



THE

FOOD

LAB

Breakfast Box

minimum orders of 10 boxes. All prices are GST exclusive, Additional delivery, staffing and equipment may required.

DF = Dairy free GF = Gluten free VG = Vegan V = Vegetarian GFO = Gluten free option

Breakfast Box A \$14.50

Mini ham and cheese croissant

Mini sweet muffin

Fruit salad cup

Breakfast Box B (V) \$13.5

Mini croissant, avocado, tomato, and Swiss cheese

Mini sweet muffin

Fruit salad cup

Breakfast Box C \$16.5 (GFO, \$1.5)

Mini Smoked Salmon, Cream Cheese Bagel, Capers, Red
Onion

Mini Danish

Fruit salad cup

Please make us aware of any dietary requirements or allergies



Morning/Afternoon Tea

minimum orders of 10 per item. minimum \$100 spend.

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Savoury

Triple cheese scone + butter (V) \$4.50

Mini Triple cheese scone +butter (V) \$3.50

Spanish potato + egg tortilla with chorizo (GF, V available) \$3.50

Mozzarella + Truffle Toastie (V) \$5.50 (GFO, 0.5\$)

Ham + cheese toastie \$5.50 (GFO, 0.5\$)

Mini ham and cheese croissant \$5.00

Mini Avocado and cheese croissant (V) \$5.00

Mini Smoked Salmon, cream cheese bagel, capers, red onion \$6.5

Bacon and egg, cheese tart, tomato relish \$6

Cocktail sandwich egg and cress \$4.0 (GFO, \$0.5)

Chicken tarragon finger sandwich \$5.00 (GFO, \$0.5)

Vegan Club Sandwich \$5.00 (GFO, \$0.5)

Homemade Sausage Roll + Relish \$4.50

Vegan Sausage Roll + Relish (VG) \$4.50

Morning/Afternoon Tea

Sweet

Seasonal Fruit Cup, freeze dried raspberries 6oz (V, GF) \$5.00

House Granola with coconut yoghurt, berry coulis (VG, GF) \$5.00

Mini Danish (V) \$3.50

Blueberry Muffin (V) \$4.50

Chocolate chip Cookies (GF, V) \$4.00

Chocolate Hazelnut tart 60mm (V) \$5.00

Lemon Tart 60mm (V) \$5.00

Mixed Macaron (V, GF) \$4.00

Chocolate Brownie (V, GF) \$5.00

Vegan Cherry Danish (VG) \$5.2

Pain au Chocolate (V) \$5.00

Salted Caramel Slice (V) \$5.00

Vegan Snicker (VG, GF) \$5.20

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BOWL FOOD | LUNCH

minimum orders of 10 per item. Minimum \$100 spend.

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Salmon Salad Bowl, Ancient Grains, Edamame Beans, Avocado, Pickled Red Cabbage, Sesame Dressing (DF, GF) \$16.5

Falafel, Mixed Grain, Walnut, Olives, Pink Onion, Beetroot Hummus, Currants, Herbs Salad (Vg, Gf) \$14.5

Thai Beef Salad, Coriander, Pineapple, Rice Noodles, Peanut Dressing (DF, GF) \$16.5

Crispy Pork Belly, Asian Slaw, Rice Noodles, Nam Jim Dressing (DF, GF) \$16.5

Chicken Caesar Salad, Baby Cos, Bacon, Parmesan, Soft Egg (Gf) \$16.5

Sesame Tofu, Brown Rice, Pickled Shiitake, Coriander Pesto (Vg, Gf) \$14.5

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Packaged Lunch

minimum orders of 10 per item. Minimum \$100 spend..

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Lunch A \$23

Crispy pork belly, Asian slaw, rice noodles, Nam jim dressing (DF, GF)

Potato salad (VG, GF)

Ginger Slice (GF)

Lunch B \$23

Salmon salad bowl, ancient grains, edamame beans, avocado, pickled red cabbage, sesame dressing

Potato salad (VG, GF)

Caramel slice (GF)

Lunch C \$23

Thai beef salad, coriander, pineapple, mints, rice noodles, peanut dressing (DF, GF)

Potato salad (VG, GF)

Chocolate chip cookie (GF)

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Order Online: <https://www.thefoodlab.co.nz/order-online>

Lunch Package

minimum orders of 10 per item. Minimum \$100 spend..

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Lunch D \$23

Chicken Caesar Salad, Baby Cos, Bacon, Parmesan, Soft Egg (GF)

Potato Salad (VG, GF)

Chocolate Chip Cookie (GF)

Lunch E \$21

Falafel, Mixed Grain, Walnut, Olives, Pink Onion, Beetroot Hummus, Currants, Herbs Salad (VG, GF)

Potato Salad (VG, GF)

The Food Lab Rocky Road (VG, GF)

Lunch F \$21

Sesame Tofu, Brown Rice, Pickled Shiitake, Coriander Pesto (VG, GF)

Slaw (VG, GF)

The Food Lab Rocky Road (VG, GF)

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Email: enquiries@thefoodlab.co.nz

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