



MENU

STUFFED POTATO

Slow cooked chicken OR beans cooked in a chipotle sauce, garlic, onion, broth, stuffed in a sweet potato topped with cheese and served with a side slaw and yoghurt dressing (gf, df opt no cheese or dressing)

BUTTER CHICKEN/TOFU

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

POT ROAST BEEF

Slow cooked beef, carrots, potatoes served in gravy made with garlic, and house made broth with broccoli and peas (gf)

SALMON PATTIES

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





MENU

STICKY TOFU

Crumbed and sauted tofu cooked in a sticky teriyaki sauce,
served with rice, bok choy and sesame seeds
(gf, df, vegan)

COTTAGE PIE

Beef and veggie, pies, house made broth, Worcestershire
sauce, tomato paste, topped with sweet potato mash and
cheese (gf, opt no cheese for df)

VIRAL CHOP SALAD

AKA Jen Anistons fave salad made with Chicken OR EGG,
chickpeas, quinoa, cucumber, pistachios, red onion, mint, parsley,
feta served with a honey lemon dressing
(gf, df- no cheese
vegan opt no egg)

TUNA BAKE

Wild caught tuna, non org spiral pulse pasta, dairy free
mornay sauce, peas, corn, broccoli, Parmesan crumb topping
(gf, low dairy)

