

# N E W S T E A D P R O V I D E R E

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## g r a b & g o

### BRKFST. bircher & chia

organic bircher with honey yoghurt, berries, nuts + seeds sprinkle (veg) \$8.95

macamilk chia with kubu, cashew butter, mango + macadamias (gf/df/vegan) \$9.95

### BRUBECKS' salads

Italian pasta (veg) \$6.95

mezze tabouleh (gf/vegan) \$6.95

Chinese noodle (veg) \$6.95

Caesar (veg) \$9.95

Greek (veg) \$9.95

### BRUBECKS' heat & eat meals

pumpkin ravioli (veg) \$9.95

chicken mushroom penne \$10.95

beef lasagne \$10.95

### bars, chips & nuts

EMMA & TOM'S protein bar \$3

DAIRY FREE DOWN UNDER Snack Pack \$4.50

THE WHOLE FOODIES native cashews \$5.50

PURE SNACK probiotic kale chips \$7.95

l i v e l i f e l o c a l

