



# FUEL YOUR FRIDGE

Let us stock up your office fridge with healthy B&A grab-n-go breakfasts and snacks to keep your team happy and healthy

## WEEKLY STOCK-UP

These items last the whole week so we can deliver on a Monday or Tuesday for staff to nibble throughout!

### Breakfast Cups | 250ml

#### Berry Bircher Muesli \$5

Grated apple, rolled oats, currants, soaked overnight in milk  
With mixed berries, coconut flakes & vanilla greek yoghurt

#### Cookie Dough Oats \$5

Rolled oats, vanilla, pure maple, coconut cacao nibs, soaked in milk  
With honey oat granola, greek yoghurt and cacao nibs

#### Peanut Butter Banana Oats \$5

Rolled oats, peanut butter, cinnamon, pure maple soaked in milk  
With honey, banana, peanut butter, and greek yoghurt

#### Cacao Chia Pudding \$7

DF, GF, Vegan  
Chia seeds, cacao, pure maple, soaked in coconut milk  
With cacao nut granola and vanilla coconut yoghurt

#### Tiramisu Protein Oats \$7

DF, Vegan  
Rolled oats, cacao, salted caramel pea protein, decaf espresso, pure maple, soaked in almond milk  
With layers of vanilla coconut yoghurt

#### Tropical Chia Pudding \$7

DF, GF, Vegan  
Chia seeds, vanilla, pure maple, soaked in coconut milk  
With passionfruit drizzle, mango, and coconut flakes



## EXTRA SUPPLIES

#### Ready to Blend Smoothie Packs | \$4

Frozen single-serve smoothie packs with a mix of fruit and veg, ready to add to the blender with your choice of milk

#### B&A Granola | 500g | \$15

Our bespoke granola blend - gluten free raspberry and vanilla cereal with cornflakes, coconut, nuts and seeds

#### Cold Drinks

Sparkling Kefir Co \$7.50  
Sparkling Antipodes \$5.50  
Still Antipodes \$5.50

#### Fruit Basket | \$30

30 x pieces of seasonal fruit to top up your fruit bowl, we can amend this amount to suit your office crew

#### Coffee Beans | 1kg | \$55

Espresso Workshop Morena Blend coffee beans, with flavours of salted caramel, blackberry and granola - ask us if you need it ground to plunger/filter!

New Leaf Kombucha \$7.50  
GOJU Wellness Shots \$5  
Ginger/Turmeric

# FRESH TO ORDER DELIVERIES

Pre-order these items to have them freshly made and delivered, to eat on the day!

## Smoothie Bowls | \$6 or \$12

### Choc Banana

GF, DF, Vegan

Kumara, banana, cacao, peanut butter, dates & coconut

Bowl topped with GF cacao granola, banana, coconut flakes & freeze dried berries

### PB & Berry

GF, DF, Vegan

Blueberries, peanut butter, banana, pure maple & coconut

Bowl topped with GF raspberry granola, banana slices, peanut butter, coconut flakes & freeze dried berries

### Tropical Green

GF, DF, Vegan

Pineapple, kiwifruit, mint, spinach, lime, vanilla pea protein & coconut

Bowl topped with GF raspberry granola, fruit slices, coconut flakes & freeze dried berries

### Salted Caramel

DF (GF & Vegan optional)

Almond butter, dates, salted caramel pea protein, banana, Himalayan salt & coconut

Bowl topped with honey oat granola, banana slices, coconut flakes & freeze dried berries

## Fruit Salad Cups | \$5

### Crunchy Granola, Fruit & Yoghurt

DF, GF, Vegan

Seasonal fruit, and crunchy granola, topped with coconut yoghurt and honey

### Fruit Salad & Yoghurt Cup

DF, GF, Vegan

Seasonal fruit, layered with coconut yoghurt and topped with a honey drizzle



## SMOOTHIES | 500ml | \$10

With coconut milk

### PB & Jelly

Berry, banana, peanut butter, vanilla pea protein and a hint of beetroot

### Choc Espresso

Banana, cacao, espresso, kumara, dates, rolled oats, & almond butter

### Tropical

Pineapple, mango, passionfruit, lime, and turmeric

### Give Me Greens

Pineapple, spinach, kiwifruit, mint, lime, vanilla pea protein

## FRESH PRESSED JUICES | 1L JUG \$15

Serves 4

Apple & Orange  
Orange, Carrot & Ginger  
Celery, Lemon & Apple





# FUEL YOUR FRIDGE TERMS & CONDITIONS

---

If you'd like us to pick a selection of items and flavours for you to suit your budget, or work with you to create a bespoke package suiting any dietary requirements then just let us know!  
We are happy to help.

- All pricing is GST exclusive - minimum order spend \$200.00
- Payment terms are 20th of the following month - payment via credit card is accepted (no AMEX)
- Delivery charges may apply depending on location, frequency and volume of orders
- Orders must be placed 48 hours in advance via email at [hello@bowlendarrow.co.nz](mailto:hello@bowlendarrow.co.nz) and delivery will be as close as possible to consumption if ordering from fresh section
- Smoothie bowls are best eaten fresh, and can be kept in the fridge for up to 2 hours
- Breakfast cups have a shelf life of 5 days from delivery - expiry will be written on the cup
- All packaging including spoons are commercially compostable and made from plants! Ask us for a compost bag if you need one.



**IG: @bowl.and.arrow**

**FB: @bowlendarrow**

**WEB: [www.bowlendarrow.co.nz](http://www.bowlendarrow.co.nz)**

**Ph: 021 216 2432 or 021 023 71550**