



# MENU

**All meals DF & GF except  
Dahl not DF**

## **BEEF MASSAMAN**

*slow cooked tender beef with curry paste, coconut milk, beans, bok choy, served with basmati rice and almonds*

## **BLACK LENTIL DAHL**

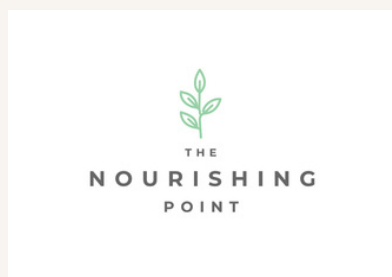
*slow cooked lentil, cream, garlic, chilli, spices, house made veggie broth, coco kefir, coriander, spinach yummy beans, brown rice and gf flat bread*

## **BEEF BRISKET**

*Tender slow cooked brisket in house made bbq sauce, served with a side slaw, steamed corn, pickle radish*

## **LOW CARB MEATBALLS**

*beef and rosemary meatballs OR tofu balls, tomato and garlic sauce cooked with house made broth served with low carb pasta and parmesan (can be DF)*





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## **BUTTER CHICKEN/TOFU**

*Chicken/tofu, spices, onion, garlic, coconut cream, tomato paste, lemon, served with quinoa and baby spinach.*

## **PALEO NACHOS**

*Beef/beans, sweet potato, Mexican spices, avocado, cheddar and chipotle lime yoghurt dressing  
Can be made DF (no cheddar)  
Low carb option*

## **IMMUNE STEW**

*Chicken thigh, house made broth, ginger, garlic, lemon, turmeric, celery, chilli, onion, carrot, broccoli- served with a side of quinoa*

**ORGANIC CHOC CHIP  
BANANA BREAD**

**BLISSBALLS (4)**

**MINI RAW CARAMEL CUP (3)**

