

Dietary Requirements

www.mavis.co.nz

HAMILTON EAST

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MAVIS

AND CO

Dietary Requirement

MAIN LUNCH OPTION - SANDWICH/WRAP

Raw energy w chickpea, celery & beetroot GF VV

Turmeric Cauliflower w peas & kale GF VV

Roast Vegetable Salad GF VV

Frittata w flavours vary daily GF

Ciabatta Sandwich VV

Vegetable Wrap VV

SAVOURY ITEMS

Ricepaper roll w Vegetables & sweet chili sauce GF VV

Potato Rostie w Mediterranean vegetables GF VV

Savoury Scroll w house made pesto & feta GF

Falafal Stack GF VV

Risotto balls GF VV

Skewers Chicken | Beef | Vege GF VV

Corn Fritters GF

Kumara Rostie w Vege VV

SWEET TREATS

Slices Blueberry Hazelnut GF

Bliss Balls w Peanut & date GF VV

Cupcakes Orange Almond GF

French Almond Friands Blueberry | Raspberry GF

Yoghurt pot w coconut yoghurt, fresh fruit & Berry coulis GF VV

Meringues w berry jam or chocolate GF

Belgium Chocolate Macaroons GF

Mavis Creamy Fudge GF

Vegan Dark Chocolate Cake VV

GF = Gluten Free

V = Vegetarian

VV = Vegan

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