

THE
Superfoodies
KIDS MENU

THRIVE
NUTRITIONAL ANALYSIS
AUTUMN | WINTER 2018



A LITTE NOTE ON NUTS

We use cashews, almonds and peanut butter in our stores. If your child is highly allergic to nuts, we do not reccomend you eat with THRIVE. Please chat to one of us in store.

Questions or concerns? Email us at hello@thr1ve.me - we are always happy to help.

OUR KIDS MENU

Together with our **Superfoodies** and **Captain THRIVE**, we have created a menu that will help fix rumbling tummies with all the goodness of real food ingredients, no added sugar **(because you're sweet enough)**, no chemical nasties or gluten containing grains.

With breakfast, lunch, snack and smoothie options, there is so much to love at any time of the day. Finish your veggies, and grab one of our Crew Members to score yourself a limited edition Superfoodies pin!

Find your closest store
www.thrive.me

INGREDIENTS QUICK KEY



CONTAINS NUTS

These products contain nuts.

Please note, that we use a lot of nuts in store at THRIVE. If you have a nut allergy, please talk to us first. **If you have a severe nut allergy, we advise you do not eat with us.**



CONTAINS DAIRY

These products contain dairy.

In most cases, we are able to substitute things for you to make them dairy free (for example, smoothies). We cannot, however, make this substitution in sauces.



GF FRIENDLY

Ingredients are gluten free.

However, our kitchen prepares food items containing gluten, and we cannot guarantee against cross-contamination though we always do our best to ensure this does not happen. If you have any concerns, please ask us.

CUSTOMISE YOUR HEART OUT!

If your kids are fussy or simply don't like something, speak to us to customise your order!

Allergies or intolerances?

We take this matter very seriously.

We can customise any meal to suit your personal preferences and needs, please just ask one of our friendly Crew for assistance. If you have specific allergies, please notify them when you order.



BREAKFAST



Kids B&E

	PER SERVE	PER 100G
Energy	1410 kJ	633 kJ
Protein	22.9 g	10.3 g
Fat, total	18.1 g	8.2 g
- saturated	4.6 g	2.1 g
Carbohydrate	19.9 g	9.0 g
- sugars	1.6 g	0.7 g
Sodium	901 mg	406 mg

Ingredients: English spinach, bacon, scrambled eggs, tomato, GF toast, chives

Happy Bowl

	PER SERVE	PER 100G
Energy	1010 kJ	466 kJ
Protein	3.0 g	1.4 g
Fat, total	9.8 g	4.5 g
- saturated	7.5 g	3.5 g
Carbohydrate	30.9 g	14.3 g
- sugars	22.4 g	10.4 g
Sodium	2 mg	1 mg

Ingredients: Coconut milk, banana, blueberries, desiccated coconut, mango

Avo & pea smash on toast

	PER SERVE	PER 100G
Energy	844 kJ	1050 kJ
Protein	4.5 g	5.6 g
Fat, total	11.4 g	14.3 g
- saturated	1.8 g	2.2 g
Carbohydrate	19.1 g	23.9 g
- sugars	0.5 g	0.6 g
Sodium	175 mg	219 mg

Ingredients: GF toast, avocado & pea smash, green peas, lemon juice, salt, olive oil

Banana topper

	PER SERVE	PER 100G
Energy	46 kJ	460 kJ
Protein	0.2 g	1.8 g
Fat, total	0.0 g	0.2 g
- saturated	0.0 g	0.0 g
Carbohydrate	2.3 g	23.0 g
- sugars	1.9 g	19.3 g
Sodium	0 mg	0 mg

Ingredients: Banana

Bacon on toast

	PER SERVE	PER 100G
Energy	932 kJ	1160 kJ
Protein	12.8 g	15.9 g
Fat, total	10.9 g	13.6 g
- saturated	2.7 g	3.4 g
Carbohydrate	18.5 g	23.1 g
- sugars	0.3 g	0.4 g
Sodium	692 mg	866 mg

Ingredients: GF toast, Australian bacon, coconut oil

Peanut butter on toast

	PER SERVE	PER 100G
Energy	941 kJ	1450 kJ
Protein	7.4 g	11.3 g
Fat, total	12.8 g	19.7 g
- saturated	1.8 g	2.8 g
Carbohydrate	19.8 g	30.5 g
- sugars	1.0 g	1.5 g
Sodium	114 mg	176 mg

Ingredients: GF toast, Roasted peanuts, sea salt

Scrambled eggs on toast

	PER SERVE	PER 100G
Energy	863 kJ	784 kJ
Protein	10.6 g	9.6 g
Fat, total	10.0 g	9.1 g
- saturated	1.8 g	1.7 g
Carbohydrate	18.5 g	16.8 g
- sugars	0.3 g	0.3 g
Sodium	261 mg	237 mg

Ingredients: GF toast, eggs, house-made coconut milk, salt

Honey topper

	PER SERVE	PER 100G
Energy	140 kJ	1400
Protein	0.0 g	0.2
Fat, total	0.0 g	0.0
- saturated	0.0 g	0.0
Carbohydrate	8.2 g	82.1
- sugars	8.2 g	82.1
Sodium	1 mg	14

Ingredients: Honey

GF toast

	PER SERVE	PER 100G
Energy	545 kJ	1090 kJ
Protein	3.7 g	7.4 g
Fat, total	4.6 g	9.3 g
- saturated	0.4 g	0.8 g
Carbohydrate	18.4 g	36.7 g
- sugars	0.2 g	0.3 g
Sodium	110 mg	221 mg

Ingredients: Water, tapioca, corn, organic quinoa, linseed, sunflower, pumpkin, sesame, poppy seeds, yeast, sea salt, guar gum. **Breakdown is for two slices**

Sourdough toast

	PER SERVE	PER 100G
Energy	640 kJ	985 kJ
Protein	6.2 g	9.5 g
Fat, total	2.5 g	3.9 g
- saturated	0.3 g	0.4 g
Carbohydrate	23.6 g	36.3 g
- sugars	0.5 g	0.7 g
Sodium	276 mg	425 mg

Ingredients: Wheat Flour, Water, Leaven (14%) (Wheat Flour, Water), Soy Beans (5%), Linseed (5%), Iodised Salt, Vitamins (Thiamin, Folate)



LUNCH

Thriving Kids

	PER SERVE	PER 100G
Energy	1260 kJ	599 kJ
Protein	17.7 g	8.4 g
Fat, total	16.4 g	7.8 g
- saturated	2.5 g	1.2 g
Carbohydrate	19.0 g	9.1 g
- sugars	10.6 g	5.1 g
Sodium	234 mg	111 mg

Ingredients: Chicken breast, English spinach, roasted capsicum, roasted sweet potatoes, lemon & herb sauce, supergreens pesto

Chicky Cheese Pocket

	PER SERVE	PER 100G
Energy	1100 kJ	954 kJ
Protein	16.9 g	14.7 g
Fat, total	7.4 g	6.4 g
- saturated	2.6 g	2.3 g
Carbohydrate	30.3 g	26.4 g
- sugars	3.8 g	3.3 g
Sodium	431 mg	375 mg

Ingredients: Wheat flour tortilla, chicken breast, roasted sweet potato, cheese

SAUCES

Supergreens pesto

	PER SERVE	PER 100G
Energy	330 kJ	1650 kJ
Protein	0.4 g	2.0 g
Fat, total	8.6 g	42.8 g
- saturated	1.3 g	6.5 g
Carbohydrate	0.3 g	1.3 g
- sugars	0.1 g	0.4 g
Sodium	35 mg	176 mg

Ingredients: Basil, kale, baby spinach, pumpkin seeds, lemon juice, peeled garlic, olive oil, water, salt

Lemon & herb

	PER SERVE	PER 100G
Energy	342 kJ	1710 kJ
Protein	0.2 g	0.8 g
Fat, total	8.6 g	42.9 g
- saturated	0.6 g	3.0 g
Carbohydrate	1.2 g	6.1 g
- sugars	1.1 g	5.6 g
Sodium	57 mg	286 mg

Ingredients: olive oil, water, lemon juice (10%), Dijon mustard (water, mustard seed (18%), salt, food acid (acetic), turmeric), honey, garlic, salt, oregano, onion, rosemary (2%), thyme (1%), xanthan gum, paprika



SASHA
BAM-NANA



SMOOTHIES



Monkey Business

	PER SERVE	PER 100G
Energy	972 kJ	196 kJ
Protein	13.7 g	2.8 g
Fat, total	6.8 g	1.4 g
- saturated	0.3 g	0.1 g
Carbohydrate	25.7 g	5.2 g
- sugars	18.9 g	3.8 g
Sodium	13 mg	3 mg

Ingredients: House-made almond milk, banana, dates purée, chocolate lean whey protein (contains dairy)

Berry Bomb

	PER SERVE	PER 100G
Energy	1010 kJ	193 kJ
Protein	13.8 g	2.6 g
Fat, total	6.8 g	1.3 g
- saturated	0.3 g	0.1 g
Carbohydrate	28.0 g	5.3 g
- sugars	21.1 g	4.0 g
Sodium	12 mg	2 mg

Ingredients: House-made almond milk, banana, strawberries, vanilla lean whey protein (contains dairy), honey

Vanilla Ice

	PER SERVE	PER 100G
Energy	931 kJ	192 kJ
Protein	13.5 g	2.8 g
Fat, total	6.7 g	1.4 g
- saturated	0.3 g	0.1 g
Carbohydrate	23.4 g	4.8 g
- sugars	16.8 g	3.5 g
Sodium	12 mg	2 mg

Ingredients: House-made almond milk, banana, vanilla lean whey protein (contains dairy), honey, vanilla bean extract



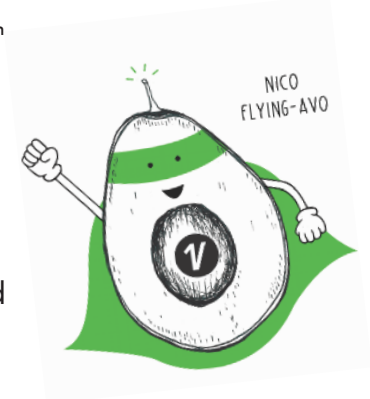
Na Na Smoothie

	PER SERVE	PER 100G
Energy	919 kJ	189 kJ
Protein	13.5 g	2.8 g
Fat, total	6.7 g	1.4 g
- saturated	0.3 g	0.1 g
Carbohydrate	23.3 g	4.8 g
- sugars	16.7 g	3.4 g
Sodium	12 mg	2 mg

Ingredients: House-made almond milk, banana, vanilla lean whey protein (contains dairy), honey

DON'T WANT THE MOO?

Our smoothies have been designed using a high quality, no added sugar whey protein, meaning they contain dairy. We can swap this out for our 'Clean Lean' Pea Protein on request, or leave it out all together to make your child's smoothie dairy free. Just ask us how!



CUSTOMISE IT!

All of our kids and adult smoothies are by default made on our house-made almond milk, which we make by soaking almonds in filtered water, and adding a pinch of sea salt - nothing else. If your child does not like almond milk or is intolerant to nuts, please chat to us and we can substitute this for full cream milk, soy milk or our house-made coconut milk, without any extra cost.



Questions? Email us - hello@thr1ve.me