



# 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. Low carb option)*

## RED LENTIL DAHL

*Slow cooked red lentils, turmeric, ginger, garlic, chilli, coconut milk, served with coco kefir, coriander, almonds, baby spinach brown rice (vegan)*

## TUNA PASTA BAKE

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

## LASAGNE

*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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## **BUTTER CHICKEN/TOFU**

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

## **PALEO NACHOS**

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

## **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*

## **COLDPRESSEDJUICESCOMING 2025!**

*Please email to be joined to our waitlist and receive details.*

