

At Fina,  
we understand  
the importance of  
wholesome, nutritional  
food in a varied and  
balanced diet.



## Fina's philosophy of food

Our dietitians and nutritionists work with Chef Michael to ensure our clients and patrons enjoy the right balance of vitamins, minerals, carbohydrates and proteins. It's about keeping active and maintaining a healthy weight.

Our emphasis is always on seasonal fruits and vegetables grown in the Fina Community Garden.



## A Community of Care

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Fina is a non-government, not-for-profit, NDIS provider of supported accommodation and respite servicing south-east Queensland (Northern Suburbs, Moreton Bay and Sunshine Coast regions).

SCOPE Inc trading as Fina Australia

## Fina Café

Let Fina do the  
shopping and  
cooking for you  
and your family

- ▶ Grown in our community garden
- ▶ Cooked in our community kitchen
- ▶ Dine in / takeaway / home delivery



A Community of Care



## Our Executive Chef Michael Harris



Michael Harris is a highly qualified and experienced chef with a career-long commitment to healthy and ethical eating based on organic food, sustainability and seasonal availability. Michael holds a City and Guilds Professional Cookery Qualification, the most prestigious international qualification in the field. He also has a Certificate IV in Nutrition and a Diploma in Hospitality.

## Fina's Community Garden

With wheelchair paths and raised beds for ease of accessibility, Fina staff and clients work together in the open air to grow our own fresh, nutritious fruit and vegetables.

## Fina's Kitchen

Delicious, healthy meals prepared under the supervision of Chef Michael.



## Fina's Food Service

An exciting, new and affordable approach to healthy, nutritious meals in the disability sector.

Dine in,  
takeaway  
or home  
delivery

## Fina's Community Garden

Chef Michael, his team and the produce of the Fina Community Garden are at your service.

We can provide healthy, balanced and nutritious meals (dine in, takeaway or home delivery) 7 days a week for a surprisingly low cost.

- ▶ families caring for a loved one with a disability
- ▶ people with disabilities living in group homes / residential settings
- ▶ other disability accommodation service providers
- ▶ people with a disability supported by in-home care



## Contact us now.

We will be delighted to explain just how easy, inexpensive and healthy the Fina Food Service option is.



## Fina Café

### Everyone is welcome at the Fina Café!

Light, bright and airy – with sensational food, fresh from our garden and prepared under the supervision of Chef Michael.



Eat inside in air-conditioned comfort, dine alfresco on the veranda or grab a picnic pack and head over to the shady Moreton Bay fig tree picnic area.