



# 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

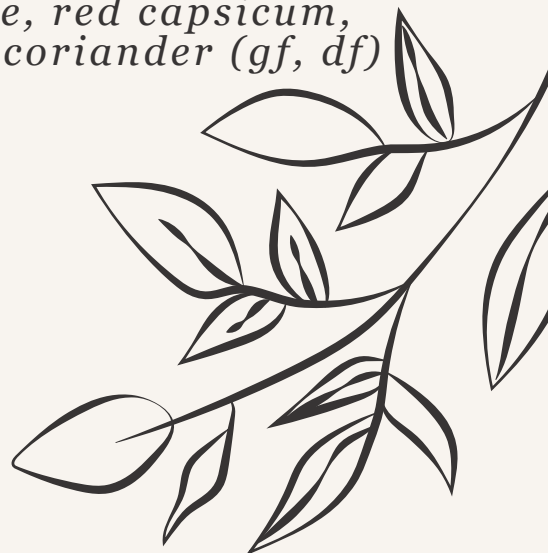
*Slow cooked mungbeans, mixed veggies, turmeric, ginger, garlic, house made veggie broth, coconut milk, served with coco kefir, coriander, almonds, brown rice (vegan)*

## 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)*

## CHICKEN MEATBALLS

*Chicken meatballs flavoured with ginger and garlic, kafir lime, slow simmered in red curry sauce, red capsicum, served with bok choy, basmati rice and coriander (gf, df)*





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## **BUTTER CHICKEN/TOFU**

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

## **PALEO NACHOS**

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

## **TUNAPASTABAKE**

*Wild caught tuna, spiral pulse protein pasta, dairy free mornay sauce, peas, corn, broccoli, parmesan panko topping (gf, low dairy)*

## **SPRING SALAD**

*Good fish tuna or chickpeas or chicken, quinoa, mixed leaf, apple, sunflower seeds, pumpkin seeds, feta, fennel, carrot, parsley served with a red wine vinaigrette (gf)*

*(flavour explosive salad)*

*can be made df no feta*

**SNACK AND BROTH**

**AVAILABLE IN SHOP SECTION**

