



MENU

VEGGIE LASAGNE

Layers of fresh pasta, creamy béchamel, and vibrant pistachio-basil pesto, layers of spinach and zucchini, lemon & baked until golden and topped with crushed pistachios and fresh herbs.
(gf)(non org sheets)

CHICKEN & FETA SAUSAGES

Organic chicken and feta sausages, sweet potato mash, red onion gravy, steamed carrots, broccoli and peas (gf)

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

BLACK DAHL

Black lentils cooked in indian spices, garlic, ginger, chilli, coconut milk and broth topped with yummy beans, served with brown rice and coconut kefir yoghurt

(gf, df, vegan)

(gf, df, vegan)

COTTAGE PIE

Beef mince, mixed veggies, peas, house made broth, worcestershire sauce, tomato paste, topped with sweet potato mash and cheddar cheese (gf, df opt no cheese)

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)

