



Feeding Your People Right



Feeding People Right.

Grain Traders is redefining convenience,
"without compromise."

Promoting "Fast Good", we serve inspired and
consciously-prepared meals, ready for
enjoyment, in a format that empowers
individuals to eat what makes them feel good.

With dishes composed of whole grains, fresh
vegetables, beans and legumes, nuts, seeds and
lean proteins.

Our menus rotate throughout the year inspired
by the seasonal bounty.

Culture You Can Taste.

Our food is prepared using slow, intentional processes and professional techniques. From sous-vide, baking, grilling to fermenting that brings out culture you can taste.

Our team coaxes the best flavours out of quality produce, resulting in food that is incredibly tasty yet nutritious - reminiscent of a lovingly home-cooked meal.





Pantry Stocking



Personal Platters



Breakfast Brainstorms



Line Loans

Let Us Feed You.

We pride ourselves in fuelling thousands of the city's busiest thought leaders and change makers every single day.

Our team is dedicated to sourcing the best produce responsibly, and building a nutritious, inclusive menu that accommodates a variety of dietary preferences and restrictions.

From pre-packed bowls for meetings, to stocking your office pantry, we have a full suite of services to suit any business need.

Pantry Stocking

Load your larder with nutritious nibbles that keep your team revving all day long. From nutritious nibbles, to savoury snacks and indulgent midday pick-me-ups, we're on standby to ensure that your office pantry is abundantly filled with homemade goodies throughout your work week.

SAMPLE MENU

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CUPS

Almond Chia Seed Yogurt

Berry Granola Yogurt

Cacao-Banana Overnight Oats

Peanut-Butter Almond Overnight Oats

SWEET

Chocolate Chip Cookies

Chocolate Walnut Brownies

Lemon Basil Tart

Tropical Fruit Cups

SAVOURY

Protein Packed Egg Salad

Beetroot Hummus

Tomato Gazpacho

PANTRY (LARGE FORMAT)

Spiced Curried Mixed Nuts

Homemade Granolas

Homemade Jams





Line Loans

A fun and engaging way to feed a room full of people that empowers them to help themselves to a selection of seasonal signatures.

The Mini Market Line

2 Bases + 2 Proteins + 2 Veggies

\$24 per pax

The Market Line

2 Bases + 3 Proteins + 3 veggies
+ 2 toppings + 2 dressings

\$30 per pax

Minimum order of 50 pax

Delivery Fee: \$100 for orders below \$1500

Costs may vary due to customisation, degree of complexity and logistical concerns.

Prices are exclusive of GST.

Line Loans

The Market Line Menu

\$24 / pax

- Choice of
*2 Grains, 2 Proteins, 2 Veggies,
2 Toppings, 2 Dressings*

The Market Line Menu

\$30/ pax

- Choice of
*3 Grains, 3 Proteins, 3 Veggies,
2 Toppings & 3 Dressings*

- Minimum order of 30 pax

- Delivery fee: \$100

[Complimentary delivery & setup for any orders above \$1200]

- Items included in this menu

(Food tags with dietary and serving utensils)

Please note all menus are a overview.

Some items may be unavailable due to season.

Costs may vary due to customisation, degree of complexity and logistical concerns.

Prices are exclusive of GST.

Grain

Soba Noodles

vegan, dairy-free

Quinoa

vegan, gluten-free, dairy-free

Kale & Spinach

vegan, gluten-free, dairy-free

Mushroom Barley Risotto

vegan, dairy-free

Brown Rice Nasi Lemak

vegan, gluten-free, dairy-free

Calrose Rice with Beet, Carrot & Cauliflower Pickle

vegan, gluten-free, dairy-free

Lentil Ragu Salad with Baby Spinach Salad

vegan, gluten-free, dairy-free

Penne Pasta with Raw Zucchini, Broccoli & Pesto

gluten-free, dairy-free

Toppings

Mixed Seeds

vegan, gluten-free, dairy-free

Mixed Nuts

vegan, gluten-free, dairy-free

Roasted Chickpeas with Chilli Flakes

vegan, gluten-free, dairy-free, spicy

Roasted Peanuts with Chilli Flakes

vegan, gluten-free, dairy-free, spicy

Protein

Sous-vide Chicken Breast

with Balsamic Honey Marinade

gluten-free, dairy-free

Karana "Pad Kra Pao" Jackfruit Pulled Meat

vegan, dairy-free

Peanut Butter Tofu

vegan, gluten-free, dairy-free

Millet, Lentil & Pumpkin Pattie

vegan, gluten-free, dairy-free

Beef Parrillada +\$3.00/pax

gluten-free, dairy-free

Tuna Tataki +\$3.00/pax

dairy-free

Donburi Salmon

dairy-free

Sauce

Salsa Verde

vegan, gluten-free, dairy-free

Balsamic Basil

vegan, gluten-free, dairy-free

Wasabi Mayo

spicy

Beetroot Feta

gluten-free

Veggies

Charred Broccoli & Cauliflower

vegan, gluten-free, dairy-free

Mixed Tomato Salad with Wafu Dressing

vegetarian, dairy-free

Roasted Ratatouille

vegan, gluten-free, dairy-free

Lentil w Oyster Mushroom

vegan, gluten-free, dairy-free

Roasted Root Veggies

vegan, gluten-free, dairy-free

Butternut Squash w Corn Salsa

vegan, gluten-free, dairy-free

Cauliflower with Pistachio & Pomegranate Salad

vegan, gluten-free, dairy-free, contains nuts

Young Papaya Salad

vegetarian, dairy-free, contains peanuts

Roasted Chat Potato Salad *with*

Caramelised Onion, Tomato & Red Capsicum

vegan, gluten-free, dairy-free

Steam Cauliflower, Edamame & Sweet Pea Salad

with Vegan almond Ginger Sauce

vegan, gluten-free, dairy-free

Mixed Beans with Pico De Gallo

vegan, gluten-free, dairy-free, spicy

Pineapple Kimchi with Green Apple

vegan, gluten-free, dairy-free

Personal Platters

An array of pre-gathered platters of the season's freshest, a perfect way to fuel your meetings and corporate gatherings.

Plates are customisable based on the ingredients available for the season.



Personal Platters

- Min Order of 30 pax

Down Under \$17.50

Steak Parrillada, Brown Rice Nasi Lemak, Seasonal Coleslaw, Wafu Tomato Salad, Beansprout Salad, Mixed Seeds & Salsa Verde

Hen's Nest \$17.50

Sous-vide Chicken Breast, Quinoa, Mixed Terriyaki Mushrooms, Papaya Coleslaw, Cauliflower Pickle, Mixed Nuts & Basil Vinaigrette

Upstream \$19.30

Donburi Salmon, Super Greens, Charred Broccoli & Okra with Sriracha, Roasted Ratatouille, Kimchi, Sambal Ijo & Coconut Curry

Tantrum \$17.50

"Char Siu" Jackfruit, Barley Risotto, Roasted Root Vegetables, Wafu Tomato Salad, Kimchi, Roasted Peanuts & Beetroot Feta Yoghurt

Mawashi \$19.30

Tuna Tataki, Soba Noodles, Lentil with Oyster King Mushroom, Young Papaya Salad, Cucumber Pickle, Furikake & Wasabi Mayo

Costs may vary due to customisation, degree of complexity and logistical concerns.

Prices are exclusive of GST.

Thank You.



THE GRAIN MOVEMENT 2024