

fig

FRESH IS GOOD



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CATERING

FIG would love to cater for your next event!
 Ask us about our catering options in-store or
 via email at info@freshisgood.com.au

Lunch Bowls create your own \$13

1 BASE LEAFY GREEN, GRAIN OR MIX

Grain
 Quinoa Mix (black, white)
 Legume Mix (lentils, beans, chickpeas)
 Rice Mix (brown, black and red)
 FIG Cauliflower Cous Cous

Green
 Baby Spinach
 Rocket
 Baby Cos
 Beetroot Spaghetti
 Mesclun
 Zucchini Spaghetti

2 HEART 3 VEG 1 HERB

Fresh
 Cherry Tomato
 Cucumber Ribbons
 Daikon Ribbons
 Purple Onion
 Beetroot Sauerkraut
 Fennel Sauerkraut
 Kimchi
 Jalapenos
 Olive Mix
 Danish Feta

Steamed
 Kale
 Broccoli
 Green Beans
 Carrot
 Egg

Chargrilled
 Sweet Corn
 Capsicum
 Medley

Roasted
 Pumpkin
 Sweet Potato
 Chat Potatoes

Herb
 Mint
 Basil
 Coriander
 Chives

3 POWER MARINATED PROTEIN

Grilled Black Angus
 Salmon Ceviche
 Pulled Lamb Shoulder

Pimenton Grilled Chicken
 Compressed Firm Tofu
 Slow-cooked Pork Shoulder

4 FUSION DRESSING

Classic Lemon Vinaigrette
 Tangy Avocado
 Dijon Mustard and Sherry Vinegar
 Chilli Soy and Lime
 Lemon Cumin Yoghurt

5 BOOSTER SMASH!

Spiced chickpea
 South american carrot
 Minted peas
 Avocado

ADD ADDITIONAL GRAIN, LEAFY GREEN, VEGETABLE, HERB
 OR SMASH + \$1
 ADD ADDITIONAL PROTEIN + \$3

Lunch Bowls by Fig \$13

CITRUS CEVICHE (GF)(DF)

Cured Salmon, Baby Cos, Fig Rice Mix, Cucumber, Cherry Tomatoes, Olives, fresh coriander, lemon vinaigrette with avocado smash

LAMB SHOULDER MELT (GF)

Marinated lamb, rocket, quinoa mix, sweet potato, green beans, danish feta, tossed in lemon cumin yoghurt dressing, topped with nut mix and chickpea smash

BEEF'D UP (GF)(DF)

Black angus beef, rocket, beetroot spaghetti, quinoa mix, carrots, sweet corn, tossed in dijon dressing, topped with fig spices and minted pea smash

PACK-A-PUNCH PORK (GF)(DF)

Slow cooked pork shoulder, baby spinach, zucchini spaghetti, pink cabbage, cucumber and daikon ribbons, fresh coriander, tossed in chilli soy and lime dressing, topped with carrot smash

VEGETARIAN TOFU DELIGHT (GF)(DF)(V)

Marinated and chargrilled firm tofu, kale, rice mix, cherry tomato, fresh chives, tossed in chilli soy and lime dressing, topped with avocado smash

SPICE-IT-UP GRILLED CHICKEN (GF)(DF)

Pimenton spice rub chargrilled chicken, baby cos, legume mix, quinoa mix, cherry tomato, sweet corn, fresh coriander, tossed in tangy avocado dressing, topped with carrot smash

CHICK PROTEIN BLISS (GF)(DF)

Chargrilled chicken, zucchini spaghetti, rice mix, cucumber ribbons, cherry tomato, kale, egg, fresh basil, tossed in lemon vinaigrette dressing, topped with nut mix and avocado smash

Breakfast Bowls create your own acaí bowl \$12

1 FIG SIGNATURE ACAÍ BASE Acaí puree, dragon fruit, raspberries, fig jam and coconut water

2 HEART 3 FRUITS

Banana
 Pineapple
 Kiwi
 Strawberries
 Blueberries
 Oranges
 Green apple
 Passionfruit

3 BOOSTER 2 TOPPERS

Raw cacao
 Maca
 Coconut chips
 Pollen
 Buckinis
 Pistachio nuts

Chia
 Granola
 Goji
 Agave
 Almonds

ADD ADDITIONAL FRUIT
 OR TOPPER + \$1

Acaí By Fig with coconut yoghurt

BERRY CRUNCH \$13

Fig signature acaí base with blueberries, raspberries and strawberries, topped with buckinis, goji berries and coconut yoghurt (GF)(DF)

FEELIN' FRESH \$13

Fig signature acaí base with passionfruit, kiwi and banana, topped with toasted coconut, pistachio nuts and coconut yoghurt (GF)(DF)

BANANA CACAO \$13

Fig signature acaí base with banana and strawberries, topped with cacao nibs, buckinis, agave and coconut yoghurt (GF)(DF)

MAKING HEALTHY TASTY

Smoothies by Fig \$10

DR BEET (GF)(DF)

Beetroot, berries, agave, raw cacao with a beetroot and vanilla booster

May help to detoxify and increase blood flow, boost immunity, while promoting weight loss and a healthy heart

GINGA NINJA (DF)

Organic rolled oats, banana, fresh ginger, pomegranate, almond milk, honey and a gingerbread turmeric booster

May aid digestion, promote heart, skin and brain health, while reducing inflammation

SPIN ME SPIRULINA (GF)(DF)

Avocado, apple, kiwi, spinach, kale, agave, coconut water with a spirulina booster

May help to increase energy, muscle strength and endurance as well as assist brain function

MELLOW MATCH-YA! (GF)(DF)

Green apple, tahini, agave, coconut milk with a ceremonial matcha booster

May help to boost metabolism, increase memory and concentration, while enhancing weight loss

PINK DRAGON (GF)(DF)

Dragon fruit, mango, pineapple, strawberry, peaches, banana, agave, coconut water with a linseed and walnut booster

May help to strengthen the immune system and improve digestion, while keeping you heart healthy and looking youthful

FIG JAM (DF)

Organic rolled oats, banana, peanut butter, raw cacao nibs, raw cacao, fig jam, almond milk and vanilla protein

ADD A CHARCOAL BOOSTER + \$1

May aid digestion, help to develop lean muscle mass and improve metabolic activity, while enhancing mood

Grab and Go's

Water \$3.5
 Sparkling Water \$3.5

Kombucha \$4
 Kefir Water \$4.5

Juice \$4
 FIG Fresh Cups \$5

FIG Coco Granola Breaky \$8
 FIG Chia Cup \$8

The image features a vibrant, abstract background with several overlapping organic shapes. A large, light green shape is prominent in the lower-left and center. To its right, a light pink shape overlaps. Above these, a white area with a fine, repeating pattern of small, dark, teardrop-like shapes is visible. The top and bottom edges of the composition are solid magenta and teal, respectively. The text 'MAKING HEALTHY TASTY' is centered within the green shape.

MAKING
HEALTHY TASTY