



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)

BEEF MASSAMAN

8 hour slow cooked beef cooked in curry paste, coconut cream, potato, peas, carrot, served with basmati rice (gf,df)

KOREAN BEEF

Korean beef bulgogi mince marinated in a sweet and savoury mixture of soy sauce, apple, onion, sesame oil, garlic, served with rice noodles, mixed leaf, pickled ginger, carrot, broccoli and spring onions (df, gf)

Low carb opt no noodles

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)

BLACK DAHL

black lentils cooked in indian spices, garlic, ginger, chilli, coconut milk and broth topped with yummy beans, served with flat bread and coconut kefir yoghurt (gf, df, vegan)

SALMON SALAD

Baked salmon fillet (non org), mixed leave, cherry tomato, avocado, cucumber, edamame, crispy shallots (non org), and sesame seeds. (gf, df, low carb)

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!

