



# My Gluten Free Bag

We work with Coeliac New Zealand to take the hassle of feeding the people you love, with fresh ingredients and gluten free brands you can trust. Each week, Nadia and our chefs and nutritionists dream up inspiring new recipes in our Development Kitchen. We get up early and hit the markets to find you the freshest local New Zealand produce, meat and fish. We then pick and pack your Food Bag and deliver the goodness to your door.

**Feeds 2 adults &  
2-3 younger children**  
**5 recipes per week**  
**Recommended by  
Coeliac New Zealand**  
**\$179.99 delivered**

*Our products & approved suppliers meet strict codes of practice, so you can be sure all our ingredients come from a trusted gluten free environment.*

- Our Development Kitchen & Procurement Team require strict testing of our gluten free supplier processes and their facilities.
- Our testing requires all gluten free items to show less than 3 parts per million of gluten, correlating to the Food Safety Association of New Zealand (FSANZ) standard.
- Where possible we use gluten free suppliers and products with 'Crossed Grain Logo' certification.
- My Gluten Free Bag contains no wheat, barley, rye, oats or related products like bulgur wheat, tabbouleh and couscous. We do gluten free carbohydrates like quinoa, brown and white rice, legumes, starchy and root veggies and gluten free bread and pasta products.
- We provide recommendations on safe, gluten free pantry staples to use when cooking, including brand names.

## Popular Recipes



*Beef Sirloin, Garlic Chips & Harissa Mayo*



*Falafel Kofta with Lemon & Feta Quinoa*



*Butterflied Chicken with Chips & Gravy*



*Kumara Rosti, Moroccan Salad & Hummus*