



**CORPORATE
TEAM
BUILDING
PACKAGES**



ABOUT US

Wholesome Bellies is a plant based cooking school and private event space at Wolloongabba. With over 12 different cooking classes to choose from, we guarantee you'll be leaving us with a full belly and heart.

In addition to our classes, we also run group Eat. Paint. Sip events as well as private lunch/dinners, cocktail events - you name it! So if you're looking for somewhere fun and fresh for your next team event please join us!



CORPORATE PACKAGES

Option 1: Private cooking class

3 hour cooking class + sit down meal
Choose from over 12 cooking classes!

Minimum 12 people – maximum 16 people.

\$1,620 for 12 people. \$135 per additional person.

Option 2: MasterChef Mystery Box Challenge

Divide into two teams to create entrée, main and dessert, enjoy the food and let us pick the winner!

Minimum 12 people – maximum 16 people.

\$1,620 for 12 people. \$135 per additional person.

Option 3: Eat. Paint. Sip class

Dinner/lunch, cheese platter and dessert
2 hour paint Class

Minimum 15 people – maximum 25 people.

\$1,785 for 12 people. \$119 per additional person.

COOKING CLASSES

Thai Sensations

- Satay tofu
- Red curry paste
- Green curry paste
- Galangal curry paste
- Green curry
- Galangal curry
- Thai rainbow salad
- Pad Thai



Indian Thali

- Aloo gobi (potato and cauliflower stir fry)
- Sambar dhal
- Lemon rice
- Eggplant curry with mustard seeds
- Coconut chutney
- Dorsa



COOKING CLASSES

Mexican Masterclass

- Cauliflower tacos with authentic pico de gallo
- Mexican tomato and capsicum rice
- Baked black bean enchiladas with a spicy enchilada sauce
- Classic guacamole
- Charred corn ribs with chipotle mayo



Moroccan Inspired

- Spiced roasted cauliflower salad, served on a bed of hummus and topped with almonds
- Roast carrots served with baba ganoush
- Israeli cous cous salad with roast vegetables
- Eggplant and chickpea tomato stew
- Home made flat bread



COOKING CLASSES

Light and Bright

- Vegan ricotta and zucchini fritters
- Medley of roast vegetables served on a bed of baby spinach topped with a green goodness pesto
- Kale and roast Moroccan chickpea salad, with a creamy tahini salad dressing
- San choy bow with lemon and coriander dressing
- Smashed pea and mint, garlic infused bruschetta
- Lemon polenta cake



An Italian Summer

- Grilled, stuffed mushrooms (GF)
- Eggplant parmigiana (GF)
- Penne Pasta alla Vodka (GF upon request)
- Radicchio, apple and walnut salad (GF)
- Chocolate panna cotta with raspberry coulis. (GF)



COOKING CLASSES

Flavours of Sicily

- Olive, rosemary and garlic focaccia
- Caponata – a classic Sicilian dish made from capsicum, eggplant, onion and served with bread
- Vegan calamari with garlic aioli
- Rigatoni alla Norma (tomato sauce with crispy fried eggplant)
- Lemon granita
- Traditional almond biscotti



Gnocchi Masterclass

- Spinach gnocchi with a creamy mushroom carbonara sauce
- Classic gnocchi with a classic tomato and basil sauce
- Sweet potato gnocchi with a roast tomato and garlic sauce
- Chocolate almond tart



COOKING CLASSES

Classic Indian

- Potato and cauliflower pakora
- Coriander chutney
- Broccoli and lentil dhal with coconut cream
- Traditional chole curry (chick pea)
- Home-made roti bread
- Basmati rice infused with roast cumin and almonds



Vegan Bowls

- Breakfast bowl
- Quinoa super food salad
- Zucchini noodles with fresh tomato, pesto and garlic sauce
- Roast pumpkin and leek soup
- Lentil chilli bowl





You can also reach us by email at
hello@wholesomebellies.com.au or phone
0416 250 969

LOCATION

21 Nile Street, Woolloongabba
Metred parking available on Nile Street, Logan Road
and surrounding streets.



www.wholesomebellies.com.au