



# MENU

## **M A S S A M A N B E E F**

*Slow cooked tender beef, coconut milk, kaffir lime leaves, carrot, potato and brown rice topped with cashew nuts (gf, df)*

## **C O C O N U T L E M O N C H I C K E N S O U P**

*Chicken OR tofu, house made broth, ginger, turmeric, lemon, coconut milk, spring onions, coriander, chilli, greens, konjac rice noodles (df,gf, low carb)*

## **B E E F L A S A G N E**

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





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## **SESAME NOODLES**

*Poached chicken or tofu sesame salad, mixed leaf, low carb edamame noodles, red onion, cucumber, spring onion, cashews, avocado, sesame seeds, sesame dressing  
(gf, df)*

## **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)*

## **BURRITO BOWL**

*Fajita style chicken OR tofu bowl packed with onion and capsicum, black beans, rice, mixed leaf, tomato salsa and chipotle cream dressing  
(optional no rice, extra mixed leave instead) (gf, df-no yoghurt dressing)*

**ORGANICCHOCCHIP  
BANANABREAD**

**CARROT CAKE BLISS BALL(4)**

**CACAO BLISS BALL(4)**

**RAWCAMELCUP(3))**

  
THE  
NOURISHING  
POINT

