



catering
menu

nutbar

superfood snack cafe



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 and coconut milks. It contains
30% nuts whereas the average boxed nutmilk contains closer to 2%

**the following pages highlight the most commonly ordered catering items, but we're happy
to work with you to make adjustments to meet your needs**



smoothies

vanilla

\$10

tastes like a vanilla milkshake

cashews, chia, pink salt, vanilla, nutbar nutmilk, medjool dates

orange

\$10

bright and zingy

orange, mango, ginger, lemon, banana, nutbar nutmilk, filtered water

green

\$10

fresh and smooth

seasonal lettuce, apple, banana, cucumber, avocado, chlorophyll, spirulina, matcha, filtered water

vanilla espresso

\$11

tastes like a coffee ice cream

cashews, chia, pink salt, vanilla, nutbar nutmilk, medjool dates, pilot espresso

chocolate

\$11

tastes like milk chocolate

raw cacao, lucuma, maca, pink salt, sunflower butter, medjool dates, banana, nutbar nutmilk, filtered water

custom

\$tbd

tastes however you want it to!

build your own and we'll price it out for you!

pink

\$12

creamy, earthy & sweet

beets, raspberries, dates, hemp hearts, banana, nutbar nutmilk, filtered water

ultimate recovery

\$12

tastes like blueberry pie

cashews, chia, pink salt, vegan protein powder, medjool dates, blueberries, matcha, collagen, nutbar nutmilk, filtered water

** smoothies are individually bottled*



bites

pink chia

9oz \$7

granola on the side

bright and fruity

chia, raspberries, honey, bee pollen, nutbar nutmilk.

omg oats

9oz \$7

maple syrup & granola on the side

creamy and satisfying

gf steel cut oats, cashews, coconut oil, maple syrup, medjool dates, pink salt, nutbar nutmilk

kale cesar

in a cup \$6.50

fresh and creamy

kale, romaine, cabbage, cucumber, coconut bacon, hemp hearts, fresh pepper and house-made sunflower seed-based dressing

family style serving upon request



dress-your-own chia pudding and/or omg oats

\$8/pp

individually packaged chia puddings and/or omg oats with array of colourful superfood toppings for people to top their own.



balls & bars

bars

nutbar

\$5

a healthy chocolate bar

cacao butter, cacao nibs, hazelnuts, pistachios, almonds, almond meal, hemp seeds, coconut nectar, pink salt, medjool dates

breakfast bar

\$5

healthy & energizing

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

balls

cookie dough

\$3

tastes like cookie dough!

gf oats, vanilla, cinnamon, maca, sea salt, almond butter, almond meal, coconut oil, chocosol chocolate chips, medjool dates

superfood

\$3

very, very healthy!

spirulina, golden berries, bee pollen, chia seeds, hemp seeds, cayenne, goji berries, lemon zest, cashews, almonds, pink salt, medjool dates

key lime pie

\$3

zesty and filling

figs, lime zest and juice, coconut oil, cashews, shredded coconut, almond meal, vanilla, raw honey

chocolate

\$3

decadent and nutty

cacao, maca, shredded coconut, cashews, walnuts, pink salt, coconut oil, medjool dates

fat bomb

\$3

zero natural sugar

cashews, sunflower seeds, walnuts, almonds, pumpkin seeds, protein powder, vanilla, coconut, cinnamon, cacao nibs, monk fruit, rolled in beet dust

** mini balls and bars also available*



specialty cold drinks

detox water

\$5.00

fresh & beautiful

e3 Live, chlorophyll, real lemon juice, filtered water

greatorade

\$5.50

energizing, great for post workout

shisandra, cordyceps, mint chlorophyll, lemon juice, ice.

morning boost

\$5.00

spicy & sour

fresh turmeric, fresh ginger, real lemon juice, cayenne pepper, filtered water

matcha lemonade

\$5.50

refreshing & the perfect pick me up

ceremonial matcha, filtered water, lemon juice, raw honey, ice.

nutbar is an organic superfood snack cafe. We're best described as a "healthy coffee shop," putting the world's most nutrient-rich and highest-quality foods in the spotlight. Our delicious and vibrant snack-based menu is carefully sourced and made in house, and radiates with the powers and potentials of superfoods. We pride ourselves on not cutting any corners – we choose the best suppliers, use food that is 100% organic and local when possible and obsess over the quality of every single item we serve. Our menu promises to fill you up and make you "feel good here" because we exist to provide a healthy mind in a healthy body.

** cold drinks are individually bottled*



coffee + tea

coffee

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

we can provide drip coffee for your catering request, price dependent on volume

please note we can offer our custom nutbar numtilk, organic milk or organic cream to accompany any coffee or tea order

tea

we have an assortment of 100% organic tea from local supplier, Lemon Lily.....\$3pp

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



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