

THE BABY FOOD MENU

FRUITS (GF)

Selection of Fresh cut or puree or juice

- Banana
- Dragon fruits
- Honey melon
- Avocado
- Apple
- Peach
- Papaya
- Blueberry
- Strawberry
- Blackberry
- Raspberry
- Pears
- Mango
- Watertmelon

VEGETABLES (GF)

Selection of Fresh vegetable puree or steamed or soft boiled

- Broccoli
- Cauliflowers
- Carrot
- Pumpkin
- Cucumber
- Butternut
- Zucchini
- Beetroot
- Brinjal / eggplant
- Potatoes
- Green peas
- Sweet potatoes
- Kale
- Turnips

GRAIN & CEREAL

Selection porridge or fresh milk

- Baby White rice Cooked in Coconut Milk
- Quinoa
- Oats
- Corn Flakes
- Rice crispy
- Pasta
- Gluten Free Cereal

DAIRY PRODUCT

- Fresh milk
- Soya milk
- Rice milk
- Almond milk
- Skimmed milk
- Cheese cheddar
- Coconut yogurt
- Mixed berry yogurt
- Mango yogurt
- Plain yogurt

PROTEIN

Chooses food type of cooking steamed or mince grilled of soft blanched

- White Fish With Cauliflower, Sweet Potato Puree
- Chicken With Cauliflower, Sweet Potato Puree & kale
- Butter Nut & Carrot Puree with Chicken
- Broccoli, Kale, Green peas Puree with Chicken

Gluten Free (GF) Contains Nuts (N) Vegetarian (V)

Should you have any dietary restrictions or allergies, please inform your order taker
All prices are in United States Dollars. Prices are subject to 10% service charge and prevailing government taxes.