

Taste Preference Checklist



BREAKFAST									
	PORK FREE	BEEF FREE	TOMATO FREE	CORIANDER FREE	CAPSICUM FREE	CHILLI FREE	MUSHROOM FREE	CORN FREE	CHICKPEA, LENTIL & BEAN FREE
5 Veg Eggs	✓	✓	✓	✓	✓	✓		✓	✓
French Eggs		✓	✓	✓		✓**	✓	✓	✓
Spanish Eggs		✓	✓	✓		✓* **	✓		✓
Almond & Flaxseed Porridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
Quinoa & Protein Porridge	✓	✓	✓	✓	✓	✓	✓	✓	✓
Apple & Cinnamon Muffin	✓	✓	✓	✓	✓	✓	✓	✓	=
Blueberry Muffin	✓	✓	✓	✓	✓	✓	✓	✓	=
Corn & Zucchini Muffin	✓	✓	✓	✓	✓	✓	✓		=
Ham, Spinach & Feta Muffin		✓	✓	✓	✓	✓	✓	✓	=
Apple & Cinnamon Bircher	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Banana Spice Bircher	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Choc Coconut Bircher	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Mango Bircher	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Nut & Flaxseed Granola	✓	✓	✓	✓	✓	✓	✓	✓	✓
Quinoa Granola	✓	✓	✓	✓	✓	✓	✓	✓	✓
SNACKS									
	PORK FREE	BEEF FREE	TOMATO FREE	CORIANDER FREE	CAPSICUM FREE	CHILLI FREE	MUSHROOM FREE	CORN FREE	CHICKPEA, LENTIL & BEAN FREE
Chocolate Protein Booster	✓	✓	✓	✓	✓	✓	✓	✓	✓
Vanilla Protein Booster	✓	✓	✓	✓	✓	✓	✓	✓	✓
Protein Balls	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cacao Cheesecake	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Lemon Cheesecake	✓	✓+	✓	✓	✓	✓	✓	✓	✓
Chocolate Truffle Low Carb Cookie	✓	✓	✓	✓	✓	✓	✓	✓	
Ginger Bread Low Carb Cookie	✓	✓	✓	✓	✓	✓	✓	✓	
Molives- Oregano & Garlic	✓	✓	✓	✓	✓	✓	✓	✓	✓
Molives- Rosemary /Chilli	✓	✓	✓	✓	✓		✓	✓	✓
SIDES									
	PORK FREE	BEEF FREE	TOMATO FREE	CORIANDER FREE	CAPSICUM FREE	CHILLI FREE	MUSHROOM FREE	CORN FREE	CHICKPEA, LENTIL & BEAN FREE
Cauliflower Rice	✓	✓	✓	✓	✓	✓	✓	✓	
Lean Greens	✓	✓	✓	✓		✓	✓	✓	
Mediterranean Veg	✓	✓	✓	✓		✓		✓	✓

Key:

- * Contains curry powder
- ** Contains spice extract and spices
- + Contains gelatine

- # Contains corn flour
- = Contains Lupin



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SOUPS									
	PORK FREE	BEEF FREE	TOMATO FREE	CORIANDER FREE	CAPSICUM FREE	CHILLI FREE	MUSHROOM FREE	CORN FREE	CHICKPEA, LENTIL & BEAN FREE
Cannellini Bean & Cauliflower	✓	✓	✓	✓	✓	✓	✓	✓	
Cauliflower Leek & Bacon		✓	✓	✓	✓	✓	✓	✓	
Chicken, Ham & Sweet Corn		✓	✓	✓	✓	✓	✓		✓
Curried Pumpkin and Chicken	✓	✓	✓		✓	✓*	✓	✓	✓
Curried Pumpkin, Chickpea & Tofu	✓	✓	✓		✓	✓*	✓	✓	
Mexican Bean Soup	✓	✓		✓			✓		
Mexican Beef & Vegetable	✓			✓			✓		
Moroccan Lamb & Lentil		✓		✓	✓	✓	✓	✓	
Trio of Green	✓	✓	✓	✓	✓	✓	✓	✓	

MEALS									
	PORK FREE	BEEF FREE	TOMATO FREE	CORIANDER FREE	CAPSICUM FREE	CHILLI FREE	MUSHROOM FREE	CORN FREE	CHICKPEA, LENTIL & BEAN FREE
Atlantic Salmon with Supergreens	✓	✓	✓	✓			✓	✓	
Beef Madras Curry	✓				✓	✓*		✓	
Buckwheat Bolognese	✓			✓	✓	✓		✓	✓
Cauliflower Fried Rice with Chicken	✓	✓	✓	✓			✓	✓	✓
Chilli & Ginger Baked Fish	✓	✓	✓				✓	✓#	✓
Chilli Con Carne	✓			✓					
Indian Chicken Curry	✓	✓			✓		✓	✓	✓
Italian Beef Meatballs	✓			✓		✓		✓	✓
Lamb Kofta	✓	✓			✓		✓	✓	✓
Naked Burrito Bowl	✓	✓	✓				✓		
Protein + Bolognese	✓			✓	✓	✓		✓	✓
Salmon Al Forno	✓	✓	✓	✓	✓	✓	✓	✓	✓
Smokey Chicken & Chorizo Paella		✓		✓		✓*	✓		✓
South American Chilli Bean & Vegetables	✓	✓		✓					
Spiced Lentil Dahl	✓	✓			✓			✓	
Thai Green Chicken Curry		✓					✓	✓	✓
Tuna Protein Bake	✓	✓	✓	✓	✓	✓	✓		✓
Vegetable & Chickpea Frittata	✓	✓	✓	✓		✓*	✓	✓	
Vegetarian Bolognese	✓	✓		✓	✓	✓		✓	✓
Vegetarian Lasagne	✓	✓		✓	✓	✓	✓	✓	✓
Voodle Bolognese	✓			✓	✓	✓		✓	✓
Warm Quinoa & Tofu Salad	✓	✓	✓	✓				✓	
Wholemeal Beef Lasagne	✓			✓	✓	✓	✓	✓	✓
Yellow Vegetable Curry	✓	✓			✓		✓	✓	

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