



Our entire menu is available Take Away or as a "Ready Made Meal" Option

Snacks

Price per single serve

- Cacao protein balls *vg* **\$4.50**
- We Bar None Bars* *vg* **\$4.50**
- Banana bread *v* **\$5.00**
- A selection of wholefood sweet treats * *from* **\$4.50**
- We Bar None Crackers* *vg* **\$10.00**

Quick Bites & Breakfast

- Rice paper rolls^ *vg* **\$5.50**
- Muesli & coconut Yoghurt cup *vg* **\$8.00**
- Frittata *v* **\$10.00**
- Fresh salads of the Day**vg* Small **\$8** Medium **\$10** Large **\$16**
- The Hub BLT Toastie **\$14.00**
- Green Goodness Toastie *v* **\$14.00**
- Ethiopian Lentil burger housed in a charcoal bun *vg* **\$16.00**
- Breakfast Hub Bowl of the Day *vg* **\$17.00**

Seasonal greens, slow cooked beans, sweet potato toast, roasted tomatoes & mushrooms topped with house made hummus & preserves (choose any additions or sides below)

Main Meals

- Soup of the day * (Add GF bread \$4) **\$10.00**
- Lentil curry with seasonal vegetables & rice *vg* **\$16.00**
- Tofu Pad Thai, rice noodles, Asian greens *v* **\$16.00**
- Baked free range chicken, seasonal greens & rice **\$16.00**
- Vietnamese poached chicken salad **\$17.00**
- Nacho Bowl *vg* **\$17.00**

slow cooked beans, corn & tomato salsa, seeded rice, avocado with corn chips

- Healthy Hub Bowl of the Day *vg* **\$19.00**

seasonal vegetables, fresh salads, lentil dahl, sweet potato chips topped with house made hummus & preserves (choose any additions or sides below)

Additions & sides to all meals

- Free range egg, fried or poached *v* **\$2.50**
- Slice of Strada GF Bread *vg* **\$4.00**
- Nitrate free Bacon **\$6.50**
- Free range Chicken 100g **\$6.50**
- Baked Sweet potato chips *vg* **\$8.00 (Full serve)**

The Healthy Hub Café & Wellness Centre: Take Away & "Ready Made Meal" Menu



Drinks

- Remedy Kombucha and Remedy sugar free drinks* v&vg **\$5.50**
- Smoothies v & vg **\$11.50**

choice of choc mint, chocamel, forever young or green ginger ninja

- Assortment of Coffee, Herbal Lattes, Hot Chocolate, Chia Tea, & Herbal Teas are available for **Take Away** as per usual

*ask for the variety of flavours available upon ordering, or view our daily social media post for all options

^ Must be consumed on day of collection or delivery

VG= Vegan, V= Vegetarian, entire menu is Dairy Free & Gluten Free

Café Take Away Terms:

- Opening hours are Monday to Saturday 10am to 3pm for **TAKE AWAY ONLY**
- Café dining will **NOT** be an option
- We will enforce the distancing guidelines that have been outlined by our government thus please be mindful of these limitations when entering the café
- You are welcome to 'bip' your horn or call the café for the team to run your items out to you
- Payments via tap & go card transaction in the café, and via the Skip App, are the preference, bank transfer is also available
- Please stay home if you are unwell & reach out to us for delivery or support
- If you are coming in for **Take Away** please ensure you are practicing good hygiene, such as good hand & cough/sneeze hygiene
- Avoid hand shaking & any other physical greetings, please always maintain the recommended distance of 1.5 meters from each other
- The hospitality industry has stringent hygiene measures, which we are of course adhering to, to ensure our team, customers & community stay well

"Ready Made Meals":

Ordering & Payment of "Ready Made Meals"

- The entire menu can be served to you as a "Ready Made Meal" option, made fresh daily, for you to heat & enjoy at home
- "Ready Made Meal" orders, for collection or delivery, must be placed by 2pm the day prior

To place your "Ready Made Meal" order

- Call the café directly on 4343 1309
- Message on Social Media: Facebook & Instagram
- Email info@thehealthyhubbalarat.com.au
- **Online ordering & payment coming soon 😊**



Delivery of "Ready Made Meals":

- **FREE** Delivery on Tuesday & Friday, between the hours of 3.30pm & 5.30pm
- To qualify for FREE delivery orders must exceed \$30
- Delivery is an 8km radius of Ballarat central. For further delivery options please enquire

Payment of "Ready Made Meals":

- Tap & go card transactions on collection from the café or upon delivery is preferred

Or

- Direct Deposit: Name: The Healthy Hub Wellness Centre

BSB: 063-507

ACC: 1047 2002

Reference: please leave your name as the reference

The Healthy Hub Difference:

- Chef & Naturopath developed meals, made fresh daily, to make your life easier
- Macro & Micro nutritionally sound
- Compliments your current exercise or health program: keto, low carbohydrate, paleo, or just wanting delicious healthy fresh food, we have you covered!
- Take away food that makes you feel good. Takes away the stress of what to eat, whilst ensuring we are feeding your mind & body for optimal health
- Where possible we work with local, organic, biodynamic & chemical free suppliers to ensure we are delivering nutrient dense & environmentally sustainable meals to you & your family
- Environmentally conscious packaging
- Our mission is to provide food that meets a variety of health choices & intolerances: free range poultry, plant-based options, entire menu is refined sugar, dairy & gluten free