



To order email Lou@lunchladylou.com.au

Please note while all care is taken to omit allergens, we cannot 100% guarantee trace elements are removed. Our kitchen processes all food. Please check your dietary requirements with us first.

BREAKFAST

Smashed Berry Bircher Pot Overnight oats soaked in house-made nut milk with chia seeds, goji berries, cinnamon and rice malt syrup. Topped with smashed berries and coconut. **DF** - \$7

Good Morning Granola Pot House-made walnut and buckwheat granola mix with vanilla spiked yoghurt and fresh seasonal fruit. **GF** - \$7

Chocolate Chia Pot Chia seeds soaked overnight with house-made nut milk, cacao powder and rice malt syrup. Topped with yoghurt and coconut. **GF** - \$7

EPIC Egg Pot Sauteed greens, quinoa, feta, tomato, sesame crusted soft boiled egg. **GF** - \$7

Scramble Bowl Eggs scrambled with coconut cream, thyme and black pepper. With zucchini noodles, baby spinach, chilli flakes and feta. **GF** - \$7

Bacon Zucchini and Rosemary Frittata GF/DF (served on platters) **GF/DF** - \$7.15

Goat Cheese, Caramelised Onion and Pumpkin Frittata GF (served on platters) **GF** - \$7

SMALL BITES

Mini Salad Cups

Mixed fresh salad with toasted seeds and apple cider vinaigrette. - \$6

Rice Paper Rolls

with poached chicken (or tofu), mint, coriander, vermicelli noodles. With a nutty miso dip. - \$3 (minimum 30).

Mini Sausage Rolls

Beef or spiced lamb with slow cooked tomato sauce, served warm. - \$3 (minimum 30).

Spinach Feta and Leek Sausage Rolls

With slow cooked tomato sauce, served warm. - \$3 (minimum 30)

Chicken Skewers marinated in honey, tamari, ginger - with a Vietnamese style ginger lime dipping sauce. **GF/DF** - \$3.40 (minimum 30).

Trio of Dips

Roasted beet, hummus, roasted sweet potato or tzatziki with veggie crudites, corn chips and brown rice crackers. - \$45, serves approx 10.

LUNCH

\$13.75 (MEDIUM) // \$15 (LARGE)

Served on platters or in individual recyclable lunch boxes.

*** Minimum order 7 per salad option.

Rainbow Raw Raw rainbow shredded veggies, black pepper tofu, mint, toasted cashews, nutty miso dressing. **V**

Ha-lou-mi Herbed haloumi chunks, fennel, apple and pumpkin slaw, parsley lime dressing. **V**

Green Goodness Cabbage, rocket, baby spinach, roasted broccoli, roasted zucchini, bok choy, massage kale, beans, peas with tamari toasted almonds, chilli flakes. Lemon apple cider vinegar dressing. **GF/DF**

Sesame Crusted Chicken Schnitzel Soba noodles, cabbage and carrot slaw, rocket, bean sprouts, fresh herbs. Coconut cashew dressing. **DF**

Charred Lemon Mustard BBQ Chicken Baked mushies, pearl barley, crunchy sourdough croutons, roasted leek, broccoli, chilli flakes, oregano, extra virgin olive oil. **DF**

Thai Beef Salad Braised cinnamon beef with vermicelli noodles, cabbage, cucumber, zucchini noodles, tomato, mint, coriander. Thai style dressing. **GF/DF**

Slow Cooked Beef in Tamari and Ginger Soba noodle, zucchini, pickled carrot, edamame, date, toasted sesame seeds. Ginger turmeric dressing. **DF**

Pulled Pork Mexican style slaw, beans, brown rice, LLL's guacamole. **GF/DF**

Vietnamese Chicken Salad Fresh Asian style veggies, vermicelli noodles, toasted cashews, lime and Vietnamese style dressing. **DF**

Mary's Lamb Couscous, rocket, roasted cauliflower, roasted sweet potato, chunky cucumber, feta, olives. Tzatziki dressing.

SWEETS

Served on platters.

*** Minimum order 6 per option.

Fruit Platter

Fresh as seasonal fruit straight from the market. \$4.50 per person

Banana Spelt Muffins

Banana, wholemeal spelt flour, honey and nuts - \$5.50

Choc Berry Muffins

85% dark chocolate, raspberries, almonds, coconut flour, maple syrup - \$5.50

Chocolate Truffle Bites

Dates, coconut, nuts and cacao rolled into a delicious bliss ball - \$3.55

Banana Buckwheat Bars

Banana, seeds, nuts and buckwheat baked into the crunchiest bar. - \$5

Chunky Choc Cookies Baked with almonds, pepitas and spelt flour, with dark chocolate chunks.
\$3.30

Salted Caramel Slice 3 layers of delight. Made from cashews, dates, coconut and chocolate. -
\$5.55

Snickers Crunch Bar Toasted nuts blended with dates and rice malt syrup, double dipped in LLL's
house-made raw chocolate. - \$5.55

Bounty Bliss Bar Creamy coconut filling, double dipped in LLL's house-made raw chocolate.
Better than the real deal. - \$5.55

Choc Top Nut Bar Mixed roasted nuts blended together with dates, topped with house-made
chocolate. - \$5.55

Peppermint Crunch Bar Triple layered with a crunchy buckwheat base, a creamy coconut layer
spiked with peppermint oil, creamy coconut chocolate topping. - \$5.55

Caramel Crunch Bar Triple layered with a crunchy buckwheat base, a light creamy caramel with
a hint of lemon, creamy coconut chocolate topping. - \$5.55