



# MENU

## STUFFED SWEET POTATO

*Shredded chipotle chicken OR vego mixed beans stuffed in sweet potato, Mexican spices, shredded cheese, served with a side slaw and chipotle lime yoghurt dressing (gf)  
(can be made df)*

## MUNG BEAN DAHL

*Slow cooked mung beans, mixed veggies, turmeric, ginger, garlic, house made veggie broth, coconut milk, served with coco kefir, coriander, almonds, brown rice & flat bread  
(vegan & gf)*

## BRISKET BOWL

*Slow cooked bbq beef brisket, rice, tomato salsa, black beans, corn, guacamole, pickled red onion, chilli, lime & coriander. Menu favourite\* (gf, df)  
(optional no rice)*





# MENU

## **M E A T B A L L S**

*Beef and rosemary meatballs, tomato and garlic sauce cooked with house made broth served with broccoli, low carb pulse high protein pasta and parmesan (gf, can be DF)*

## **B U T T E R C H I C K E N / T O F U**

*Chicken/tofu, spices, onion, garlic, coconut cream, tomato paste, lemon, served with brown rice and baby spinach (gf, df)*

## **P A L E O N A C H O S**

*Beef, sweet potato, Mexican spices, avocado, cheddar and chipotle lime yoghurt dressing (gf)  
Low carb option*

**SNACK AND BROTH  
AVAILABLE IN SHOP SECTION**

