The claims defining the invention are as follows:

1. A dispensable food container, comprising:

    a. a container body having an interior for receipt of dispensable food, and

    b. a container lid,

the container body having a base and an opening opposite the base, and side walls that extend between the base and the opening that are collapsible,

the lid having a closed condition in which it closes and seals the opening of the container body and an open condition in which the opening of the container body is exposed for access into the interior of the container body,

the lid having a dispensing opening, which is in communication with the interior of the container body when the lid is in the closed condition,

in use, when the lid is in the closed condition, the container body is collapsible by pressure applied to the lid and the base in opposite directions to cause the side walls to collapse and to force dispensable food within the interior of the container body through the dispensing opening, the container body being collapsible during food dispensing to bring the base into touching contact with an inside surface of the lid.

2. A dispensable food container according to claim 1, the side walls being made of a flexible material to facilitate collapse.

3. A dispensable food container according to claim 1, the side walls being made of a different wall thickness to the base and lid and/or the base and lid being strengthened relative to the side walls.

4. A dispensable food container according to claim 3, each of the container lid and the base of the container body being relatively stiff or rigid, while the side walls are relatively flexible.

5. A dispensable food container according to claim 1, the container body comprising a flexible substrate that forms side walls and a base and the base being reinforced to increase the stiffness or rigidity of the base.

6. A dispensable food container according to claim 1, the container body being formed in a composite manner in which a flexible substrate defining a base and side walls is reinforced in the base with a rigid substrate.

7. A dispensable food container according to claim 6, the flexible substrate being a flexible polymer, such as silicone, which is formed in a pouch, cup or bowl shape.

8. A dispensable food container according to any one of claims 1 to 7, the opening of the container body being defined by a rim that is formed for cooperating engagement with the container lid, so that the container lid can be pressed into connection with the rim to form a seal.

9. A dispensable food container ~~according to claim 8~~, comprising:

a. a container body having an interior for receipt of dispensable food, and

b. a container lid,

the container body having a base and an opening opposite the base, and side walls that extend between the base and the opening that are collapsible,

the lid having a closed condition in which it closes and seals the opening of the container body and an open condition in which the opening of the container body is exposed for access into the interior of the container body,

the lid having a dispensing opening, which is in communication with the interior of the container body when the lid is in the closed condition,

the opening of the container body being defined by a rim that is formed for cooperating engagement with the container lid, so that the container lid can be pressed into connection with the rim to form a seal, the rim including a collar that is attached to the container body about the opening and that is stiffer or more rigid than the side walls of the container body.

10. A dispensable food container according to claim 8, the rim including a collar that is attached to the container body about the opening and that is formed for cooperating engagement with the container lid.

11. A dispensable food container according to claim 9 or 10, the side walls of the container body extend to the opening and the collar connects to the side walls about the opening, so that the collar extends about the opening and on the outside of the side walls that define the opening.

12. A dispensable food container according to claim 11, the container lid being connected to the container body by a hinge connection, preferably made between the lid and the collar.

13. A dispensable food container according to any one of claims 1 to 12, the dispensing opening having an outlet opening through which dispensable food can flow for consumption, a cap or closure being provided for closing the outlet opening of the dispensing opening.

14. A dispensable food container according to claim 13, the cap or closure being tethered to the container lid and engaging under a lip of the container lid when the cap or closure is in a closed position on the dispensing opening with the tether in slight tension to locate the cap or closure securely in place.

15. A dispensable food container according to any one of claims 1 to 14, the ratio of the diameter of the opening of the container body lid to the height of the side walls in a non-collapsed condition being in the region of 1:1, or 2:1, 2.5:1, or 3:1, the diameter of the opening of the container body being about 77mm and the height of the side walls in the non-collapsed condition being about 30mm, and preferably the opening of the container body having a diameter in the range of 60mm to 100mm and the height of the side walls being in the range of 20mm to 100mm.

16. A dispensable food container, comprising:

a container body having a base and an opening opposite the base, and side walls that extend between the base and the opening, the container body defining an interior for receipt of dispensable food,

a container lid having a closed condition in which it closes and seals the opening of the container body and an open condition in which the opening of the container body is exposed for access into the interior of the container body, the lid having a dispensing opening, which is in communication with the interior of the container body when the lid is in the closed condition and the dispensing opening having an outlet opening through which dispensable food can flow for consumption, and

a cap or closure for closing the outlet opening of the dispensing opening, the cap or closure being tethered to the container lid by a tether which is releasably connected to the container lid.

17. A dispensable food container according to claim 16, the cap or closure engaging under a lip of the container lid when the cap or closure is in an open position on the dispensing opening, to locate the cap or closure in the open position.

18. A dispensable food container according to claim ~~18~~17, the container lid having a slot or groove and the tether cooperating with the slot or groove, whereby the slot or groove has an entry opening for entry of a connection end of the tether into the slot or groove and a connection section for releasable connection of the connection end within the slot or groove.

19. A dispensable food container according to claim ~~19~~18, the connection end having a head and neck whereby the neck is of smaller diameter than the head and whereby the width of the connection section of the slot or groove is a friction fit against opposite surfaces of the neck.

20. A dispensable food container according to claim 18 or 19, the connection end being secured within the connection section of the slot or groove between the container lid and the container body when the container lid is in the closed condition and when the container lid is in an open condition, the connection end is releasable from the connection section to the entry opening of the slot or groove for removal from the slot or groove.