

Besan Battered Chicken

- ✓ organic chicken
- ✓ organic besan flour
- ✓ filtered water



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Besan Battered Pork

- ✓ organic pork
- ✓ organic besan flour
- ✓ filtered water



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Herbed organic beef patty

- ✓ organic beef mince
- ✓ chopped fresh herbs
- ✓ organic soy sauce
- ✓ organic besan flour



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Roasted Pork Fillets

- ✓ organic pork fillet
- ✓ rice bran oil
- ✓ fresh herbs chopped
- ✓ organic soy sauce
- ✓ raw honey
- ✓ seeded and mild mustard



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Orange Roughy in Gluten free batter

- ✓ organic besan flour
- ✓ orange roughy (deep sea perch)
- ✓ Filtered water



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Calamari in Gluten free batter

- ✓ organic besan flour
- ✓ calamari
- ✓ Filtered water



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Marinated organic chicken wing pieces

- ✓ organic chicken wings
- ✓ Raw honey
- ✓ Soy sauce
- ✓ Organic chili flakes



GF

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Delicious chorizo sausage

- ✓ Chorizo sausage only as it comes



GF

LF

DF

Organic beef sausage

- ✓ Organic beef sausage only as it comes



GF

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Medallion of roo in native herbs and spices

- ✓ Kangaroo
- ✓ Wattle seed
- ✓ Lemon myrtle



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PIZZA - Gluten free

- ✓ organic besan flour
- ✓ almond cream
- ✓ Olive oil
- ✓ organic amaranth flour



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Select any 5 toppings – excluding topping cheese

olives

ham

feta – cow

onion

tomato

feta – sheep

eggplant

chicken

mushrooms

pumpkin

chorizo

guacamole

pineapple

zucchini

sundried tomatoes

PIZZA - Gluten free - Vegetarian

- ✓ organic besan flour
- ✓ almond cream
- ✓ Olive oil
- ✓ organic amaranth flour



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Select any 5 toppings – excluding topping cheese

olives

zucchini

feta – cow

onion

eggplant

feta – sheep

tomato

mushrooms

pineapple

pumpkin

guacamole

sundried tomatoes

PIZZA - Gluten free - Vegan

- ✓ organic besan flour
- ✓ almond cream
- ✓ Olive oil
- ✓ organic amaranth flour



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Select any 5 toppings -

olives

tomato

pineapple

eggplant

zucchini

Spanish onion

guacamole

pumpkin

macadamia nuts

mushrooms

pine nuts

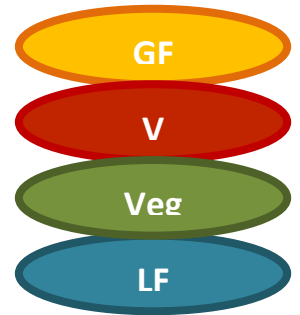
sundried tomatoes

Fusspot's special organic pesto sauce – (basil, macadamia nuts, olive oil, refried beans, garlic)

Sides, salads and snacks

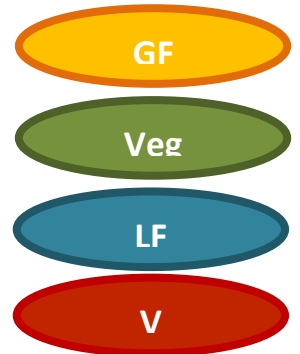
Sweet Potato and Chili Vege Burger

- ✓ sweet potato
- ✓ rice bran oil
- ✓ organic navy beans
- ✓ organic red chili
- ✓ seasoned falafel



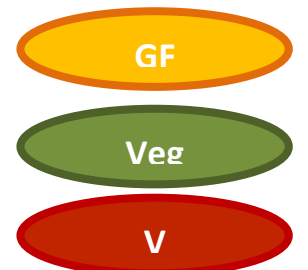
Pumpkin and Chili Vege Burger

- ✓ pumpkin
- ✓ rice bran oil
- ✓ organic pinto beans
- ✓ organic red chili
- ✓ seasoned falafel



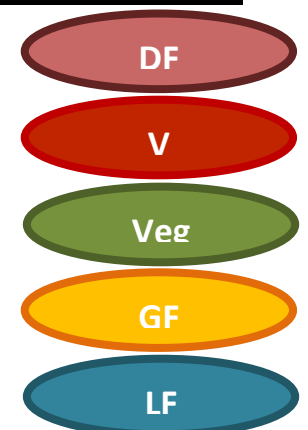
Eggplant stacks

- ✓ eggplant
- ✓ pumpkin
- ✓ tomato
- ✓ zucchini
- ✓ haloumi cheese (left off for Vegan)



Vege chips – organic where ever possible

- ✓ Pumpkin
- ✓ Sweet potato
- ✓ Carrot
- ✓ Beetroot
- ✓ Purple sweet potato with white flesh



Nachos – standard, (CC varieties - thai spice, vegetable, plain, flax and soy, blue maize)

- ✓ organic cc's of your choice
- ✓ beef mince
- ✓ organic tomato basil sauce
- ✓ grated cheese
- ✓ guacamole



GF

Nachos – vegetarian, (CC varieties - thai spice, vegetable, plain, flax and soy, blue maize)

- ✓ organic cc's
- ✓ refried beans
- ✓ organic tomato basil sauce
- ✓ cheese for standard
- ✓ guacamole



GF

Veg

Nachos – vegan, (CC varieties - thai spice, vegetable, plain, flax and soy, blue maize)

- ✓ organic cc's
- ✓ refried beans
- ✓ organic tomato basil sauce
- ✓ guacamole



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Stirfried Veges

- ✓ mushrooms
- ✓ snow peas
- ✓ carrots
- ✓ celery
- ✓ onion
- ✓ capsicum
- ✓ special sauce (fish sauce, mirin, sesame oil, soy sauce, garlic, ginger)



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Cauliflower and Spinach Frittata – Lactose Free

- ✓ cauliflower
- ✓ celery
- ✓ spinach
- ✓ organic coconut cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper
- ✓ sheep feta



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Cauliflower and Spinach Frittata

- ✓ cauliflower
- ✓ celery
- ✓ spinach
- ✓ organic cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper
- ✓ feta



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Vegetable Frittata – Lactose Free

- ✓ pumpkin
- ✓ sweet potato
- ✓ carrots
- ✓ organic coconut cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper



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Vegetable Frittata

- ✓ pumpkin
- ✓ sweet potato
- ✓ carrots
- ✓ organic cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper



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2 Egg omelet

- ✓ free range eggs
- ✓ organic cream
- ✓ herbs and seasoning



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Grilled tomato mushroom and onion

- ✓ organic tomato
- ✓ organic onion
- ✓ mushroom



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Vegan

Vegetable fritter

- ✓ Carrot
- ✓ Sweet potato
- ✓ Pumpkin
- ✓ Organic besan flour
- ✓ Filtered water
- ✓ Zucchini
- ✓ Eggplant
- ✓ Onion
- ✓ capsicum



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Vegan

Chickpea & Kumara salad

- ✓ organic chickpeas
- ✓ red onion
- ✓ red capsicum
- ✓ kumara
- ✓ organic garlic
- ✓ rice bran oil
- ✓ lemon juice
- ✓ mustard
- ✓ baby spinach or salad mix



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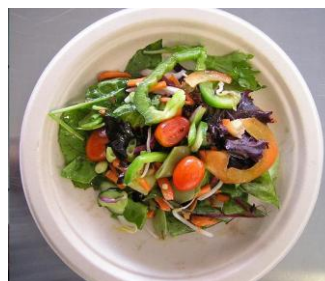
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Vegan

Fusspot's Garden Salad

- ✓ carrot
- ✓ red capsicum
- ✓ beetroot
- ✓ red onion
- ✓ cucumber
- ✓ celery
- ✓ snow peas
- ✓ tomatoes
- ✓ salad mix



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DF

LF

Vegan

Roast Vegetable and Feta Salad

- ✓ carrot
- ✓ sweet potato
- ✓ pumpkin
- ✓ sheep feta (for lactose free)
- ✓ Baby spinach or salad greens



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Meals

Spicy Ratatouille

- ✓ eggplant
- ✓ zucchini
- ✓ onion
- ✓ green capsicum
- ✓ rice bran oil
- ✓ organic tomato & basil pasta sauce
- ✓ organic crushed ginger
- ✓ organic crushed garlic
- ✓ organic crushed chili



GF

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Vegan

Spicy Ratatouille with organic sausages

- ✓ organic sausages
- ✓ eggplant
- ✓ zucchini
- ✓ onion
- ✓ green capsicum
- ✓ rice bran oil
- ✓ organic tomato & basil pasta sauce
- ✓ organic crushed ginger
- ✓ organic crushed garlic
- ✓ organic crushed chili



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Chickpea and Tomato Hotpot

- ✓ organic chickpeas
- ✓ red onion
- ✓ vegetable stock
- ✓ organic diced tomatoes
- ✓ organic garlic
- ✓ organic eggplant
- ✓ organic zucchini
- ✓ organic tomato paste



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Vegan

Pumpkin Curry

- ✓ pumpkin
- ✓ organic coconut oil
- ✓ brown onion
- ✓ organic crushed garlic
- ✓ organic fresh ginger
- ✓ green thai chilies
- ✓ organic ground coriander
- ✓ organic ground cumin
- ✓ organic black mustard seeds
- ✓ organic ground turmeric
- ✓ vegetable stock
- ✓ English spinach



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Pumpkin Curry with chorizo sausage

- ✓ chorizo sausage
- ✓ pumpkin
- ✓ organic coconut oil
- ✓ brown onion
- ✓ organic crushed garlic
- ✓ organic fresh ginger
- ✓ green thai chilies
- ✓ organic ground coriander
- ✓ organic ground cumin
- ✓ organic black mustard seeds
- ✓ organic ground turmeric
- ✓ vegetable stock
- ✓ English spinach



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GUILT FREE Treats and Desserts

Ginger Coconut Macadamia Cookies

- ✓ Organic coconut flour
- ✓ Organic coconut sugar
- ✓ Organic ginger
- ✓ Organic macadamia nuts
- ✓ Free range eggs
- ✓ Organic cinnamon
- ✓ Organic nutmeg
- ✓ Raw organic honey



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Basic cake ingredients

- ✓ rice bran oil
- ✓ free range eggs
- ✓ glucose
- ✓ fruit of choice
- ✓ organic allergy free baking powder
- ✓ poppy seeds for orange and poppyseed cake
- ✓ fruit juice or warm water and raw honey for banana cake
- ✓ organic almond meal or organic coconut flour and organic almond meal for coconut cakes



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Base for Cheesecakes

- ✓ chopped figs
- ✓ organic linseed meal or organic LSA mix
- ✓ whole organic linseeds
- ✓ organic coconut oil
- ✓ honey
- ✓ organic sulphur free dried apricots
- ✓ Organic desiccated coconut



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Cheesecake Filling for all fruit varieties

- ✓ fruit of choice
- ✓ Agar Agar
- ✓ philadelphia cream cheese
- ✓ organic cream
- ✓ Organic natural yoghurt
- ✓ glucose



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Lactose Free Cheesecake Filling for all fruit varieties

- ✓ fruit of choice
- ✓ Agar Agar
- ✓ sheep yoghurt
- ✓ organic coconut cream
- ✓ sheep feta
- ✓ glucose



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Baked Apple & Pear/Apple & Rhubarb Custard – Lactose Free

- ✓ apples
- ✓ pears or rhubarb
- ✓ free range eggs
- ✓ organic cloves
- ✓ unpasturised goats milk
- ✓ organic almond milk, organic coconut milk
hazelnut milk



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Oil Free

Lime Delight - on cheesecake base

- ✓ Avocado
- ✓ Lime juice
- ✓ Coconut cream
- ✓ Coconut sugar
- ✓ Glucose
- ✓ Agar agar



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Vegan

Chocolate Ice Cream

- ✓ Young green coconut pulp and juice
- ✓ Raw cashews
- ✓ Medjool dates
- ✓ Cacao powder



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Vegan

Choc Orange Ice Cream

- ✓ Pure water
- ✓ Raw cashews
- ✓ Medjool dates
- ✓ Coconut oil
- ✓ Cacao powder
- ✓ Citrus sinensis (sweet orange essential oil)



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Vegan

Chai Latte

- ✓ Pure water
- ✓ Raw cashews
- ✓ Medjool dates
- ✓ Coconut oil
- ✓ Filtered black tea
- ✓ Spices (cinnamon, clove, cardamom, ginger, nutmeg)



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Vegan

Carob Ice Cream

- ✓ Pure Water
- ✓ Raw cashews
- ✓ Medjool dates
- ✓ Coconut oil
- ✓ Carob powder



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Vegan

Drinks and Beverages

Cold Drinks

Our Drinks - no added sugars

Fusspot has been very selective in the range of cold drinks we stock. Here at Fusspot's we rely on the natural flavours of our fruits and vegetables. With this in mind our drinks are all natural with no added sweeteners especially of the nasty kind. They don't leave you wanting more, nor do you feel dehydrated after drinking from our selection of refreshing fruity drinks.

Our drinks are in bottles, as glass is a more pure storage vessel for our foods and drinks and does not release toxins into our foods and drinks. Glass can also be recycled as opposed to plastic which does not breakdown, but contaminates the Earth.

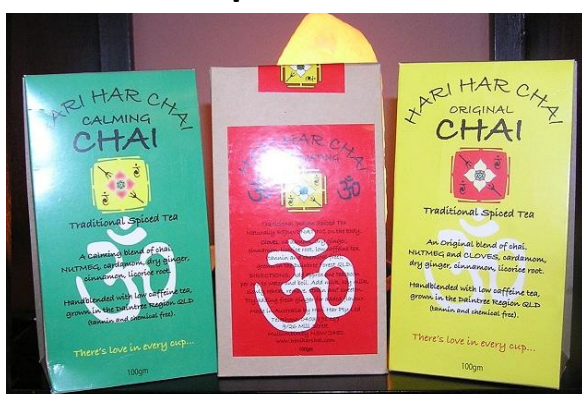
Our drinks don't have caffeine in them either, which is damaging to our bodies. There are some very damaging energy drinks on the market today which will have serious effects on the health of those who drink them. Fusspot just shakes his head when he sees young people drinking these drinks. He knows it changes their personality and effects their health due to the caffeine and sugar.



Hot Drinks

Herbal and Chai Teas

Traditional Spiced Chai teas (tannin & chemical free)



There's love in every cup These handcrafted blends of spices from traditions sourced from deep within India's healing culture, and embodied in every cup of Hari Har Chai, hand blended with low caffeine tea, grown in the Daintree Region of beautiful North Queensland. Hari Chai makes everything the way Mother Nature intended. Our chai is free from artificial ingredients and crafted with love and essence by hand.. the makers feel blessed to bring their chai to you. Chai up, smile free your spirit and feel the love in every cup

Original – A blend of nutmeg, cloves, cardamom, dry ginger, cinnamon, licorice root

Calming – A blend of nutmeg, cardamom, dry ginger, cinnamon, licorice root

Rejuvenating – A blend of cloves, cardamom, dry ginger, cinnamon, licorice root



Coffee– supplied by Neli Coffee, roasted locally, you can be sure of the freshness and great taste

Fusspot is not so keen to be serving coffee, however with our re-location it was apparent that we needed to serve a great coffee, so we went and spoke to the good people at Neli Coffee and agreed that if we are going to serve coffee it has to be great and organic. We also wanted an organic decaf. Well we have been successful on all counts, as we have a single origin organic Mexican coffee roasted locally here on the beautiful Redcliffe Peninsula at Neli Coffee, and a decaf that has lost none of the incredible flavor.

Teecino - Organic herbal coffee alternative

Nutritional Benefits

Teecino is highly nutritious because all of the herbs in its proprietary formula are high in essential vitamins, minerals and phyto-nutrients that have been consumed for thousands of years. Some of the herbs in Teecino are bitter which help promote good digestion. Additionally, chicory root contains inulin, a soluble fibre that nourishes a healthy population of beneficial digestive flora. Teecino tastes mildly sweet from the addition of dates and figs and most people don't need to sweeten Teecino even if they normally sweeten coffee. Thus, Teecino helps people reduce their sugar intake. Unlike coffee, which has no nutritional value, Teecino has 15 calories per 240 ml cup and 1 gram of fibre. Perhaps of most importance to coffee drinkers, Teecino contains 65 mg of potassium to give your body a natural energy lift.

It's one thing to realize that there is no nutritional value to coffee, so, you think great, no calories. But when you realize that caffeine actually makes you excrete essential vitamins and minerals through your urine and interferes with the absorption of the nutrients you eat, it gives you a pause for thought.

We've all heard the facts about escalating osteoporosis and women's health. What you don't see mentioned is the body's effort to rid itself of caffeine causes a loss of calcium, magnesium, potassium, iron and trace minerals, all essential elements necessary for good health. One study even found that postmenopausal women who consumed caffeine had low bone density even though they took calcium supplements.

The news is just as bad about iron. Depending on the strength of your cup of coffee, you may reduce your iron absorption from a meal by 50%. In light of the fact that most women suffer from low iron reserves, and iron deficiency can contribute to fatigue, depression, memory and learning disorders, drinking an after meal cup of coffee could adversely affect a woman's long term health.

After I learnt the effects caffeine has on our bodies I really embarked on a mission to serve a great coffee alternative and I have found it..... in such a wonderful variety of blends absolutely divine

Java
Choc
Chai

Original
Hazelnut
Choc Mint

Mocha
Caffe
Vanilla Nut



Organic Herbal teas –

English breakfast
earl grey
green
chamomile
lemon grass
peppermint
jasmine
Sencha Japanese Green tea
Yerba Mate
Oolong green
Dandelion
Egyptian Red Tea
and more



Milk for our beverages

Fusspot is very particular about offering food and drinks with nutritional value, which is why he chooses not to make drinks based on soy or rice milk. Instead he has sourced organic full cream milk, organic hazelnut milk and organic almond milk.



Ivyhome Organic full cream milk – Ivyhome Dairy take great pride in their dairy products, from production to the retail shelf. Ivyhome soils are being nurtured back to their original health, providing healthy feed to keep their cows healthy and contented. Ivyhome have a Whole Farm Quality Assurance Program to help insure their products will come to you with the highest nutritional value for you and your family. This statement resonates so much with Fusspot, bringing foods and drinks with great nutritional value to your bodies.

Hazelnut milk – produced from organic products and is dairy free, lactose free, soy free, cholesterol free, gluten free, wheat free, this milk is made up of water, organic hazelnuts, organic agave syrup and organic corn maltodextrin.

Almond milk - produced from organic products and is dairy free, lactose free, soy free, cholesterol free, gluten free, wheat free, GM free, no pesticides or herbicides, no cane sugar, no artificial chemicals, no preservatives. This milk is made up of filtered water, organic almonds, organic rice syrup and organic sunflower oil and sea salt.

A word from the makers – “at Pureharvest we are opposed to genetically manipulating our primary food source. This is reflected in our policy of not buying or selling products that contain GE ingredients. GE ingredients are not naturally occurring substances and, as such, we do not use them in our products. We do not believe that there has been sufficient testing done on GE risks to the environment, our health and plant species. At Pureharvest we are committed to distributing natural and chemical-free products. We believe that food should be as natural as possible, with as little human intervention as practicable.”

Again this fits with Fusspot’s mission of serving only food and drinks with nutritional value for your body.