



# MENU

## **VEGGIE LASAGNE**

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

## **ROAST BEEF**

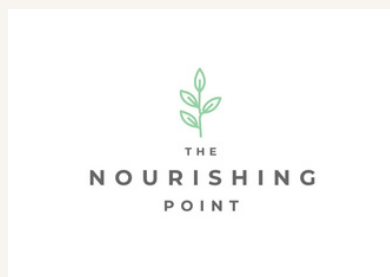
8 hour slow cooked beef cooked in broth, garlic, herbs, onion, mushrooms, tomato, served with mash potato, peas and carrots (gf)

## **SPAGHETTI BOLOGNESE**

Beef mince and veggie loaded spag bol, organic dried liver powder, house made bone broth, herbs, garlic, tomatoes, worchestershire sauce, red wine served with spaghetti topped with roasted broccoli, parmsesan cheese and parsely  
(gf, df opt no cheese)

## **SALMON PATTIES (3)**

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





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## **BUTTER CHICKEN/TOFU**

Chicken OR tofu, onions, spices, garlic, ginger, coconut milk, tomato paste, lemon served with brown basmati rice and baby spinach (df, gf)

## **TUNABAKE**

Wild caught cooked tuna, pulse spiral pasta (non org), almond milk bechamel sauce, garlic, broccoli, peas, corn, and topped with a panko parmesan crumb (gf, low dairy)

Old style dish made better by us!

## **RAINBOW SALAD**

Poached shredded chicken OR tofu, mixed leaf, cabbage, quinoa, brown rice, feta, red onion, cherry tomato, apple, carrot, avocado, cucumber, mixed seeds, cranberries served with a herb yoghurt dressing (gf, df opt no dressing & feta)

## **GREEK CHICKEN**

Marinated chicken, garlic, lemon, Greek yoghurt, oregano, served on a bed of lemon broth rice and a side wit Greek salad & tzatziki (gf, low carb opt no rice)

