



MENU

BEEF RENDANG

8 hour slow cooked beef cooked in curry paste, coconut flakes, chilli, coconut milk served with basmati rice, steamed green beans & carrot (gf, df)

TERIYAKI BEEF

Beef mince cooked in a house made teriyaki sauce, onion, garlic, grated carrot, grated zucchini served on a bed of basmati rice, steamed broccoli and bok choy (gf, df)

CRISPY SALMON & BEANS

Crispy skin salmon served with slow cooked cannellini bean ragu cooked with tomatoes, kale, peas and parsley (gf, df)

CHICKEN POCKET

*Chicken pocket filled with spinach, sundried tomato, cheddar and topped with a panko parmesan crumb.
Served with broccoli
(gf, low carb)*





MENU

COTTAGE PIE

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

MISO EGGPLANT

Miso marinated eggplant baked in the oven, topped with sesame seeds and spring onions and served on a bed of rice noodles, pickled ginger, avocado & cucumber salad (df and vegan)

SATAY NOODLE SALAD

Poached chicken OR crispy tofu, rice noodles, spinach, pineapple, cucumber, avocado, bean sprouts (non org), served with a creamy, spicy (but not too hot) and vibrant satay dressing (gf, df)

CHICKEN CHILLI

Slow cooked chicken breast, black beans, Mexican spices, onion, garlic, house made broth, tomato and chilli, served with house pickled jalapeño, cheddar, sour cream (non org) and corn tortilla chips. (gf, opt no cheese and sour cream for df)

