



MEDIA RELEASE

Spudbar Launches Exciting New Menu

Baked potato expert Spudbar has launched this week a new menu, to be trialled in the Richmond and Doncaster stores, before a proposed network roll out in early 2010.

Since it began operations in 2000 Spudbar has transformed the humble spud into a tasty, nutritious and value for money meal. With the exception of the hot toppings, all ingredients are prepared fresh daily, and with so many toppings to choose from there is something to satisfy every taste. Spudbar also offers fresh salads, nachos, and a selection of home style soups, living up to its “feeds well” promise.

Spudbar’s new menu has been designed in consultation with specialist chefs to offer a greater variety of hot and cold toppings, and is designed to appeal to a wider variety of tastes. New favourites such as the **One Million Rupees** sees the introduction of beef curry as a topping, while the **Moroccan Feast** sees the delicious combination of a chicken/chorizo ragout with hommus and cucumber yoghurt.

Spudbar is all about being tasty, filling and nutritious. There is no oil used in the cooking, the potatoes are dry baked and the sour cream is light – even the lentil dahl and chilli beans have less than 3gm of fat per serve.

Pick up a potato and you’re holding an amazingly nutrient dense food! Calories in potatoes are low, they’re naturally fat-free, bursting with vitamins and minerals, contain absolutely no cholesterol and when served with the skins on (as we do at Spudbar) are a great source of fibre. In fact independent nutritionists and dietary researchers recommend potatoes as the perfect base for a balance diet.

Spudbar also prides itself on being one of the few fast food options where you can get your entire recommended daily intake of vegies in one meal. ! “With obesity being a significant national health threat, we want to spread the message about all the benefits of spuds, and are offering people not only healthy food choices, but incredibly tasty ones too!” says Spudbar CEO Kirsten Roberts.

To trial the new Spudbar menu visit:

Spudbar Doncaster, The Drum Food Court, Westfield Doncaster

Spudbar Richmond, 226 Swan Street, Richmond

Potato Facts

- A single medium-sized potato contains about half the daily adult requirement of vitamin C
- Spuds are naturally fat free and contain no cholesterol
- Potatoes are a great source of Vitamin B6, which is essential for good health
- When served with their skins on potatoes are a great source of fibre