

FUSSPOT'S

We're fussy about the food we serve you

Eat well – enjoy life

Phone: 3880 2240 Fax: 3880 2247 E-mail: orders@fusspotsfood.com.au

HEALTHY MEALS - NO WHEAT FLOUR – NO SUGAR

Monday to Thursday from 10:30am to 8:00pm

Friday to Sunday 11:00am to 10:00pm

Open for Lunch and Dinner offering BYO



Fusspot understands how difficult it is for some people to find a place to relax and enjoy great food that won't leave them feeling sick. For this reason our complete ingredients listing is offered for you to peruse and you can be sure you will not only be able to enjoy something but you will actually have a choice of yummy tasty meals and treats to choose from.



FUSSPOT'S

We're fussy about the food we serve you

Eat well – enjoy life

Phone: 3880 2240 Fax: 3880 2247 E-mail: orders@fusspotsfood.com.au

HEALTHY MEALS - NO WHEAT FLOUR – NO SUGAR

Monday to Thursday from 10:30am to 8:00pm

Friday to Sunday 10:30am to 10:00pm

Open for Lunch and Dinner offering BYO

dine in - take away - take home heat and serve - catering to functions and events

Dine-in or take-away -

Select from our wide and varied menu for your favourite taste sensations. Or you can phone ahead with your order, and we will have it ready for you to sit down to or to call in and collect.

Healthy meals to take home and heat yourself -

You simply choose from any of the fresh meals on our menu, take it home, heat your oven to 150° and place your meal in the oven in the packaging for 10-20 minutes. Your dinner will be ready by the time you shower. Yes that's right you can warm your meal in the packaging, eat from the packaging and dispose of the packaging. No dirty dishes or labouring over a hot stove, can't get more convenient than that, and the packaging is compostable, throw it on your garden.

Catering for your function or event made easy -

We can cater to your guests' every needs from all kinds of food intolerances to a variety of allergies, across the board with wide selections of numerous dishes and finger foods. This way there are no special dishes being prepared as everyone can enjoy them and nobody need feel a burden due to special dietary needs. Sharing special events should be an enjoyable time for all and at Fusspot's our emphasis is on exactly that, preparing food that is enjoyable for everyone, not just a select few.

COMPLETE MEALS

comprising of meat, side and salad for only

\$15.00

PUT TOGETHER YOUR COMPLETE MEAL FROM THE FOLLOWING OPTIONS

Choose any 2 of the following – (vegan and vegetarian choose any 3)

- | | |
|---|---|
| 1 vege ball | 1 serve of vege chips–sweet potato, pumpkin, carrot, beetroot |
| 2 egg omelet | Fusspot's garden salad |
| 1 vege fritter | Roast veg and feta salad |
| 1 eggplant stack | Chickpea and kumara salad |
| 1 serve of vegetable stirfry (selection of 5 vegetables) | |
| 1 serve of grilled tomato, mushroom & onion | |
| 1 slice of frittata (roast veg or spinach and cauliflower, lactose free or dairy) | |

Now select 1 of the following meats

- | | |
|-----------------------------|---|
| 1 roast fillet of pork | 1 serve of battered organic pork strips |
| 1 herbed organic beef patty | 1 piece of GF battered fish + \$3.00 |
| 5 organic chicken wings | 1 serve of battered organic chicken strips |
| 1 delicious chorizo sausage | 1 serve of GF battered calamari |
| 1 organic beef sausage | 1 medallion of roo in lemon myrtle and wattleseed |



This completes your meal - enjoy

MEALS (organic meat and produce used where ever possible)

- | | |
|--|-----------|
| Organic beef sausages with spicy ratatouille | \$ 12.00 |
| Spicy organic ratatouille (vegan & vegetarian) | \$ 10 .00 |
| Organic chickpea & tomato hotpot (vegan & vegetarian) | \$ 10.00 |
| Organic Pumpkin curry (vegan & vegetarian) | \$ 10.00 |
| Organic Pumpkin curry with chorizo sausage | \$ 12.00 |

SNACKS & MEATS

Organic marinated chicken wings	\$ 3.00
Organic besan battered chicken strips	\$ 3.00
Organic battered strips of pork	\$ 3.00
1 piece of Gluten free battered fish	\$ 8.50
1 serve of Gluten free battered calamari	\$ 8.50
1 single serve pizza (select any 5 toppings); (standard, vegetarian, vegan)	\$ 6.50
1 serve of nachos (standard, vegetarian, vegan)	\$ 8.00
1 grilled eggplant stack (Vegan, Vegetarian)	\$ 3.00
1 slice of frittata – GF and/or LF (Vegetarian)	\$ 3.00
1 vege burger patty (Vegan and Vegetarian)	\$ 3.00
1 vegetable fritter (Vegan and Vegetarian)	\$ 3.00
1 serve of vege chips (Vegan and Vegetarian)	\$ 3.00
Salads - Garden Salad, Roast Vegetable and feta Salad, Chickpea Salad	\$ 6.50



GLUTEN AND LACTOSE FREE DESSERTS

All cakes – (Banana, orange & poppy seed, carrot & walnut , pineapple & coconut, chocolate & coconut, dark chocolate torte – ask what cakes we have available today)

No cream

\$ 5.00

With cream

\$ 5.50

LF Cheesecakes – (sheep yoghurt, sheep feta, strawberry, mixed berries, mango, citrus, - ask our friendly staff what flavor we have today)

\$ 5.00

\$ 5.50

Dairy cheesecakes – (organic natural yoghurt, creamed cheese, strawberry, mixed berries, mango, citrus - ask what flavor we have today)

\$ 5.00

\$ 5.50

LF Desserts (apple & pear baked custard, apple & rhubarb baked custard made from a combination of organic goats milk and organic almond milk – ask if we have it today)

\$ 5.00

\$ 5.50

Raw Organic (where possible) Vegan Slice

\$ 5.00

Filling -avocado, lime juice, organic coconut cream, organic glucose

Base – soaked organic nuts and seeds, soaked organic dried figs and apricots – absolutely delightful

Ice cream – raw, organic, vegan-vegetarian - serve

\$ 5.00

Available in 4 incredible flavours - Chocolate – Carob – Chai Latte – Choc Orange

DRINKS & BEVERAGES

Hot Drinks – served on your choice of organic full cream, organic light, organic almond, organic hazelnut

Coffee for dine in or take away – supplied by Neli Coffee, roasted locally, you can be sure of the freshness and great taste of our coffee

All white coffee cup and mug size (from organic single origin Mexican coffee beans) \$5.00

All black coffee cup and mug size (from organic single origin Mexican coffee beans) \$4.00

Decaf white cup and mug size (from organic single origin coffee beans) \$5.00

Decaf black cup and mug size (from organic single origin coffee beans) \$4.00

Teeccino for dine in or take away

Organic herbal coffee alternative made on milk of your choice \$5.00

Mocha organic carob, organic barley, organic chicory, dates, almonds, natural mocha flavour, organic dates, cocoa powder, figs

Choc organic carob, organic barley, organic chicory, organic ramon nuts, natural chocolate flavour, organic cocoa, organic chilli flakes

Original organic carob, organic barley, chicory, organic dates, organic orange peel, almonds, organic figs, natural citrus flavour

Caffe organic carob, organic barley, organic chicory, organic ramon nuts, organic coffee flavour

Choc Mint organic carob, organic barley, chicory, organic dates, organic chicory, almonds, figs, organic cocoa powder, organic peppermint leaves, peppermint oil

Vanilla Nut organic carob, organic barley, organic chicory, dates, almonds, organic dates, natural vanilla extract, natural nut flavour, figs

Java organic carob, organic barley, organic chicory, almonds, organic dates, natural coffee flavour, organic figs

Chai organic carob, organic barley, organic chicory, organic ramon nuts, organic cassia, organic ginger, organic cardamom, organic spice flavour, organic vanilla extract

Hazelnut organic carob, organic barley, organic chicory, dates, almonds, organic dates, natural hazelnut flavour, figs

Ask for our list of available milks for these delightful drinks

Teas for dine in or take away

Chai teas (tannin & chemical free - no sweetener no cream – original, calming, rejuvenating)	\$3.00
Chai teas (tannin & chemical free – with sweetener OR cream – original, calming, rejuvenating)	\$3.50
Chai teas (tannin & chemical free – with sweetener AND cream – original, calming, rejuvenating)	\$4.00
Organic Herbal teas (no sweetener no cream – English breakfast, earl grey, green, chamomile, lemon grass, peppermint, Sencha Japanese Green tea, Yerba Mate, Oolong green, dandelion, and more)	\$3.00
Organic Herbal teas (with sweetener OR cream – English breakfast, earl grey, green, chamomile, lemon grass, peppermint, Sencha Japanese Green tea, Yerba Mate, Oolong green, dandelion, and more)	\$3.50
Organic Herbal teas (with sweetener AND cream – English breakfast, earl grey,)	\$4.00

Cold Drinks

Appletiser	\$3.90
Grapetiser	\$3.90
Lightly Sparkling Mineral Water 250ml	\$2.70
Lightly Sparkling Mineral Water 500ml	\$3.50
Still Spring Water 250ml	\$2.50
Mountain Fresh Juices 400ml (apple pineapple crush, tropical cocktail, apple guava)	\$4.20
Spring Valley Juices 250ml (orange, tropical, apple, tomato)	\$3.00
Spring Valley Juices 375ml (orange, apple)	\$3.60
Parkers Organic Sparkling Juices 330ml (apple with a twist of lime, guava & cranberry)	\$3.80
Mangajo Green Tea 250ml (pommegranite, lemon, acai berry)	\$3.50
Emma & Tom's Well Being Waters (raspberry & cranberry, lemon lime, dragonfruit)	\$3.50