



Eat Pay Love ♥

Vegetarian/Vegan, Earth Friendly, Great people, Outstanding Coffee

EAT – A DELICIOUS 100% GLUTEN FREE AND VEGAN BUFFET

PAY – WHATEVER YOU LIKE, KEEPING IN MIND YOU ARE MAKING A CONTRIBUTION TO FOOD RELIEF

LOVE – SPREAD IT AROUND – THE PROFITS FROM THE EVENING WILL BE DONATED TO THE YWCA CANBERRA'S LANYON FOOD HUB

SUNDAY 12 OCTOBER 6PM AND 8PM

BOOKINGS ESSENTIAL caroline.dempsey@ywca-canberra.org.au

MENU

MEDITERRANEAN VEGETABLES PROVENCE

Roasted Capsicum, eggplant, squash, onion in a tomato and garlic passata

ZOODLES WITH SUN DRIED TOMATO AND BASIL SAUCE

Raw zucchini noodles tossed through a raw sdt, basil and cashew sauce

ROOT VEGETABLES IN COCONUT CURRY

Potatoes, carrots, parsnip, turnip and swede in a mild coconut curry sauce

CREAMY MUSHROOM PASTA

GF pasta cooked al dente with a dairy free creamy mushroom sauce sprinkled with fresh parsley

SWEET POTATO BAKE TOPPED WITH CORN & CORIANDER SALSA, KALE CHIPS AND CRUSHED BRAZIL NUTS

GREEN SALAD STEAMED RICE DEEK'S BREAD

AND FOR DESSERT.....

SELECTION OF DIVINE RAW CAKES

(R)amazingly delicious creations are vegan, gluten free and contain NO added sugar just nutrient dense nuts, coconut oil, fruits, medjool dates and other deliciousness

Poverty and severe hardship affect more than a million Australians.

Around the world more than a billion people are desperately poor.

Everyone is encouraged to help reduce poverty and hardship

by organising an activity during the Week or taking part in an activity organised by others

ANTI-POVERTY
12 - 18 October 2014 **WEEK**