



MENU

TERIYAKI

*Baked teriyaki salmon fillet OR tofu, sesame seeds, cucumber salad, coriander, coconut rice and lime (df,gf)
Optional no rice for low carb
(salmon is non organic)*

PESTO

Baked chicken thighs OR tofu marinated in df basil pesto, tomatoes, zucchini, red onion, served with mashed sweet potato, green beans, lemon and garlic (gf, df)

BEEF LASAGNE

Beef, pork and veggies cooked in tomatoes, herbs, layers of gf lasagne sheets, white sauce, cheddar served with mixed leaf salad (gf)





MENU

BEEF CHILLI

*Slow cooked shredded beef, broth, tomatoes, Mexican spices, kidney beans, guacamole, cheddar, sour cream and a side of corn chips (GF) (opt for DF)
(Jess' FAVE)*

BLACK LENTIL DAHL

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

SALMON PATTIES (3)

*Wild Alaskan salmon, quinoa, herbs, sweet potato patties, mixed leaf salad, house made sweet chilli sauce
(gf,df)*

ORGANICCHOCCHIP
BANANABREAD

CARROT CAKE BLISS BALL(4)

CACAO BLISS BALL(4)

RAWCAMELCUP(3))

