



MENU

BEEF MASSAMAN

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

PASTA-FREE LASAGNE

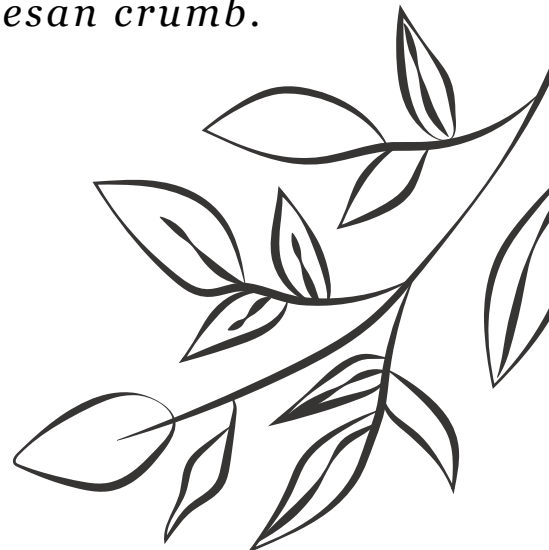
*A wholesome favourite with a twist. This lasagne is made with layers of sweet potato, zucchini, beef mince, spinach, tomato sauce, onion, garlic, dried italian herbs, ricotta, cottage cheese topped with parmesan cheese. Served with a mixed salad
(gf)*

LEMON COCONUT SOUP

*Chicken OR chickpea lemon coconut soup, ginger, garlic, lemon, coriander, chilli, coconut milk, broccoli, bok choy, green beans cooked with low carb edamame noodles.
(gf, df, low carb)*

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)

BLACK DAHL

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

