

*I hope you enjoyed your meal*

Food Democracy  
We are all entitled to know and choose  
what we are eating

*Set Menu*

*Soup*

Creamy Pumpkin Soup with a dollop of sour cream  
served with a Home-Made Dinner Roll  
and Butter portion

*Main*

Bread-crumbed Beef Schnitzel  
on a bed of creamy mash potato, with blanched french beans  
served with a Creamy Button Mushroom Sauce

*or*

Yogurt curry undertones and almond encrusted Grilled Barramundi  
accompanied with Rocket, Radish, Avocado and Walnut Salad  
drizzled with a Lemon, Mustard and Olive Oil Dressing

*Dessert*

Lemon Panna Cotta with crunchy Pine-Nut Brittle

*or*

Apple Pie with a scoop of Home-Made Vanilla Ice-Cream

*Tea or Coffee*

Accompanied with a Biscotti Biscuit  
served with choices of Milk, Sugar or Equal

*Beer*  
*Coca Cola* \* *Red Wine*  
*Water*      *White*



Superphosphate, Magnesium Sulphate, Manganese Sulphate, Borax, Iron Sulphate, Copper Sulphate, Copper Sulphate, Zinc Sulphate, Sodium Molybdate, Copper Hydroxide, Carbendazim, Triadimenol, Simazine, Fenarimol, Mancozeb, Ziram, Penconazole, Dacthal, Paraquat/or Diquat, Methabenzthiazuron, Oxyfluorfen, Pendimethalin, Propachlor, Quizalofop, Sethoxydim, Glyphosate, Ethofumesate

Not all of the chemicals, fertilizers, herbicides or pesticides are listed

Water is needed to sustain life in animals and fresh produce for growing, harvesting, processing, packaging and preparing before cooking

### Water

# Aluminium Sulfate, Ammonia (Ammonium Hydroxide), Ammonium Sulfate, Calcium Hydroxide, Calcium Hypochlorite, Calcium Oxide, Calcium/Sodium Poly-Phosphate Silicate, Carbon (powered activated), Chlorine, Copper sulfate, Ferric Chloride, Ferric Sulfate, Hydrofluorosilicic Acid (Fluorosilicic acid), Hydrogen Peroxide, Magnetite, Polyaluminium Chloride, Polydimethylsilyl Ammonium Chloride, Polyacrylamides and Acrylic Acid (Polymers and Copolymers), Potassium Permanganate, Silver Hydrogen Peroxide, Sodium Alginate, Sodium Aluminate, Sodium Bicarbonate, Sodium Carbonate, Sodium Chloride, Sodium Fluoride, Sodium Fluorosilicate (Sodium Silicofluoride), Sodium Hexametaphosphate, Sodium Hydroxide, Sodium Hypochlorite, Sodium Silicate, Sulphuric Acid, Zinc Ortho-Phosphate

Fresh Produce is a diverse range of herbs, spices, fruits, vegetables and natural minerals. These ingredients are highlighted in brown on your inside menu

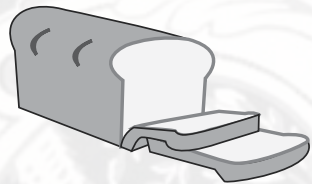
### Fresh Produce

Fresh Produce is exposed to Chemicals, Fertilizers, Herbicides and Pesticides while growing, harvesting, processing and packaging



### Chemicals

Tap water can contain a range of very small amounts of these chemicals, depending on area and problem that needs to be treated i.e. dirty water



Processed food are foods that have been:

- Heated
- Milled
- Pressure treated
- Irradiated
- Given food additives

Generally they are usually packaged in some way

So what is Processed Food?

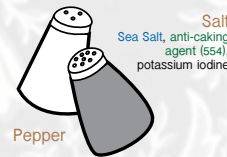
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Did you know?

There are well over 20 varieties of salt for your grinder/shaker as a condiment

and



### Table Condiments

The black, white and green peppercorns are all from the same plant of black pepper harvested at different times. The only other known peppercorn relation is the red peppercorn in which is very rare.

There are 2 others in which are not peppercorns but are sold in this form such as Pink Peppercorns from the Bale Rose Plant. The other is called Pink Berries (also known as Pink Peppercorns) from the plant known for its many names, Florida Holly, Brazilian Peppertree or the Christmas Berry in which has caused allergic reactions in sensitive people and toxic if eaten in large quantities.

## Soup

### Creamy Pumpkin Soup

Pumpkin  
Onion  
Garlic  
Olive Oil  
Ground Cumin  
Ground Coriander  
Nutmeg  
Potato

#### Chicken Stock

Fresh stock is made from the boiling a chicken's carcass of meat and bones in water#

#### or Processed Stock Cubes

Water#, salt, sugar, maize starch, soy bean fat, chicken fat, flavour (chicken), spices, flavour enhancer (disodium inosinate), colour (caramel 1)

#### Cream

Milk, mono and diglycerides, polysorbate 80, carrageenan, gelatine/other forms of thickeners

#### Sour Cream

Bacterial culture, milk, food starch-modified, guar gum, sodium phosphate, locust bean gum, sodium citrate, carrageenan, potassium sorbate, enzymes

### Home-Made Dinner Roll and Butter Portion

#### Salt

Sea Salt, anti-caking agent (554), Potassium Iodine

#### Plain Flour

Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), L-cysteine hydrochloride (E90), Chlorine (E925), Chlorine Dioxide (E926)

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

#### Butter

Pasteurised cream, water#, salt, milk fat

Olive Oil

#### Dry Yeast

Bakers yeast, vegetable gum (414), emulsifier (491), ascorbic acid.

#### Margarine

Canola oil, water#, vegetable oils, salt, emulsifiers (471, 322 from soy), preservative (202), acidity regulator (330), flavours, colour (160a), vitamins (A and B)

#### Milk

Pasteurized milk, permeate

#### Eggs

Water #

## Mains

### Bread Crumbed Beef Schnitzel on a bed of creamy mash potato, with blanched french beans

#### Beef Schnitzel Fillets

#### Butter

Pasteurised cream, water#, salt, milk fat

#### Milk

Pasteurized milk, permeate

#### Dijon Mustard

Water#, mustard seed, vinegar, salt, acidity regulator (citric acid)

#### French Beans

#### Plain Flour

Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), L-cysteine hydrochloride (E90), Chlorine (E925), Chlorine Dioxide (E926)

#### Potato

#### Egg

#### Bread crumbs

Wheat flour, yeast, water#, vinegar, iodine salt, canola oil, soy flour, vegetable emulsifiers (471, 481, 472e), mineral salt (calcium carbonate), vitamins (thiamin folic acid), sesame

### Creamy Button Mushroom Sauce

#### Button mushrooms

#### Olive Oil

#### Garlic

#### Ground Pepper

#### Salt

Sea Salt, anti-caking agent (554), Potassium Iodine

#### Cream

Milk, mono and diglycerides, polysorbate 80, carrageenan, gelatine/other forms of thickeners

#### Pepper

#### Plain Flour

Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), L-cysteine hydrochloride (E90), Chlorine (E925), Chlorine Dioxide (E926)

#### White Wine

Grapes, water#, additives, casein, tannins, tartaric acid, citric acid, malic acid, ascorbic acid, metatartaric acid, hydrogen peroxide, kieselsol, oak chips/extract, pectic enzymes, potassium sorbate, potassium metabisulphate, sparkolloid, yeast+, fining agents which contain egg/milk products, dextrose, preservative 220, bentonite, kaolin, dimethyldicarbonate, velcorin

## or

### Yogurt with curry undertones and almond encrusted Grilled Barramundi

#### Yogurt

Yogurt milk and milk solids for live culture with acidophilus, bifidus, casei, acidity regulators (330, 331), water#, sucrose (water thickeners 406, 440, 1442)

#### Curry Powder

Coriander, turmeric, fennel, black pepper, cumin, chile powder, fenugreek, garlic granules, ginger, salt

#### Pepper

#### Barramundi

#### Butter

Pasteurised cream, water#, salt, milk fat

#### Salt

Sea Salt, anti-caking agent (554), potassium iodine

#### Almonds

### Rocket, radish, avocado and walnut salad with lemon, mustard and olive oil dressing

#### Rocket

#### Radish

#### Avocado

#### Walnut

#### Olive Oil

#### Water #

#### Dijon Mustard

Water#, mustard seed, vinegar, salt, acidity regulator (citric acid)

#### Lemon Juice

Freshly squeezed juice from the fruit of lemons

#### or Processed Lemon Juice

Water#, lemon juice concentrate, sodium bisulfite (preservative), sodium benzoate (preservative), lemon oil

#### White Sugar

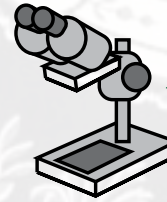
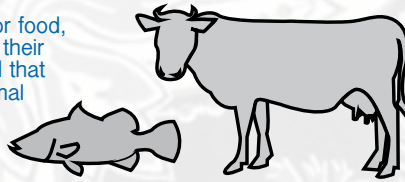
Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

NOTE: Individual list of ingredients in processed foods will vary in different brands and from country to country



## Animal Products

Animal products are a diverse range for food, products and items. It is influenced by their diet of fresh feed (fresh produce), feed that has been GM i.e. corn, processed animal food, health and antibiotics and their living conditions. These items are highlighted in blue on your menu.



GM foods are modified selected crops such as corn and potato, food enhancers, manufactured preservatives, flavours and colours, and products to thicken or give volume to foods. Not all of the green highlighted items on your menu are GM foods but merely possible products, as the laws for labelling and itemising vary from country to country. The exportation with the many labelling laws on full disclosure, and what each country allows in the process of food, makes this a question on what is and what is not GM, crops or food products.



## Genetically Modified Food

**WARNING!**

The risks on Social Drinking are:

- Certain cancers -
- Cardiovascular accidents -
- High blood pressure -
- Accidents while under the influence -
- Progression to alcohol abuse and addiction -
- Alcoholic poisoning -

**also**

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**Did you know?**

There are over 3000 flavour varieties of tea (globally) but the only four types of tea are Black, Green, White and Oolong in which all come from the same plant, the only difference in the final product, is that they are processed in different ways.

**and**

Alcohol is a toxin that damages the body, even in small doses. Some people are so sensitive to it that any form of alcohol is potentially life threatening. If addicted to alcohol, then absolute abstinence is required, even from hidden alcohol in food and medicines. If taking medication, alcohol should not be taken as reactions can occur. If pregnant or breast-feeding alcohol should not be consumed.



There are over 60 varieties of coffee plants, varying in flavours. The most expensive coffee on the market was Kopi Luwak Coffee from Indonesia, where an Asian Palm Civet (a local rodent) eats and poos the bean, where it is then collected and washed for packaging. Between \$230 - \$1180 per kilo.

**until**



Thailand recently started to produce Black Ivory Coffee, where elephants are eating and passing the coffee beans through their digestive systems to be processed and packaged. From \$1100 per kilo.

## *Dessert*

### Lemon Panna Cotta

#### Lemon Zest

**Milk**  
Pasteurized milk, permeate

#### Cream

Milk, mono and diglycerides, polysorbate 80, carrageenan, gelatine/other forms of thickeners

#### Gelatine

Derived from beef, preservative (220)

#### Water #

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

#### Yogurt

Yogurt milk and milk solids for live culture with acidophilus, bifidus, casei, acidity regulators (330, 331), water#, sucrose (water thickeners 406, 440, 1442)

#### Vanilla Essence

Vanilla, water#, imitation vanilla flavours, colour 150d, preservative 202, food acid 330

### Crunchy Pine Nut Brittle

#### Pine Nuts

#### Water #

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

*or*

### Apple Pie

#### Apples

#### Nutmeg

#### Cinnamon

#### Lemon Zest

#### Icing Sugar

Cane sugar, tapioca starch.

#### Butter

Pasteurised cream, water#, salt, milk fat

#### Egg

#### Lemon Juice

Freshly squeezed juice from the fruit of lemons

#### or Processed Lemon Juice

Water#, lemon juice concentrate, sodium bisulfite (preservative), sodium benzoate (preservative), lemon oil

#### Plain Flour

Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), cysteine hydrochloride (E90), Chlorine (E925), Chlorine Dioxide (E926)

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

### Home-Made Vanilla Ice-Cream

#### Cream

Milk, mono and diglycerides, polysorbate 80, carrageenan, gelatine/other forms of thickeners

#### Milk

Pasteurized milk, permeate

#### Egg Yolks

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

#### Vanilla Essence

Vanilla, water#, imitation vanilla flavours, colour 150d, preservative 202, food acid 330

## *Tea or Coffee*

#### Percolated Coffee

Ground coffee beans with water#

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

#### Brewed Tea

Dry tea leaves with water#

#### Milk

Pasteurized milk, permeate

#### Equal

Dextrose, Aspartame, Acesulphame potassium, starch, anticaking agent, maltodextrin, flavouring.

NOTE: Individual list of ingredients in processed foods will vary in different brands and from country to country

### Biscotti Biscuit

#### Butter

Pasteurised cream, water#, salt, milk fat

#### Almonds

#### Salt

Sea Salt, anti-caking agent (554), Potassium Iodine

#### Baking powder

Wheaten, corn flour, baking powder (mineral salts 339, 341, 450, 500),

#### Aniseed Essence

Glycerine, alcohol (content 35%), aniseed oil, water#

#### Plain Flour

Wheat flour, contains gluten. May contain very small traces of Sulphur Dioxide (E220), sodium Metabisulphite (E223), L-ascorbic acid (E300), cysteine hydrochloride (E90), Chlorine (E925), Chlorine Dioxide (E926)

#### Vanilla Essence

Vanilla, water#, imitation vanilla flavours, colour 150d, preservative 202, food acid 330

#### Egg

#### White Sugar

Cane Sugar and very small traces of Sulfur Dioxide, lime, Carbon Dioxide, charcoal made from animal bones, sucrose crystals

## *Drinks on Table*

#### White Wine

Grapes, water#, additives, tannins, tartaric acid, citric acid, malic acid, ascorbic acid, metatartaric acid, hydrogen peroxide, kieselsol, oak chips/extract, pectic enzymes, potassium sorbate, potassium metabisulphate, sparkolloid, yeast, fining agents which contain egg/milk products, dextrose, preservative 220, bentonite, kaolin, dimethyldicarbonate, velcorin

#### Chilled Tap Water#

#### Coca Cola

CocFluid extract of Coca 3 drams USP, citric acid, caffeine, sugar, water#, lime juice, vanilla, caramel, 7X flavour is: alcohol, orange oil, lemon oil, nutmeg oil, coriander, neroli, cinnamon

#### Red Wine

Grapes, water#, additives, colour added, beet juice (possible), tannins, tartaric acid, citric acid, malic acid, ascorbic acid, metatartaric acid, hydrogen peroxide, kieselsol, oak chips/extract, pectic enzymes, potassium sorbate, potassium metabisulphate, sparkolloid, yeast, fining agents which contain egg/milk products, dextrose, preservative 220, bentonite, kaolin, dimethyldicarbonate, velcorin

#### Beer on tap

Rice hulls, yeast, Cascade hops, Motueka hops, Galena hops, Vienna malt, Pale malt, Rye malt, Caramel/crystal malt, cane sugars, water#