

Individual package MENUS

Summer 2023-2024

Wafu uses seasonal organically, locally grown vegetables as possible.

Wafu's standard meals are free from gluten & dairy and are primarily organic produce.

Unfortunately, all of ingredients are increasing prices. Wafu tries to coordinate good balanced meals.

One of the biggest challenges is to allow everyone to enjoy waste-free meals while supporting a varied diet. With the increase in individual serving options, it is not easy to offer each person a meal with different amount and preference. Store meals into a fridge (below 5 °C) straight away to eat later as next meal. It is great choice for NO-foodwaste and point of food safety.

Wafu chooses environmentally friendly method. Finding suitable sauce containers is not easy, and Wafu tries to use minimum containers. Salad vegetables marinated in home-made sauce. By doing so, you also can expect a salt reduction effect. Please enjoy the taste of seasonal vegetables.

In order to reduce the risk of bacterial growth even a little, Wafu may change the balance between warm dishes and cold dishes. The meals are designed for balanced energy levels and intestinal health.

Price :

The prices are included GST

Option 1: Mixed meal (combination of a warm dish and a cold dish)	\$25.50pp
Option 2 : One full size either of one warm <u>or</u> one cold dish	\$22.50pp
Option 3 : Small size either of one warm <u>or</u> one cold dish	\$20.00pp

Minimum order for free delivery:

1km radius from Wafu Kitchen (Alexandria) : \$150 5km radius : \$250 15km radius : \$500

Ordering cut off times :

Orders must be received by 12noon, 2 working days prior to the day that delivery is required.

FAILURE TO CANCEL YOUR ORDER IN TIME WILL INCUR FULL ORDER CHARGES.

Payments: Please deposit directly to Wafu's accounts.

BSB:032023 ACC:212328 Name: Wafu Pty Ltd Reference: your full name / invoice number from Wafu



“ Cold dishes ”

All of this salad & sushi do not serve with socket/plastic sauce cup of any sauce. Due to make eco-friendly, Wafu uses chia seeds or unique methods.

Vegan

- **TOFU & CHICKPEA SALAD** (in vegan mayonnaise or miso dressing. It depends on matching vegetables) and **Vegetable sushi**

Vegetarian

- **TOFU, CHICKPEA & EGG SALAD** (in vegan mayonnaise) and **Vegetable sushi**

Salmon

- **SALMON SASHIMI SALAD** (in miso dressing or soy dressing, it depends on matching raw vegetables) and **Raw salmon sushi**
- **COOKED SALMON SALAD** (in miso dressing or vegan mayonnaise. It depends on matching vegetables) and **cooked salmon sushi**

Chicken

- **CHICKEN SALAD** (in Soy dressing) and **chicken sushi**

“ Warm dishes ”

All warm dishes are served on rice & cooked seasonal vegetables

Vegan

- **TERIYAKI TOFU**
- **MISO DENGAKU TOFU** grilled served with sweet miso sauce

Vegetarian

- **WAFU's OMMLET EGG**

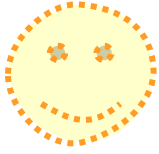
Salmon

- **TERIYAKI SALMON**
- **MISO SALMON** with sweet miso sauce

Chicken

- **TERIYAKI CHICKEN**
- **MISO CHICKEN** with sweet miso sauce

Breakfast



- or no **OBENTO** (rice ball, grilled protein, simmered vegetable dish, pickles, Miso soup) **\$25.00pp**
- or no **OBENTO** (rice ball, grilled protein, simmered vegetable dish, pickles, seaweed) **\$22.50pp**
- or no **Wafu's style, happy gut bowl** (rice porridge with fresh herbs, simmered dish, pickles) **\$20.00pp**
- or no **Wafu's style, OKONOMIYAKI pancake** (small size savoy pancake) **\$20.00pp**
- Seasonal **FRUIT** platter & Mini **QUINOA & CHIA** Parfait in coconut yoghurt & homemade jam **\$17.50pp**

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