



*The natural choice for cafés*

**NEW ORGANIC GRANOLA**  
100% organic certified, gluten free, vegan, delicious!

**NEW PROBIOTIC BLISS BALLS**  
1 billion beneficial bacteria ready to go to work

**NEW LARGE SIZE SWEET POTATO BURGER BUNS**  
gluten free, vegan soft and fluffy!

**SENSATIONAL VEGAN PIES & SAVOURIES**  
peace, love & pastries!

 [lilsprout.au](https://www.facebook.com/lilsprout.au)  [lil.sprout.au](https://www.instagram.com/lil.sprout.au)

Down to Earth  
Naturally  
**lil sprout**

*We've been busy...*

As our quest to develop a more compassionate relationship with food continues, we set out to expand our range of natural, vegan, organic, gluten free and refined sugar free foods to include all the delicious comfort treats you could ever need, plus a few more for good measure!

At our roots, we are about celebrating how delicious, natural whole foods can be. Our philosophy is simple: great ingredients make great food.

Our aim is to stay as close to nature as possible, so our products are made using only the best raw ingredients, organic wherever possible, naturally rich in nutrients. We believe in minimal processing for maximum benefits.

*Look for these symbols for special dietary needs...*

- O** ORGANIC
- GF** GLUTEN FREE
- VG** VEGAN
- DF** DAIRY FREE
- EF** EGG FREE
- RSF** REFINED SUGAR FREE
- RW** RAW
- HP** HIGH PROTEIN
- NF** NUT FREE
- P** PROBIOTIC

We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information

SUPPLIED EXCLUSIVELY THROUGH BOB & PETE'S  
PHONE ENQUIRIES: (02) 9550 5300 PHONE ORDERS: (02) 9565 1544 ORDER ONLINE: [www.yum.com.au](http://www.yum.com.au)

**CONTENTS**

**4 | BOUTIQUE BANANA BREAD**  
Vegan, gluten free, refined sugar free and delicious

**6 | ORGANIC GRANOLA**  
Certified organic and gluten free breakfast goodness!

**8 | POWER UP YOUR MUFFINS**  
Masterful Muffins, as good for you as they look

**10 | LET THEM EAT CAKE**  
With pleasure, not guilt!

**11 | RULE BREAKING DONUTS**  
Just when you thought it couldn't get any better

**12 | COOKIES ARE THE ANSWER**  
No matter what the question!

**13 | SUPER SOUL SLICES**  
Wholesome, uncomplicated and tinged with tradition

**14 | ORGANIC PROTEIN & BLISS BALLS**  
Still a rolling success for the 3pm slump

**16 | RAW BARS & SLICES**  
Flavourful abundance, studded with superfood goodness!

**18 | RAW CAKES & DESSERTS**  
From decadent dessert squares to raw-some rounds

**20 | SAVOURY PEACE MEALS**  
Loaded with goodness, made from scratch and flavour packed!

[lil.sprout.au](https://www.facebook.com/lil.sprout.au) [lil.sprout.au](https://www.instagram.com/lil.sprout.au)

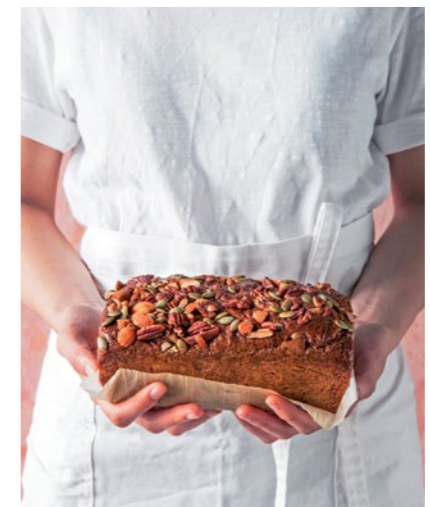


**Li'l Sprout BANANA BREADS**  
NEW LARGER SIZE  
NOW 1KG - 8 SLICES  
GLUTEN FREE • VEGAN  
DAIRY FREE • EGG FREE  
REFINED SUGAR FREE

# BOUTIQUE BANANA BREAD

*Now 1kg with 8 healthful slices, our loaves are blooming with goodness*  
**GLUTEN FREE • VEGAN • REFINED SUGAR FREE • DAIRY FREE**  
**EGG FREE • SOY FREE**

Since we first set out for Banana Bread nirvana, our quest to conquer foods that are both nutritious and delicious continues...  
Li'l Sprout new larger size loaves mean even more of both! Same delicious recipe, same price, just a bigger 1 kg loaf size offering 8 healthful slices!  
With 35% fresh real banana, each slice provides 20% of your daily B6 and a good source of fibre!



Made using nutritious brown rice and sorghum flours, we use unfiltered, preservative free coconut sugar which is considered the most sustainable natural sweetener in the world: great tasting, mineral rich, and low GI (35) to boot.  
Throw in some warming spices, sulphite free fruit and omega rich chia seeds and you're got yourself some glorious Banana Breads that are ripe for the here and now.

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



**VEGAN BANANA CHIA COCONUT BREAD (GF)**  
VG GF RSF DF EF NF

Maximum flavour, minimum ingredients. Loaded with 35% fresh banana, toasted coconut, vanilla, cinnamon & sweetened with evaporated coconut nectar, this sunshine of a loaf is perfectly ripe for right now  
**CODE: LSLB • 200x90x70mm • 1KG**  
**STORE AMBIENT 5 DAYS**

**VEGAN PUMPKIN GINGERBREAD (GF)**  
VG GF RSF DF EF

Roast pumpkin, warming spices, fresh ginger, sultanas and walnuts all working together to form a wonderfully fragrant and flavourful bread that is perfectly comforting for breakfast  
**CODE: LSLP • 200x90x70mm • 1KG**  
**STORE AMBIENT 5 DAYS**

**VEGAN FIG & NUT BANANA BREAD (GF)**  
VG GF RSF DF EF

Li'l Sprout Banana Bread boosted with figs, pecans, pepita, almonds and orange oil to sweeten this stunningly decadent loaf. Wholesome, nutritious and downright delicious!  
**CODE: LSLF • 200x90x70mm • 1KG**  
**STORE AMBIENT 5 DAYS**



**Lil Sprout  
NEW  
GRANOLA**  
ORGANIC • GLUTEN FREE  
VEGAN • HIGH PROTEIN  
DAIRY FREE • EGG FREE  
REFINED SUGAR FREE

Non GMO  
Additive free  
Preservative free  
All natural

10 grams of natural  
plant protein per serve

**ORGANIC COCOBERRY BLISS GRANOLA**

**GRANOLA  
FULL OF GOODNESS**

*Super versatile, crazy delicious - Organic, Vegan, Gluten Free Granola!*  
**GLUTEN FREE • VEGAN • REFINED SUGAR FREE • DAIRY FREE  
EGG FREE • SOY FREE • HIGH PROTEIN**



Made with 75% nutrient-rich nuts and super seeds, juicy sultanas, sweet cranberries and crisp coconut, lightly spiced and delicately toasted into tropical clusters of bliss. Certified Organic for maximum health & environmental benefits; all ingredients were grown naturally, sourced and processed ethically and sustainably, without the use of artificial fertilisers, chemicals, pesticides or GMO's. We take dietary needs seriously; free from refined sugars, soy, dairy, egg, sulphites and additives, our stringent verification processes ensure the utmost integrity of our Granola is maintained.

**ORGANIC COCOBERRY BLISS GRANOLA**  
O GF VG DF EF RSF HP  
Nutrient-rich super seeds, sweet cranberries and tropical coconut, lightly spiced and delicately toasted  
**CODE: LSGC • 1KG • STORE AMBIENT 30 DAYS**

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



Li'l Sprout  
**MUFFINS**

ORGANIC • VEGAN  
GLUTEN FREE  
REFINED SUGAR FREE

POWER UP  
*YOUR MUFFINS*

*Masterful Muffins, as good for you as they look*

ORGANIC • GLUTEN FREE • VEGAN • DAIRY FREE • EGG FREE  
REFINED SUGAR FREE\* • HIGH PROTEIN\*

Combo goals!

These Masterful Muffins are packed with antioxidants - full of fibre and slow sustained protein, these wholesome muffins will kick some serious morning goals! Organically nutritious and naturally delicious, quite simply they are a glorious

powerhouse of portable energy.

Made from all natural ingredients and free from gluten, dairy, eggs, animal products, additives, artificial preservatives and refined sugars, Li'l Sprout Muffins are as good for you as they look and are available in four delicious flavours.



VEGAN ORGANIC CHIA BERRY MUFFIN (GF)

O GF VG DF EF RSF HP

Almonds, polenta, raspberries, flaxseed, chia, agave, rapadura, coconut, vanilla

CODE: LSMB • 80x50mm • 155G • 4 PACK  
STORE AMBIENT 4 DAYS



VEGAN ORGANIC CARROT VITALITY MUFFIN (GF)

O GF VG DF EF RSF HP

Carrot, almonds, walnuts, pistachio, maple, rapadura, flaxseed, sultanas

CODE: LSMCA • 80x50mm • 150G • 4 PACK  
STORE AMBIENT 4 DAYS



VEGAN ORGANIC MAPLE HARVEST MUFFIN (GF)

O GF VG DF EF RSF HP

Almonds, maple, polenta, orange, apricot, pistachio, flaxseed, goji berries, vanilla

CODE: LSMM • 80x50mm • 150G • 4 PACK  
STORE AMBIENT 4 DAYS



VEGAN ORGANIC CHOCOLATE POWER MUFFIN (GF)

O GF VG DF EF RSF HP

Almonds, cacao, polenta, cacao butter, flaxseed, rapadura, vanilla, salt

CODE: LSMCH • 80x50mm • 150G • 4 PACK  
STORE AMBIENT 4 DAYS

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



**Li'l Sprout TEACAKES**  
ORGANIC • VEGAN  
GLUTEN FREE  
REFINED SUGAR FREE\*

# LET THEM EAT CAKE

*With pleasure, not guilt!*

**ORGANIC • GLUTEN FREE • VEGAN • DAIRY FREE  
EGG FREE • REFINED SUGAR FREE\***

Desserts don't have to be a guilty pleasure. These unassuming afternoon staples have undergone a lavish, healthful makeover. Organic, gluten free, dairy free, egg free and vegan, made using the purest of beautiful ingredients, such as raw cacao,

almonds, buckwheat, amaranth, quality seeds, nuts and cold-pressed sunflower oil. Tinged with nostalgia and dressed in tradition, Li'l Sprout Teacakes will never be out of favour. Could dessert be any sweeter? Available in assortment boxes of six.



**VEGAN ORGANIC TEACAKES (6 PACK) (GF)**

O GF VG DF EF RSF

**EACH ASSORTMENT BOX CONTAINS 2 OF EACH TEACAKE FLAVOUR**

**ORGANIC PERSIAN ORANGE TEACAKE** Almond, orange, coconut oil, cinnamon, cardamom, orange blossom water (\*sweetened with organic evaporated cane juice)

**ORGANIC CARROT & WALNUT TEACAKE** Carrot, buckwheat, amaranth, walnut, coconut, sunflower, flaxseed, vanilla, cinnamon, lemon

**ORGANIC CHOCOLATE CARAMEL TEACAKE** Cocoa, flaxseed, coconut, sunflower, sea salt, coconut oil, coconut cream, rapadura

**CODE: LSC6 • 90x40x40mm • 110G • 6 PACK • STORE AMBIENT 4 DAYS**



**Li'l Sprout DONUTS**  
ORGANIC • VEGAN  
GLUTEN FREE

# RULE BREAKING DONUTS

*Just when you thought it couldn't get any better*

**ORGANIC • GLUTEN FREE • VEGAN  
DAIRY FREE • EGG FREE**

There's something sentimental about a sweetly frosted donut and this collection of showstoppers are a compilation for all ages. Baked not fried, 100% organic, gluten free, vegan and dairy free, Li'l Sprout Donuts are made beautifully moist with the use of

finely ground almonds, apple puree and cold-pressed sunflower oil. Add some omega rich flaxseeds, raspberries, raw cacao, maple syrup, pecans and beetroot juice, and why wouldn't you have a donut for breakfast? Available in assortment boxes of four.



**VEGAN ORGANIC DONUTS (4 PACK) (GF)**

O GF VG DF EF

**EACH ASSORTMENT BOX CONTAINS 1 OF EACH DONUT FLAVOUR**

**ORGANIC BERRY SPRINKLES** Almond, date, vanilla, flaxseed, raspberry, beetroot juice, natural sprinkles

**ORGANIC CINNAMON CHURRO** Almond, date, flaxseed, coconut, cocoa, raspberries, lemon, cinnamon

**ORGANIC CHOC HAZELNUT** Almond, hazelnut, dark vegan chocolate, apple, vanilla, flaxseed, cocoa

**ORGANIC MAPLE CRUNCH** Almond, apple, pecans, date, vanilla, maple, flaxseed, maple syrup, rice

**CODE: LSD4 • 80x40mm • 95G • 4 PACK • STORE AMBIENT 5 DAYS**

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



Li'l Sprout  
GLUTEN FREE  
VEGAN COOKIES  
ORGANIC • VEGAN  
GLUTEN FREE  
REFINED SUGAR FREE

# COOKIES ARE THE ANSWER...

*No matter what the question!*

**GLUTEN FREE • VEGAN • DAIRY FREE • EGG FREE  
ORGANIC\* • REFINED SUGAR FREE\***

Cookies have earned their place in the comfort food hall of fame, just a mention of chocolate is sufficient, but add to that vegan, gluten free, dairy free, egg free and full of

organic, superfoods, and Li'l Sprout has just elevated the humble cookie to all new heights! Each delectable flavour available in a pack of six.



VEGAN ORGANIC HEALTHY NUT COOKIE (GF)

O GF VG DF EF RSF HP

Buckwheat, dates, banana, almond, coconut, maple syrup, walnut, cranberries, pepita, sunflower seeds

CODE: LSCH • 100x20mm • 80G  
6 PACK • STORE AMBIENT 30 DAYS <23°



VEGAN DOUBLE CHOC COOKIE (GF)

GF VG DF EF

Coconut, almonds, vegan dark chocolate, cocoa powder, flaxseed

CODE: LSCDC • 100x20mm • 80G  
6 PACK • STORE AMBIENT 30 DAYS <23°



VEGAN CHOC CHIP COOKIE (GF)

GF VG DF EF

Vegan dark chocolate, buckwheat, almond, flaxseed, vanilla, Himalayan salt

CODE: LSCC • 100x20mm • 80G  
6 PACK • STORE AMBIENT 30 DAYS <23°

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



Li'l Sprout  
SLICES  
ORGANIC • VEGAN  
GLUTEN FREE

# SUPER SOUL SLICES

*Wholesome, uncomplicated nourishment for the soul*

**ORGANIC • GLUTEN FREE • VEGAN • DAIRY FREE • EGG FREE  
REFINED SUGAR FREE\* • HIGH PROTEIN\***

We can probably all agree that these three slices have earned their place as universal comfort food. Just when you thought they couldn't get any better we liven them up with a nourishing dose of organic goodness! Studded

with superfoods and completely free from any gluten, wheat, dairy, eggs, additives or refined sugars, we've managed to catapult them to the top of the charts! These tried and tested favourites are a slice above the rest.



VEGAN ORGANIC MUESLI BAR SLICE (GF)

O GF VG DF EF RSF

Rice, quinoa, buckwheat, coconut, pineapple, almonds, pistachio, cranberries, pepita, sunflower seeds

CODE: LSSMB • 90x40x20mm • 110G  
6 PACK • STORE AMBIENT 7 DAYS



VEGAN ORGANIC PASSIONFRUIT SLICE (GF)

O GF VG DF EF

Real passionfruit, turmeric, fresh lemon, buckwheat coconut, almonds, rapadura, agar agar

CODE: LSSP • 90x40x20mm • 125G  
6 PACK • STORE AMBIENT 7 DAYS



VEGAN SUPER BROWNIE SLICE (GF)

GF VG DF EF HP

Almonds, cocoa, buckwheat, maple, rapadura, coconut, pepita, sunflower, chia, puffed brown rice, goji berries

CODE: LSSSB • 90x40x20mm • 120G  
6 PACK • STORE AMBIENT 7 DAYS



Li'l Sprout  
**NEW**  
**PROBIOTIC**  
**BLISS BALLS**  
ORGANIC • VEGAN  
REFINED SUGAR FREE

1 BILLION  
PROBIOTICS  
PER BALL

**BLISSSED INSIDE**  
*& OUT*

*Our NEW delicious bliss balls are now packed with probiotics*

**RAW • VEGAN • DAIRY FREE • REFINED SUGAR FREE**  
**GLUTEN FREE • HIGH PROTEIN**

Vegan, gluten free, raw, paleo, high protein and organic\*, these nutrient rich power balls are still the secret to smart snacking. Organic Protein packed pick-me-ups made with organic, raw sprouted, bio-fermented

wholegrain brown rice protein help fuel a busy day. We use only the purest raw ingredients Mother Earth has to offer, naturally rich in nutrients, we practise minimal processing for maximum benefits.



Jars, POS cards and tags available on request  
SUPPLIED EXCLUSIVELY THROUGH BOB & PETE'S  
PHONE ENQUIRIES: (02) 9550 5300 PHONE ORDERS: (02) 9565 1544  
ORDER ONLINE: [www.yum.com.au](http://www.yum.com.au)

[f lilSprout.au](https://www.facebook.com/lilSprout) [ililSprout.au](https://www.instagram.com/lilSprout)



\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



NEW  
VEGAN  
1 BILLION  
PROBIOTICS  
PER BALL

**PROBIOTIC BERRY JAM BALLS (GF)**

VG GF DF P RSF RW

Happy belly bliss balls! Made with cashew butter, coconut, raspberry, beetroot powder + 1 billion belly loving probiotics!  
**CODE: LSBBP • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



NEW  
VEGAN  
1 BILLION  
PROBIOTICS  
PER BALL

**PROBIOTIC CHOC HAZELNUT BALLS (GF)**

VG GF DF P RSF RW

Gut health made delicious! With cashew butter, coconut, organic cacao, hazelnuts + 1 billion belly loving probiotics!  
**CODE: LSBHP • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**ORGANIC CHOC PROTEIN BALLS (GF)**

VG GF DF EF RSF RW HP O

A highly effective natural energy enhancer made with organic almonds, dates, coconut, loaded with vegan protein and raw cacao  
**CODE: LSBCP • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**SUPER BERRY VITALITY BALLS (GF)**

VG GF DF EF RSF RW

A superfood energy burst made with antioxidant rich berries, inca, goji, mulberry, cranberry, pecan and cashew  
**CODE: LSBBS • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**ORGANIC VANILLA BEAN PROTEIN BALLS (GF)**

VG GF DF EF RSF RW HP O

Bountiful bliss. Organic almonds, cashews and coconut blended with vegan protein and real vanilla bean  
**CODE: LSBVP • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**CHEERY RIPE BLISS BALLS (GF)**

VG GF DF EF RSF RW

A guilt free trip down memory lane! Coconut, rice malt, date, cashew, cherries & cacao amped up with superfood acai  
**CODE: LSBCR • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**CHOC ORANGE TURMERIC TRUFFLES (GF)**

VG GF DF EF RSF RW

Anti-inflammatory turmeric and orange oil blended with rich raw cacao to create the ultimate healthy truffle  
**CODE: LSBCO • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**



**SALTED CARAMEL CACAO CRUNCH BALLS (GF)**

VG GF DF EF RSF RW

Cashew, dates and cacao nibs with mesquite and Himalayan sea salt, muddled to make a magnificent caramel crunch  
**CODE: LSBSC • 20 PACK • 30mm • 40G • STORE AMBIENT 30 DAYS**





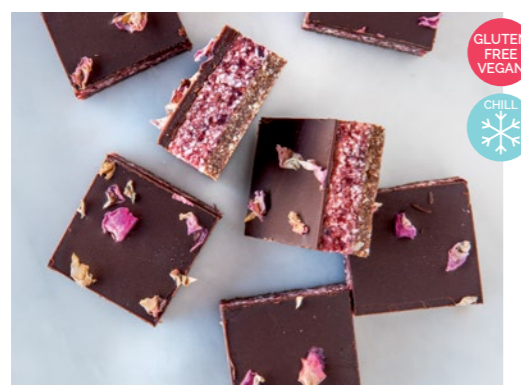
# CLEAN RAW TREATS VEGAN BARS & SLICES

*An abundance of raw superfood goodness*

**RAW • VEGAN • DAIRY FREE • REFINED SUGAR FREE  
GLUTEN FREE • HIGH PROTEIN**

Li'l Sprout raw, refined sugar free, vegan slices and bars are sure to satisfy even the most selective of health food enthusiasts. High in nutrition and perfectly balanced in

flavour, they are naturally high in protein with over 5g per serve! Providing a practical and yet deliciously unforgettable snack to power you through your afternoon.



**VEGAN BERRY RIPE SLICE (GF)**

VG GF DF EF RSF RW

Coconut, cranberry (apple juice), rice malt, date, cocoa butter, buckwheat, sunflower, cacao, maple, beetroot powder, orange oil  
CODE: LSSBR • 12 PACK • 45x30mm • 55G • STORE COLD 14 DAYS



**VEGAN RAW SALTED CARAMEL SLICE (GF)**

VG GF DF EF RSF RW

Date, coconut, cashew, cacao butter, buckwheat, sunflower, cacao, maple, rice malt, coconut oil, lemon juice, Himalayan sea salt  
CODE: LSSC • 12 PACK • 45x30mm • 55G • STORE COLD 14 DAYS



**VEGAN RAW HAZELNUT BROWNIE (GF)**

VG GF DF EF RSF RW

Date, almond, sultana, cashew, sunflower, rice malt, cacao, hazelnut

CODE: LSSHB • 12 PACK • 45x30mm • 55G • STORE COLD 14 DAYS



**RAW THC - VEGAN TAHINI HEMP CHOC BAR (GF)**

VG GF DF EF RSF RW HP

Sultana, apricot, rice malt, tahini (sesame), coconut, sunflower seed, sesame seed, cacao butter, maple, hemp seed, pepita

CODE: LSBT • 10 PACK • 90x30x20mm • 80G • STORE AMBIENT 7 DAYS



**VEGAN HEMPERMINT SLICE (GF)**

VG GF DF EF RSF RW

Coconut, rice malt, date, cashew, cacao butter, buckwheat, sunflower, maple, cacao, matcha (green tea), hemp seeds, peppermint oil

CODE: LSSHM • 12 PACK • 45x30mm • 55G • STORE COLD 14 DAYS



**RAW FNV - FIG & NUT VEGAN BAR (GF)**

VG GF DF EF RSF RW HP

Date, sultana (sunflower oil), sunflower, almond, fig, coconut, maple, cinnamon, sesame, Himalayan sea salt, pecan, pepita

CODE: LSBF • 10 PACK • 90x30x20mm • 80G • STORE AMBIENT 7 DAYS



**VEGAN BOUNTY SLICE (GF)**

VG GF DF EF RSF RW

Coconut, rice malt, date, cacao butter, buckwheat, sunflower, maple, cacao

CODE: LSSBO • 12 PACK • 45x30mm • 55G • STORE COLD 14 DAYS



**RAW CVB - CRANBERRY & COCONUT VEGAN BAR (GF)**

VG GF DF EF RSF RW HP

Apricot, coconut, cranberry (apple juice), date, pepita, sunflower, hazelnut, coconut oil, cacao, maple, lemon juice

CODE: LSBB • 10 PACK • 90x30x20mm • 80G • STORE AMBIENT 7 DAYS

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



Li'l Sprout  
DESSERT SQUARE  
CHEEZECAKES

RAW • VEGAN  
REFINED SUGAR FREE  
HIGH PROTEIN  
GLUTEN FREE

NEW  
FLAVOUR

# THE SWEET SPOT

*Wow the crowds with these unforgettable show stoppers*

**RAW • VEGAN • DAIRY FREE • REFINED SUGAR FREE  
GLUTEN FREE • HIGH PROTEIN**

Biting into smooth, nutty goodness with pure guilt-free satisfaction, you'll know you hit the sweet spot. Exquisite tasting, made with the purest, high quality, all natural ingredients, these down right decadent desserts are what happy memories are made of...



NEW  
FLAVOUR  
CHILL



RAW  
ENERGY  
CHILL

## RAW VEGAN LARGE CAKE WHEEL (22CM) (GF)

VG GF DF EF RSF RW HP

**EACH WHEEL CONTAINS 4 SLICES OF EACH  
CAKE VARIETY**

**VEGAN LIME AND PISTACHIO CAKE**

Zesty lime and creamy pistachios with a rose petal crown

**VEGAN CHOC HAZEL NUTFELLA CAKE**

Decadent chocolate, and hazelnuts seasoned with sea salt

**VEGAN CHOC CARAMEL CRUNCH CAKE**

Creamy date caramel under a rich dark chocolate slathering

**VEGAN RASPBERRY DELICIOUS CAKE**

Cashew butter creamed with real citrus and raspberry

**CODE: LSLRC • 16 SERVES • 110x40mm  
110G PER SERVE • STORE COLD 7 DAYS**

## RAW VEGAN DESSERT SQUARES (15 PACK) (GF)

VG GF DF EF RSF RW HP

**ASSORTMENT BOX CONTAINS 3 OF EACH  
VEGAN DESSERT CHEEZECAKES**

**CHOCOLATE MOUSSE**

Creamy cacao with cranberry chocolate bark

**BERRY LEMON**

Lemon cashew cream with citrus zest

**CHOC HAZELNUT**

Hazelnut praline on choc caramel cream

**NEAPOLITAN NICE CREAM**

Berries, cream and a chocolate ice-cream

**COOKIE'N CREAM**

Coconut and chocolate cream with buckini bark

**CODE: LSMD15 • 15 PACK • 45x30mm  
65G • STORE COLD 7 DAYS**

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information

# GLUTEN FREE VEGAN SWEET POTATO BURGER BUNS



\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



## GLUTEN FREE VEGAN *SWEET POTATO BURGER BUNS*

*It takes a pretty special bun to make an amazing burger. Full of flavour with a soft tender crumb, enriched with sweet potato, turmeric spiced & topped with poppy seeds & pepitas!*

**GLUTEN FREE • VEGAN • DAIRY FREE • EGG FREE**  
**ALL NATURAL • DELICIOUS**



GLUTEN FREE SWEET POTATO BUNS (VEGAN)

GF VG DF EF

Made with fresh steamed sweet potato and spiced with Turmeric for a natural glow! Delivered daily and ready to serve or slice & store frozen.

CODE: LSBSP • 2 PACK • 85G • 90x25mm • STORE AMBIENT 3 DAYS



LARGE GF SWEET POTATO BUNS (VEGAN)

GF VG DF EF

Made with fresh steamed sweet potato and spiced with Turmeric for a natural glow! Delivered daily and ready to serve or slice & store frozen.

CODE: LSBSP • 2 PACK • 160G • 90x25mm • STORE AMBIENT 3 DAYS



**Li'l Sprout  
VEGAN PIES  
& ROLLS**  
VEGAN • HIGH PROTEIN  
DAIRY FREE • EGG FREE  
REFINED SUGAR FREE

# VEGAN PIES & SAUSAGE ROLLS

*Loaded with goodness, made from scratch and flavour packed!*

**VEGAN • DAIRY FREE • EGG FREE • VEGETARIAN  
REFINED SUGAR FREE • HIGH PROTEIN**



**VEGAN SAUSAGE ROLL**

**VG DF EF RSF HP**

Marinated tofu, pecans, lentils, pinto beans, oats and vegetables, all rolled up for a delicious quick vegan getaway!

**CODE: LSRS • 150G • STORE COLD 7 DAYS**



**VEGAN 'HUNZA' ENERGY ROLL**

**VG DF EF RSF HP**

Featuring all of our favourite power-foods; kale, quinoa, oats, brown rice, kidney beans, black beans, sunflower seeds and hemp.

**CODE: LSRE • 150G • STORE COLD 7 DAYS**



**VEGAN CHEEZY MEXICAN BEAN PIE**

**VG DF EF RSF HP**

A Mexican fiesta filled with kidney beans, corn, sweet potato and salsa, complete with vegan tasty cheeze!

**CODE: LSPMB • 240G • STORE COLD 7 DAYS**



**VEGAN MEATY MUSHROOM LENTIL PIE**

**VG DF EF RSF HP**

Flavour-filled and ready to take on any meaty rival. Earthy mushrooms, nutty lentils, cashew and tomato in a rich onion gravy.

**CODE: LSPML • 240G • STORE COLD 7 DAYS**



**VEGAN CHICK'N CURRY PIE**

**VG DF EF RSF HP**

A healthy spin on a hearty classic. 100% plant powered, with texture and taste to boot!

**CODE: LSPC • 240G • STORE COLD 7 DAYS**

\*We take dietary restrictions very seriously so please refer to individual product flavours for specific allergen and dietary information



FOR CAFÉS  
WHO ARE  
*PASSIONATE*  
*ABOUT*  
HEALTHY  
FOOD  
CHOICES



SUPPLIED EXCLUSIVELY THROUGH BOB & PETE'S  
PHONE ENQUIRIES: (02) 9550 5300 PHONE ORDERS: (02) 9565 1544  
ORDER ONLINE: [www.yum.com.au](http://www.yum.com.au)

