



Fusspot understands how difficult it is for some people to find a place to relax and enjoy great food that won't leave them feeling sick after the meal is finished. For this reason our complete ingredients listing is offered for you to peruse and you can be sure you will not only be able to enjoy something but you will actually have a choice of yummy tasty meals and treats to choose from.

On each of the food choices in the ingredients listing you will see codes, the legend for these codes is as per table to the right-

Code	Meaning
GF	Gluten Free
LF	Lactose Free
DF	Dairy Free
OF	Oil Free
Veg	Vegetarian
V	Vegan

### **Besan Battered Chicken**

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- ✓ organic chicken
- ✓ organic besan flour
- ✓ organic chili flakes
- ✓ organic ground turmeric
- ✓ filtered water



GF

DF

LF

### **Herbed meatballs**

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- ✓ organic beef mince
- ✓ organic fresh ground salt
- ✓ organic fresh ground pepper
- ✓ free range egg
- ✓ chopped fresh herbs
- ✓ organic soy sauce



GF

Oil Free

DF

LF

### **Roasted Pork Fillets**

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- ✓ organic pork fillet
- ✓ rice bran oil
- ✓ fresh herbs chopped
- ✓ organic soy sauce
- ✓ raw honey
- ✓ seeded and mild mustard



GF

DF

LF

## **Herbed Lamb Chops**

- ✓ organic lamb chops
- ✓ fresh chopped herbs
- ✓ fresh ground organic salt and pepper
- ✓ rice bran oil



GF

DF

LF

## **Masala Crusted Chicken Wings**

- ✓ organic chicken wings pieces
- ✓ ground organic cumin
- ✓ ground organic coriander
- ✓ ground organic turmeric
- ✓ organic chilli flakes
- ✓ lemon rind and juice
- ✓ organic peanut oil



GF

LF

DF

## **Meatza - metiterranean**

- ✓ organic minced beef
- ✓ olives
- ✓ sundried tomatoes
- ✓ onion
- ✓ grated cheese
- ✓ tomato
- ✓ mushrooms
- ✓ organic tomato pasta sauce
- ✓ free range egg



GF

## **Meatza - ham and pineapple**

- ✓ organic minced beef
- ✓ organic chemical free ham
- ✓ pineapple
- ✓ feta
- ✓ grated cheese
- ✓ capsicum
- ✓ organic tomato pasta sauce
- ✓ free range egg



GF

## Sweet Potato and Chili Vege Burger

- ✓ sweet potato
- ✓ rice bran oil
- ✓ green shallots
- ✓ coriander leaves
- ✓ organic red chili
- ✓ seasoned falafel
- ✓ free range eggs
- ✓ organic besan flour



GF

DF

LF

V

Veg

## Pumpkin and Chili Vege Burger

- ✓ pumpkin
- ✓ rice bran oil
- ✓ organic legumes of choice
- ✓ coriander leaves
- ✓ organic red chili
- ✓ falafel
- ✓ organic besan flour



GF

Veg

DF

LF

V

## Sides

### Cauliflower and Spinach Frittata – Lactose Free

- ✓ cauliflower
- ✓ celery
- ✓ spinach
- ✓ organic coconut cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper
- ✓ sheep feta



GF

Veg

DF

LF

### Cauliflower and Spinach Frittata

- ✓ cauliflower
- ✓ celery
- ✓ spinach
- ✓ organic cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper
- ✓ feta



GF

Veg

## **Vegetable Frittata – Lactose Free**

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- ✓ pumpkin
- ✓ sweet potato
- ✓ carrots
- ✓ organic coconut cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper



GF

Veg

DF

LF

## **Vegetable Frittata**

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- ✓ pumpkin
- ✓ sweet potato
- ✓ carrots
- ✓ organic cream
- ✓ free range eggs
- ✓ fresh ground organic salt and pepper



GF

Veg

## **Eggplant stacks**

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- ✓ eggplant
- ✓ pumpkin
- ✓ tomato
- ✓ zucchini
- ✓ haloumi cheese



GF

Veg

## **Vegetable Fritters**

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- ✓ carrot
- ✓ pumpkin
- ✓ sweet potato
- ✓ organic besan flour
- ✓ filtered water



GF

Veg

DF

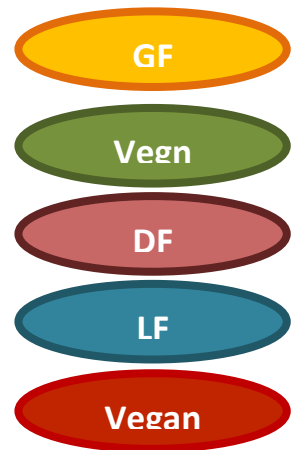
LF

## Salads

### Chickpea & Kumara salad

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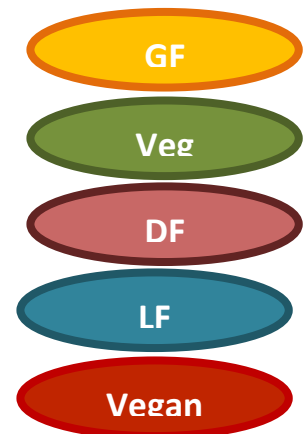
- ✓ organic chickpeas
- ✓ red onion
- ✓ red capsicum
- ✓ kumara
- ✓ organic garlic
- ✓ rice bran oil
- ✓ lemon juice
- ✓ mustard
- ✓ baby spinach or salad mix



### Fusspot's Garden Salad

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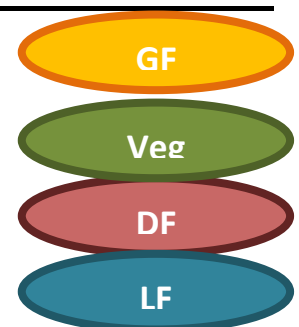
- ✓ carrot
- ✓ red capsicum
- ✓ beetroot
- ✓ red onion
- ✓ cucumber
- ✓ celery
- ✓ snow peas
- ✓ tomatoes
- ✓ salad mix



### Roast Vegetable and Feta Salad

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- ✓ carrot
- ✓ sweet potato
- ✓ pumpkin
- ✓ feta
- ✓ Baby spinach or salad greens



## Meals

### Spicy Ratatouille

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- ✓ eggplant
- ✓ zucchini
- ✓ onion
- ✓ green capsicum
- ✓ rice bran oil
- ✓ organic tomato & basil pasta sauce
- ✓ organic crushed ginger
- ✓ organic crushed garlic
- ✓ organic crushed chili



GF

Veg

DF

LF

Vegan

### Chicken Green Curry

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- ✓ green curry paste
- ✓ organic chicken
- ✓ long green chilies
- ✓ organic coconut milk
- ✓ fish sauce
- ✓ lime juice
- ✓ green onions
- ✓ palm sugar
- ✓ green beans
- ✓ coriander
- ✓ organic peanut oil
- ✓ zucchini



GF

DF

LF

### Savoury Mince

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- ✓ organic minced beef
- ✓ stock seasoning
- ✓ rice bran oil
- ✓ organic minced garlic
- ✓ organic turmeric
- ✓ parsley
- ✓ cabbage
- ✓ carrot s
- ✓ onion
- ✓ fresh ground organic salt and pepper



GF

DF

LF

## Savoury Chicken

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- ✓ organic chicken
- ✓ organic minced garlic
- ✓ organic paprika
- ✓ parsley
- ✓ broccoli
- ✓ carrot s
- ✓ onion
- ✓ organic coconut oil



GF

DF

LF

## Spicy Ratatouille with herbed meatballs

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- ✓ herbed meatballs
- ✓ eggplant
- ✓ zucchini
- ✓ onion
- ✓ green capsicum
- ✓ rice bran oil
- ✓ organic tomato & basil pasta sauce
- ✓ organic crushed ginger
- ✓ organic crushed garlic
- ✓ organic crushed chili



GF

DF

LF

## Chickpea Stew

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- ✓ organic chickpeas
- ✓ red onion
- ✓ vegetable stock
- ✓ organic diced tomatoes
- ✓ organic garlic crushed
- ✓ eggplant
- ✓ zucchini
- ✓ flat leaf parsley
- ✓ tomato paste

GF

Veg

DF

LF

Vegan

Oil Free

## **Pumpkin Curry**

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- ✓ pumpkin
- ✓ organic coconut oil
- ✓ brown onion
- ✓ organic crushed garlic
- ✓ organic fresh ginger
- ✓ green thai chilies
- ✓ organic ground coriander
- ✓ organic ground cumin
- ✓ organic black mustard seeds
- ✓ organic ground turmeric
- ✓ vegetable stock
- ✓ English spinach
- ✓ fresh coriander



GF

Veg

DF

LF

Vegan

## **Pumpkin Curry with chorizo sausage**

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- ✓ chorizo sausage
- ✓ pumpkin
- ✓ organic coconut oil
- ✓ brown onion
- ✓ organic crushed garlic
- ✓ organic fresh ginger
- ✓ green thai chilies
- ✓ organic ground coriander
- ✓ organic ground cumin
- ✓ organic black mustard seeds
- ✓ organic ground turmeric
- ✓ vegetable stock
- ✓ English spinach
- ✓ fresh coriander



GF

DF

LF

## Basic cake ingredients

- ✓ organic almond meal or organic coconut flour and organic almond meal for coconut cakes
- ✓ organic allergy free baking powder
- ✓ rice bran oil
- ✓ free range eggs
- ✓ fruit juice or warm water and raw banana cake
- ✓ xylitol
- ✓ fruit of choice
- ✓ poppy seeds for orange and poppyseed cake



GF

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LF

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## Chocolate Coconut Indulgence Ingredients

- ✓ organic almond meal
- ✓ organic coconut flour
- ✓ figs
- ✓ raw honey
- ✓ organic carob and organic
- ✓ organic allergy free baking
- ✓ organic sea salt
- ✓ filtered water
- ✓ organic coconut oil



GF

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DF

LF

Vegan

## Chocolate Torte Ingredients

- ✓ organic 85% dark chocolate
- ✓ rice bran oil
- ✓ free range eggs
- ✓ xylitol



GF

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LF

## Base for Cheesecakes

- ✓ chopped figs
- ✓ organic linseed meal or organic LSA mix
- ✓ whole organic linseeds
- ✓ organic coconut oil
- ✓ raw honey
- ✓ organic spices (optional)
- ✓ organic sea salt

GF

V

DF

LF

Vegan

## Cheesecake Filling for all fruit varieties

- ✓ fruit of choice
- ✓ Agar Agar
- ✓ philadelphia cream cheese
- ✓ pure organic cream
- ✓ sour cream
- ✓ organic apple or organic pear juice concentrate



GF

V

## Lactose Free Cheesecake Filling for all fruit varieties

- ✓ fruit of choice
- ✓ Agar Agar
- ✓ sheep yoghurt
- ✓ organic coconut cream
- ✓ sheep feta
- ✓ organic apple or organic pear juice concentrate



GF

V

LF

## Baked Apple & Pear/Apple & Rhubarb Custard – Lactose Free

- ✓ apples
- ✓ pears or rhubarb
- ✓ free range eggs
- ✓ organic cloves
- ✓ unpasturised goats milk
- ✓ organic almond milk, organic milk or organic hazelnut milk



GF

V

DF

LF

Oil Free

## Chocolate Coconut Balls Ingredients

- ✓ organic almond meal
- ✓ organic coconut flour
- ✓ organic desiccated coconut
- ✓ figs
- ✓ raw honey
- ✓ organic carob and organic cocoa powder
- ✓ organic allergy free baking powder
- ✓ organic sea salt
- ✓ filtered water
- ✓ organic coconut oil



GF

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DF

LF

Vegan