



ON THE SHELF Store Menu

OUR FOOD CODES

We've created a coding system so you can quickly see which products will fit with your diet. Look out for these on our packaging next time you need to know what's what.



LOW FAT



DAIRY FREE



LOW SUGAR



MEAT FREE



GLUTEN FREE

310ml	SOUP	LF	DF	LS	MF	GF
\$7.50	Pumpkin & Coconut	^	^	^	^	^
\$7.50	Tomato & Roasted Red Capsicum	^	^	^	^	^
\$7.50	Chicken Curry Laksa		^	^		
\$7.50	Creamy Chicken & Mushroom			^		
\$7.50	Seafood Chowder			^		

	SPICE & RICE	LF	DF	LS	MF	GF
\$9.60	Chilli con Carne			^		
\$9.60	Butter Chicken			^		^
\$9.60	Beef Rendang			^		^
\$9.60	Thai Chicken Curry			^		^

	PASTA & RISOTTO	LF	DF	LS	MF	GF
\$8.50	Pumpkin, & Blue Cheese Risotto			^	^	^
\$8.50	Tomato, Italian Herbs & Feta Risotto	^		^	^	^
\$8.50	Chicken & Mushroom Risotto			^		^
\$8.70	Macaroni Cheese Pasta			^		
\$8.70	Smoked Chicken Penne			^		
\$8.70	Mediterranean Pasta			^	^	
\$8.70	Risone Pasta			^	^	
\$8.70	Tomato & Mozzarella Penne			^	^	

	BAKING	LF	DF	LS	MF	GF
\$3.50	Mini Ginger Oat Cookie				^	
\$3.50	Mini Passion Yoyo				^	
\$3.50	Mini Peanut Brownie				^	
\$3.50	Mini Anzac Biscuit				^	
\$4.00	Mini Ginger Crunch				^	
\$4.00	Mini Raspberry Slice				^	
\$4.00	Mini Caramel Slice				^	
\$4.70	Anzac Biscuit				^	
\$4.70	Afghan Biscuit				^	
\$4.70	Passion Yoyo				^	
\$4.70	Peanut Brownie				^	
\$4.70	Chocolate Chip Cookie				^	
\$4.50	Gluten Free Millionaires Slice				^	^
\$4.50	Gluten Free Ginger Slice				^	^
\$5.20	Double Chocolate Brownie				^	
\$5.20	Ginger Crunch				^	
\$5.20	Butterscotch & Oat Slice				^	
\$5.20	Caramel Slice				^	
\$5.20	Chocolate Fudge Slice				^	
\$5.20	Lemon & White Chocolate Slice				^	
\$5.20	Raspberry Slice				^	
\$7.00	Paleo Muesli Bites		^		^	^
\$7.00	Paleo Choc Bites				^	^

	HEAT & EAT MEALS	LF	DF	LS	MF	GF
\$9.70	Potato Gratin			^	^	^
\$16.00	Chicken & Chorizo Paella	^	^	^		^
\$16.00	Seven Veggie Lasagne	^		^	^	
\$17.50	Tasty Beef Lasagne			^		
\$11.50	Vegetable Bake			^	^	
\$17.00	Succulent Chicken Roast		^	^		
\$18.00	Nana's Lamb Roast	^	^	^		^
\$18.00	Beef & Mushroom Casserole			^		^
\$18.00	Delicious Chicken Breast	^		^		^
\$19.50	Slow Cooked Lamb Shank			^		^



ON THE SHELF Store Menu

	BREAKFAST	LF	DF	LS	MF	GF
\$5.00	Muffins (Sweet & savoury options , differ daily)	Refer to label.				
\$5.00	Cheese & Onion Scone			^	^	
\$5.00	Date Scone				^	
\$6.50	Banana Smoothie	^			^	^
\$6.50	Berry Smoothie	^			^	^
\$7.70	*Porridge: Caramel, Dates & Walnuts				^	
\$8.50	Apple & Raspberry Bircher Muesli	^			^	
\$8.50	Coconut Bircher Muesli		^		^	
\$8.50	Berry Custard Muesli Trio				^	
\$8.50	Berry Yoghurt Muesli Trio				^	
\$8.50	Rhubarb Yoghurt Muesli Trio				^	
\$8.50	Paleo Muesli & Yoghurt				^	^
\$8.50	Chocolate Paleo Muesli & Yoghurt				^	^
\$8.50	Seasonal Fruit Salad	^	^		^	^

*Only available in autumn/winter months.

	SANDWICHES	LF	DF	LS	MF	GF
\$4.70	Ham & Real Butter			^		
\$7.20	Egg & Spinach		^	^	^	
\$8.50	Beautiful Brie			^	^	
\$8.50	Egg, Ham & Cheese			^		
\$8.50	Chicken & Almond		^	^		
\$8.50	Roast Beef & Fruit Chutney					
\$8.50	Roast Lamb with Mint Aioli		^	^		
\$8.50	Smoked Chicken & Avocado Salsa		^	^		
\$9.50	Chicken, Cranberry & Brie			^		
\$9.90	Smoked Salmon & Egg		^	^		
\$9.00	Gluten Free Egg, Ham & Cheese			^		^
\$9.00	Gluten Free Chicken & Almond		^	^		^

	WRAPS	LF	DF	LS	MF	GF
\$10.00	Falafel with Tahini Yogurt Spread			^	^	
\$10.00	Classic Chicken Caesar			^		
\$10.00	Marinated Chicken Tandoori			^		
\$10.00	Hearty Brunch		^	^		
\$10.00	Italian Meatball Hot Wrap			^		
\$10.00	Malaysian Chicken Curry Hot Wrap		^	^		

OUR FOOD CODES

We've created a coding system so you can quickly see which products will fit with your diet. Look out for these on our packaging next time you need to know what's what.



LOW FAT



DAIRY FREE



LOW SUGAR



MEAT FREE



GLUTEN FREE

"The heart of our idea has always been to provide a source of nourishment and sense of contentment for busy people wherever they may be."

*Andrea & William,
founders of Wishbone.*

Wishbone is a NZ family owned business making healthy handmade food. Proudly produced from the beautiful Ngauranga Gorge in Wellington, NZ. Read more about us and buy online at www.wishbone.co.nz



/WISHBONE.NZ



@WISHBONE.NZ

	SALADS	LF	DF	LS	MF	GF
\$9.50	Butterbean	^	^	^	^	^
\$9.50	Indonesian Rice		^		^	^
\$9.50	Quinoa Apricot & Feta				^	^
\$9.50	Summer Pearl Couscous			^	^	
\$10.50	Roast Vegetable & Feta				^	^
\$10.50	Smoked Chicken		^	^		^
\$10.50	Chicken Caesar			^		
\$11.50	Smoked Salmon & Soba Noodles		^	^		