



catering menu

nutbar



things to know

our food is **100% organic**

we make everything in-house from scratch

our recipes are superfood-focused and centred around
some of the worlds most nutrient dense foods

our food is just as delicious as it is nutritious

“nutbar nutmilk” refers to our custom blend of real nutmilk.
It is a 100% organic, unprocessed blend of cashew,
almond + coconut milks. It contains 30% nuts whereas
the average boxed nutmilk contains closer to 2%



superfood smoothies + juicies

***100% organic + superfood-focused**

vanilla.....\$12

tastes like a vanilla milkshake

cashews, vanilla, chia seeds,
nutbar nutmilk, dates, sea
salt

vanilla espresso..... \$14

tastes like coffee ice cream

cashews, vanilla, chia seeds,
nutbar nutmilk, dates, sea
salt, pilot espresso

ultimate recovery.....\$16.50

tastes like blueberry pie

blueberries, collagen,
cashews, matcha, chia seeds,
vegan protein powder, dates,
nutbar nutmilk, sea salt

green.....\$13

fresh + smooth

seasonal greens, apple,
banana, cucumber, avocado,
chlorophyll, spirulina,
lemon juice

orange+.....\$13.50

immunity boosting powerhouse

orange, mango, ginger, banana,
sea moss gel, lemon juice,
housemade nutmilk, turmeric,
sacred lotus pollen,
bee pollen, black pepper

chocolate.....\$13.50

tastes like a chocolate milkshake

cacao, lucuma, maca, banana,
sunflower seed butter, dates,
nutbar nutmilk, sea salt

green juicie.....\$13

not just a juice, not quite a smoothie

apple, cucumber, spinach,
fresh mint, lemon juice, mint
chlorophyll, sea moss gel,
cordyceps, filtered water,
ice

***beverages are individually bottled**



bites + bars

*100% organic + superfood-focused

bars

nutbar.....\$5.25

a healthy chocolate bar

100% dark chocolate, cacao, cacao butter, cacao nibs, hazelnuts, pistachios, almond butter, almond meal, almonds, hemp seeds, coconut nectar, sea salt, dates

breakfast bar.....\$5.25

healthy + energizing

gf rolled oats, coconut flour, coconut oil, chia seeds, shredded coconut, cinnamon, vegan protein powder, rice puffs, raw honey, sunflower seeds, almond butter, cranberries, dates, sea salt

trailmix crunchy.....\$5.25

decadent + nutty

almonds, cashews, pecans, chia seeds, pumpkin seeds, sunflower seeds, goji berries, golden berries, shredded coconut, hazelnut butter, 100% dark chocolate, chocolate cacao butter, maple syrup, sea salt

bites

cookie dough.....\$3.75

superfood-focused cookie dough

gf oats, vanilla, maca, cinnamon, almond butter, almond meal, coconut oil, 100% dark chocolate chips, dates, sea salt

supersuperfood.....\$3.75

very, very healthy!

spirulina, almonds, cashews, bee pollen, hemp seeds, golden berries, goji berries, figs, lime juice, coconut butter, coconut oil, raw honey, matcha, almond flour

lemon poppyseed.....\$3.75

bright + creamy

lemon juice, lemon extract, poppy seeds, coconut oil, cacao butter, cashew butter, coconut butter, vanilla extract, maple syrup, protein powder, almond flour, coconut flour, sea salt

fat bomb.....\$4.25

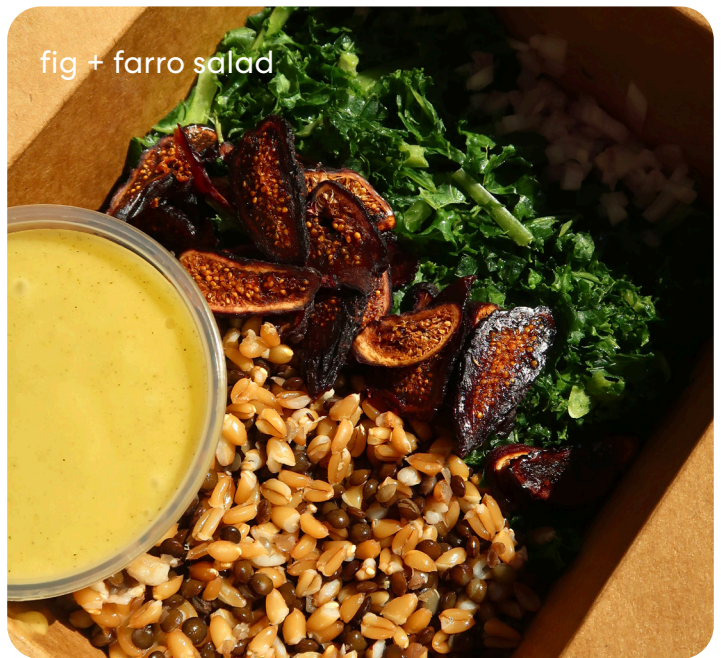
keto friendly

almond butter, cashews, walnuts, sunflowerseed butter, coconut butter, coconut oil, vanilla, sea salt, monk fruit powder, cinnamon, pumpkin seeds, cacao nibs, coconut flour, vegan protein powder, cacao butter, 100% dark chocolate, beet powder

wondering about packaging?

*based on your catering needs, bites + bars can be individually packaged or prepped for display

*custom print materials available upon request at an extra charge



salads + bowls

fig + farro.....\$13.50

bright and crunchy

farro, mission figs, beulga lentils, kale, shallots, housemade herb de provence dressing

kale caesar.....\$12

fresh and creamy

seasonal greens, cabbage, housemade vegan parmesan, housemade sourdough croutons and housemade sunflower seed-based dressing

omg oats.....\$7

creamy and satisfying

soaked gf steel cut oats, cashews, coconut oil, dates, sea salt, steamed nutbar nutmilk, topped with nut crumble + maple syrup

choice of chocolate or classic granola on the side



nutbar granola

classic, chocolate or berries + cream

our house-made superfood granolas are organic, nutrient dense, only made from whole food ingredients, and no refined sugars. made to satiate and satisfy!

detox water



cold tonics

detox water.....\$6

fresh + beautiful

mint chlorophyll, blue majik,
lemon juice, filtered water,
ice

iced chaggachio.....\$8.50

a healthy frappacino

chaga, dandy blend, coconut
oil, cacao, maca, lucuma,
almond butter, dash of maple
syrup, nutbar nutmilk

matcha lemonade.....\$6.50

refreshing + energizing

ceremonial matcha, filtered
water, lemon juice, honey

hot tonics

turmeric latte\$7

turmeric, cinnamon, vanil-
la, raw honey, black pepper,
steamed housemade nutmilk

ginger bomb.....\$6

ginger, turmeric, raw honey,
lemon juice, hot water

bright light tonic.....\$9

all-in-one tonic

gynostemma tea, trace mineral
drops, cordyceps, vitamin D3,
lemon juice, ginger, turmer-
ic, propolis, royal jelly, bee
pollen, raw honey

nutbar is a superfood bar.

we are deeply committed to serving only the most flavour-packed, nutrient-maxed superfoods. and we do this with an obsessive focus on quality and taste.

in a world that's getting more complex and stressful for human bodies, nutbar sends a signal with zero distortion: we are meant to feel good. and we are on a quest to unlock that feeling.

***cold drinks are individually bottled**



coffee + tea

coffee

.....\$45/10

we serve direct-trade coffee from local roaster, Pilot Coffee Roasters!

we can provide drip coffee for your catering request. served in a carafe that serves 10 (8 oz portions)

includes bottle of housemade nutbar nutmilk, organic dairy, organic cream, coconut sugar and necessary utensils to accompany any coffee or tea order

tea

.....\$3.75/pp

we have an assortment of 100% organic tea from local supplier, Lemon Lily. Choose from a selection of black, green or herbal tea.

note: please specify whether there is access to hot water on site or whether a canister is required



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