GF, DF

HAPPY BISCUITS \$5

Almond, Tahini, Maple Syrup, Butter, Vanilla V, GF

RAW CARAMEL SLICE \$5

Cashews, Coconut, Dates, Coconut Oil, Tahini, Cacao, Maple Syrup V, VG, GF, DF

CHAMOMILE MUFFIN \$6.50

Almond Meal, Brown Rice Flour, Butter, Coconut Oil, Organic Eggs, Chamomile, Crème Fraîche V, GF

CHOCOLATE BROWNIE \$5

Butter, Rapadura Sugar, Organic Eggs, Prunes, Almond Meal, Raw Cacao V, GF

CHIA LOVE CUP \$8

(This is more like a breakfast meal) Raw EOTU Granola, Cashew Cream, Mango, Mixed Berries, Activated Chia Seeds V, VG, GF, DF

LUNCH BOX COMBOS

Individual lunches packed in their own box

with love

OPTIONS:

WHOLEFOODS DELUXE \$21pp

Any Seasonal Salad or Sandwich + Kombucha (375ml) + Any Healthy Sweet Treat

SALAD SANDWICH COMBO + BLISS BALL \$14pp

Any Half Sandwich & Half Salad + Bliss Ball (Add 375ml Cold Press Juice +\$6)

SUPER SALAD + BLISS BALL \$14pp

Any Seasonal Salad + Bliss Ball of Choice (add Turmeric Poached Chicken to any Salad for +\$3)

WHOLEFOOD DIPS & APPETIZERS

Ideal for meetings and casual social gatherings these are delicious home-made dips and dippers. Designed for 10 people or more **\$60**

Create your own sharing plate experience from the following house crafted elements:

STEP 1: Select two dippers – Paleo Bread, Activated Linseed Cracker, Raw Vegetable Crudités.

STEP 2: Select three dips – Turmeric Aioli, Cashew Pesto, Beetroot Hummus, Smashed Avocado, Tahini Cream, Tomato Chutney (add Sauerkraut +\$10)

WHOLEFOODS STORE & TAKE-HOME MEALS

VEGETABLE SOUP \$12
Organic Seasonal Vegetables

KITCHARI \$14

Ayurvedic Healing Meal

SLOW COOKED MEAL \$15

Slow Cooked Protein of the day with delicious seasonal roasted vegetables and buckwheat

PALEO LOAF \$16.50 (10 SLICES)

LINSEED CRACKERS \$10 (100g)

GRANOLA \$15 (250g)

ACTIVATED CASHEW PESTO \$10 (250ml)

BBQ SAUCE - \$10 (250ml)

TURMERIC AIOLI - \$10 (250ml)

SAUERKRAUT - \$10 (500ml)

HOW TO ORDER - *just call us!*

1. How many people will you be serving?
2. Select your combinations
3. When do you want to pick up your order? (Delivery available from some locations)
4. Please allow 48hr notice for all catering – some items are available for same day order.
5. Contact us for all catering orders or enquiries **02 9931 3400** or **manager@eggoftheuniverse.com**

Create your own personalized wholefoods feast for the office or home from our Seasonal Menu – Talk to us now!