



THE SELF SERVICE CAFÉ



*No Additives,
preservatives,
colours, flavours
or refined sugar
in any of our
ingredients*

*Paleo, Dairy Free and
Vegetarian Options*

*Touch Screen
Technology
displaying...*

- *Ingredients*
- *Nutritional information*
- *Health benefits and
allergens for each jar on
the touch screen and each jar*



*Gluten Free
Options*

www.allrealfood.com.au

HEALTHY FOOD OPTIONS AT HOSPITALS

All Real Food provides an affordable, accessible, healthy food option. 90% of our products falling under the Better Choice Green category!

Current research by Professor Vicki Flood identifies vending machines as contributors to unhealthy environments and by extension to a rise in diabetes and obesity. The 2014 Nursing Standard survey echoed this statement revealing that nurses had a 45% higher obesity rate than elsewhere in the community.

The workplace diets of time-poor and stressed hospital staff are often based solely on unhealthy vending machine food.

Long hours, missed breaks and shift work are often obstacles to preparing and eating

healthy and nutritious food. These pressures are directly impacting obesity rates with 73% of respondents admitting they

are heavier than they would like to be.

Since introducing All Real Food Vending Machines at both public and private hospitals, we have been able to provide staff, visitors and the public with a healthy alternative. This has had an outstanding response, in fact, staff have been purchasing from our self-service Café daily and it has become their 'go-to-choice' when working late/early shifts or on weekends and public holidays.



I wanted to congratulate your company on the fantastic product that you have developed – it nails it from every angle – FINALLY!!! A healthy, interesting, after hours, value for money product that lets people know what they are actually eating (love the nutrition breakdowns).

E. ROBINS
Senior Dietitian



BENEFITS OF THE ALL REAL FOOD SELF SERVICE CAFÉ AT HOSPITALS

- ✓ Improved dietary choices resulting in increased healthy food consumption
- ✓ Improved health of employees, visitors and public
- ✓ Reduced sick leave, increased productivity and energy levels

SALADS



BEETROOT
BLISS



PESTO
PASTA



JIM
JUNKIE



TEX
MEX



SUPERFOOD
SALAD

MEAT LOVERS



PULLED
PORK
SLAW



THAI
COCONUT
CHICKEN



VIETNAMESE
BEEF



CRISPY
BACON
CAESAR



HOT SMOKED
SALMON

WRAPS



JERK
CHICKEN



CHICKEN
BURRITO



WHOLLY
GUACAMOLE



CHEESY
NACHOS



HUMMUS
TOTOPO

SNACK

BREAKFAST



CHIA
PUDDING



PALEO
BREAKFAST
TRIFLE



RASPBERRY
RIPE



APPLE PIE
DELIGHT



SUPERFRUIT
SALAD

SWEETS



TRIPLE CHOC
POT



CARAMEL
SLICE



CHOC MINT
SLICE



WHITE
XMAS



FUEL UP
ENERGY
BITES

MINI JARS



CARAMEL
CHIA
POT



BERRY
CHOC CHIA
POT



BUTTERSCOTCH
YOGHURT
POT



TROPICAL
COCONUT
POT

THE MENU



All Real Food is made from only the best premium quality, whole-food and organic ingredients. No refined sugar, artificial preservatives, additives or flavours is any of our food

I can recommend any of the products produced by All Real Food to people of all ages with confidence, knowing that their customers are buying a wholesome quality product they can rely on to reach their health goals whatever they may be!

**KELLY
WOTHERSPOON**
Nutritionist and
Naturopath

All our sweets are made from whole-food nuts, dates, seeds and coco-nuts. Guilt free and delicious!

TESTIMONIALS

I am so unbelievably impressed that someone is making healthy choices so accessible and quick.

-- **R. MILLER-CUTRALE**

So important, for hospitals especially, to have this food. -- **J. SHILITOE**

I am an after hour's manager at Brisbane Private Hospital... I would like to say how thrilled we are at having your vending machine here. I think I have eaten a huge amount of your delicious foods and I'm very impressed by how fresh, tasty and good looking the meals are!... Thank you again for providing our hospital with great food choices! -- **L. VINCENT**

All Real Food started as a passion for creating and eating healthy food that nourishes the body, tastes delicious, and is easily accessible and affordable.



CO-FOUNDER

DANIELLA STALLING

Growing up, food was always about the latest health trend, some of them good, some of them not so good, and all of them not very tasty at all. All Real Food is a life long dream of providing an easy way for people to live a healthy lifestyle, as well as educate people about healthy living and eating.



CO-FOUNDER

MARK WOODHEAD

I developed a passion for healthy eating in the last few years but have been confused by the abundant information available. It is important to me that we not only give the healthy living information people are so obviously craving, but the practical support mechanisms to source products, locally and sustainably and actually provide healthy food options.

CONTACT US

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BRISBANE CITY COUNCIL

Eat Safe
BRISBANE

