

Taste Preference Checklist






| BREAKFAST | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
|-----------------------------------|-----------|-----------|-------------|----------------|---------------|---------------|-----------|------------------------------|-------|
| 5 Veg Eggs | X | X | X | X | X | | X | X | |
| French Eggs | | X | X | X | | X | X | X | |
| Spanish Eggs | | X | | X | | X | | X | |
| Baked Bean & Fetta Breakfast Bowl | X | X | | X | | X | X | X | |
| Almond & Flaxseed Porridge | X | X | X | X | X | X | X | X | |
| Quinoa & Protein Porridge | X | X | X | X | X | X | X | X | |
| Quinoa Granola | X | X | X | X | X | X | X | X | |
| Nut & Flaxseed Granola | X | X | X | X | X | X | X | X | |
| Apple & Cinnamon Muffins | X | X | X | X | X | X | X | X | |
| Ham, Spinach & Fetta Muffins | | X | X | X | X | X | X | X | |
| Carrot Cake Muffin | X | X | X | X | X | X | X | X | |
| Blueberry Muffins | X | X | X | X | X | X | X | X | |
| Blueberry Yogurt Pot | X | X | X | X | X | X | X | X | |
| Green Apple Yogurt Pot | X | X | X | X | X | X | X | X | |
| Apple & Cinnamon Protein Bircher | X | X | X | X | X | X | X | X | |
| Banana Spice Protein Bircher | X | X | X | X | X | X | X | X | |
| Choc Coconut Protein Bircher | X | X | X | X | X | X | X | X | |
| SOUPS | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
| Cauliflower & Cannelini Bean | X | X | X | X | X | X | X | | |
| Cauliflower, Leek & Bacon | | X | X | X | X | X | X | X | |
| Chicken Ham & Sweet Corn | | X | X | X | X | | | X | |
| Curried Pumpkin & Chicken | X | X | X | | X | X | X | | |
| Mexican Beef & Vegetable | X | | | X | | X | | | |
| Moroccan Lamb & Lentil | | X | | X | X | X | X | | |

Key: X = Free = Amount of spice

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| SOUPS (CONT) | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
|--|-----------|-----------|-------------|----------------|---------------|---------------|-----------|------------------------------|---|
| Italian Meatball Soup | X | | | X | X | X | X | X | |
| Trio of Greens | X | X | X | X | X | X | X | | |
| Vietnamese Chicken Pho | X | X | X | | X | X | X | X | |
| Country Chicken, Pea & Ham | | X | X | | X | X | X | | |
| HOT MEALS | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
| Beef Madras Curry | X | | | | X | | X | | |
| Chili Con Carne | X | | | X | | | | | |
| Chilli & Ginger Baked Fish | X | X | X | | | X | X | X | |
| Cottage Pie with Cauliflower Mash | X | | | X | X | | | | |
| Indian Chicken Curry | X | X | | | X | X | X | X | |
| Italian Beef Meatballs | X | | | X | | | X | X | |
| Satay Chicken | X | X | X | | X | X | X | X |  |
| Smokey Chicken & Chorizo Paella | | X | | X | | X | | | |
| South American Chilli Bean & Vegetable | X | X | | X | | | | | |
| Spiced Lentil Dahl | X | X | | | X | | X | |  |
| Vegetable & Chickpea Frittata | X | X | X | X | | X | X | | |
| Wholemeal Beef Lasagne | X | | | X | X | X | X | X | |
| Atlantic Salmon with Super Greens | X | X | X | X | | X | X | X | |
| Cauliflower Fried Rice with Chicken | X | X | X | X | | X | X | X | |
| Green Chicken Curry | X | X | | | X | X | X | X | |
| Naked Burrito Box | X | X | X | | | X | | | |
| Protein + Bolognese (GF) | X | | | X | X | | X | X | |
| Spicy Pulled Mexican Beef | X | | | | | X | | |  |

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| HOT MEALS (CONT) | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
|-----------------------------------|-----------|-----------|-------------|----------------|---------------|---------------|-----------|------------------------------|---|
| Tuna Protein Bake | X | X | X | X | X | X | | X | |
| Vegetarian Bolognese | X | X | | X | X | | X | X | |
| Yellow Vegetable Curry | X | X | | | X | X | X | |  |
| Peanut Tofu Stir Fry | X | X | X | X | | | X | X | |
| Vegetarian Cauliflower Fried Rice | X | X | X | X | | X | X | X | |
| Chicken Nourish Bowl | X | X | X | X | X | X | X | |  |
| PROTEIN BALLS | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
| Ca-Pow | X | X | X | X | X | X | X | X | |
| Dark Choc & Hazelnut | X | X | X | X | X | X | X | X | |
| Lemon & Coconut | X | X | X | X | X | X | X | X | |
| Minty Choc | X | X | X | X | X | X | X | X | |
| P.Nutty | X | X | X | X | X | X | X | X | |
| Sticky Date | X | X | X | X | X | X | X | X | |
| COOKIES | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
| Gingerbread Low Carb Cookie | X | X | X | X | X | X | X | X | |
| Chocolate Truffle Low Carb Cookie | X | X | X | X | X | X | X | X | |
| Apricot Coconut Low Carb Cookie | X | X | X | X | X | X | X | X | |
| MOLIVES | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
| Oregano & Garlic Green Olives | X | X | X | X | X | X | X | X | |
| Rosemary & Chilli | X | X | X | X | X | X | X | X | |

Taste Preference Checklist



| SMOOTHIES | PORK FREE | BEEF FREE | TOMATO FREE | CORIANDER FREE | CAPSICUM FREE | MUSHROOM FREE | CORN FREE | CHICKPEA, LENTIL & BEAN FREE | SPICE |
|-----------------|-----------|-----------|-------------|----------------|---------------|---------------|-----------|------------------------------|-------|
| Choc Caramel | X | X | X | X | X | X | X | X | |
| Banana Maple | X | X | X | X | X | X | X | X | |
| Hazelnut Coffee | X | X | X | X | X | X | X | X | |
| Chai Latte | X | X | X | X | X | X | X | X | |