



Invita Business Ethics

Socially responsible

At Invita we think about the customer first and foremost and our food reflects it. We use the finest ingredients (mostly organic) in all our food for a mouth watering bite every time. We also care about The Earth and hence use predominantly organic produce, recycle as much waste as possible and also use renewable sources of energy.

Your Health

Most businesses look at the bottom line (profit margin) first and then the customer. At Invita we believe that we are socially responsible for the type of food we serve, unlike some notable fast food chains in Australia. You as a customer is our most valuable asset and for the last several years we have adjusted our food and service to meet the expectations of each and every single customer. If at any time, you are unsatisfied by the food or service, please talk to one of our friendly customer service members.

Food

At Invita we believe that food should be healing and not a burden to the body. In ancient cultures, food was used as a mechanism to heal and rejuvenate the body. Even today, there are cultures that treat food as the sole source of all health and wellbeing. Balanced correctly, food can be a quite potent in healing the body and mind.

All our food is prepared on the premises daily. We do not use any sort of preservatives in our food including vitamin C and sugar (or artificial sugars such as Aspartame).

Ultimately you have to ask yourself the question whether the craving for food controls you or you control the types of food you eat and ultimately your external appearance and mental state.

Postal Address:
PO Box 2050
Oak Park Vic. 3046
www.invita.com.au

Trading Address:
76 Therry Street
The Queen Victoria Market
Melbourne 3000

Tel: (03) 9329 1267
Fax: (03) 9306 6836
Mobile: 0422 64 65 64
ABN: 29 218 990 696

Breakfast Menu

Vegetable Frittata **\$3.75**

Made with organic eggs and seasonal vegetables. Served with mouth watering home made tomato and apple chutney.

Potato Rosti **\$3.75**

Grated potato baked with chopped onion, parsley and cheese, seasoned with lemon and topped with creamed mushroom together with fresh spring onion.

Corn Cake **\$3.95**

Polenta, kidney bean, capsicum, onion, Mexican spices, rice crumbs, fresh coriander, topped with sour cream and guacamole; garnished with semi sun dried tomato.

Open Sandwich **\$2.85**

Organic unbleached white Turkish bread toasted with olive oil and topped with avocado bocconcini and semi sun-dried tomato or a selection of roasted vegetables seasoned with dukkah (dry mixture of chopped nuts, seeds and Middle Eastern spices and flavors).

Club Sandwiches **\$2.75**

With a choice of carrot and beetroot paste or egg.

Savoury Muffin **\$2.95**

With a choice of pesto and mixed roast vegetable, roasted mixed vegetable or pumpkin, feta (sheep milk) and coriander.

Scone **\$2.75**

Made with unbleached white organic flour and sultana. Served with biodynamic yoghurt and premium fruit preserves.

Sweet Muffin **\$2.95**

Choice of mixed berry, banana and cinnamon or mango and roasted coconut.

Fruit Kebab **\$3.95**

A melody of organic seasonal fruit served with yoghurt.

Invita Muesli **\$4.50**

Ever popular Invita muesli served with yoghurt, fruit salad and honey.

Organic Fruit Juices **330ml - \$5.50** **500ml - \$6.50**

Plain freshly squeezed juice without any cordial, added vitamin C, sweeteners or any form of preservatives.

Smoothie **330ml - \$5.50** **500ml - \$6.50**

Made with fresh fruit, yoghurt, milk and honey. Soy milk and rice milk are also available.

Spirulina Smoothie **330ml - \$7.00** **500ml - \$8.00**

Made with fresh pineapple, banana, mint yoghurt, milk, honey and spirulina. Soy milk and rice milk are also available.

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Lunch Time Suggestions

Corn cake

This slightly spicy Mexican favorite is made with polenta, kidney beans, corn, onion, tomato, coriander, chili, and cumin. Served with guacamole, sour Cream and semi sun dried tomato.

\$3.50

Lentil Shepherd pie

Lentil, carrot, celery, pumpkin, onion, mild spice, olive oil, coriander, tomato, Potato, Sweet potato, Tofu .

\$3.50

Tofu burger

Put together with brown rice, roasted almond, tofu, corn, rice crumbs, carrot, beetroot, onion, sesame seed, garlic, arrowroot starch, miso, tamari and garnished with tofu dressing.

\$3.50

Brown Rice Balls

Brown rice, carrot, corn, zucchini, arame (seaweed), sesame seeds, sunflower seeds, ginger, coriander, sesame oil and tamari.

\$3.50

Spinach, Pumpkin and Ricotta Balls

Ricotta, spinach, pumpkin, parmesan cheese, nutmeg, pepper, rice crumbs. Served with fresh tomato sauce, garnished with melting bocconcini and parsley.

\$3.50

Vegetable Lasagna

Onions, carrots, celery, garlic, mushrooms, zucchini, eggplant, capsicums, pumpkin, spinach, tomato, bocconcini, parmesan, milk, butter, wheat flour, basil, parsley and oregano.

\$4.00

Vegetable Frittata

This delectable dish is baked with Eggplant, capsicum, zucchini, mushroom, pumpkin, carrots, eggs, parmesan cheese, Sultana olive oil, pepper and served with home made chutney

\$3.00

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invita living food

Salads

Invita has an ever popular exclusive range of mouthwatering salads. Mostly vegan and gluten free. And of course as healthy as a salad can be! Spicy Cajun salad, Persian Rice salad, Red Kidney bean and Avocado salad, Moroccan Couscous salad just to name a few.

\$37.00 (10 Serves)

Tea Time Suggestions

Vegetable Puff Pastry

Puff pastry filled with a combination of seasonal organic vegetables.

\$2.25

Club Sandwich

Made with a variety of freshly made vegetable paste, spread between three layers of bread.

\$2.25

Organic Spelt Pizza

Made with home made tomato sauce, Roasted vegetables, bocconcini and topped with our very popular home made chutney

\$2.50

Chocolate Brownie(Gluten free)

Eggs, palm sugar, rice flour, cocoa, cashew, baking powder, vanilla extract.

\$2.50

Chocolate Cake with Roasted Cashew

Freshly baked to order at invita with flour, butter, egg, sugar, cocoa and baking powder. Decorated with chocolate icing and sprinkled with roasted cashews.

\$2.25

We also have large range of other healthy cakes and Cookies

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Cakes

- Carrot and olive oil cake
 - Vegan Ginger cake
 - Vegan Lemon Poppy seed cake
 - Raw cake
 - Flour less Fig, Orange and Almond cake
 - Vegan German Apple Strudel
 - Tofu Blueberry Cheese cake
- \$3.00 per slice

Cookies

- Fig and Walnut cookie
 - Vegan Anzac Cookie
 - Date, Pecan and Ginger cookie
- \$2.50 each

A range of organic herbal tea and coffee available.
\$2.00

All meals have been prepared using the finest ingredients provide you with a nutritionally balance meal when accompanied with an Invita salad.

Please note that prices do not include GST. Deliver Charge of \$20 Applies within Metropolitan CBD.

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