

# CATERING BY HEALTH NUT KITCHEN

AUTUMN 2018

MEETINGS, EVENTS & WORKPLACE WELLNESS - HEALTHY FOOD FOR  
HAPPY STAFF

Our menu is designed and created by a Nutritionist and  
Personal Trainer so you can be sure you're fuelling up on all the goodness  
to energise your occasion.

## MORNING

Choose from:

- Smoothie Bowls [V|WF|DF]
- Oatmeal, coconut yoghurt, granola &  
seasonal fruit [V|WF|DF]
- Toast with toppings [GF|DF]
- Wholemeal waffles [V|WF|DF]

**5-8 PEOPLE: \$10.50 PER PERSON**

**9-15 PEOPLE: \$10.00 PER PERSON**

**15+ PEOPLE: \$9.50 PER PERSON**

## ADD-ONS

- Coffee/tea + \$4.00 per person, (soy,  
almond, coconut milk: \$0.6)
- Shake + \$7.00 per person
- Healthy sweet treat + \$3.50 per person

### **Dietary Requirements**

We can cater for most dietary requirements, please advise during booking.  
All products may contain traces of: gluten, milk products, egg, soybean, tree-  
nuts and sesame.

We are sorry to advise that due to the nature of our menu we are unable to  
cater to peanut allergies

WF| Wheat-free V| Vegan DF|Dairy-Free

## LUNCH PACKAGE #1

Choose from one of our 3 seasonal lunch bowls or build your own

**5-8 PEOPLE: \$14.00 PER PERSON**  
**9-15 PEOPLE: \$13.00 PER PERSON**  
**15+ PEOPLE: \$12.50 PER PERSON**

## LUNCH PACKAGE #2

Choose from one of our 3 seasonal lunch bowls or build your own

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Mini muffin or healthy sweet treat

**5-8 PEOPLE: \$17.00 PER PERSON**  
**9-15 PEOPLE: \$16.50 PER PERSON**  
**15+ PEOPLE: \$16.00 PER PERSON**

## LUNCH PACKAGE #3

Choose from one of our 3 seasonal lunch bowls or build your own

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Shake (flavour of choice)

**5-8 PEOPLE: \$20.50 PER PERSON**  
**9-15 PEOPLE: \$20.00 PER PERSON**  
**15+ PEOPLE: \$19.50 PER PERSON**

**Not found the package you're looking for?**

Talk to us about designing a custom package to suit. :)  
hello@healthnut.co.nz