



MENU

ASIAN CHICKEN

Marinated and baked ginger chicken on the bone, with baked broth rice, mushroom, broccoli, bok choy and ginger served with a chilli ginger dressing on the side
(Gf,df)

ROAST BEEF

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

SALMON PATTIES (3)

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

GREEK CHICKEN

Marinated chicken, garlic, lemon, Greek yoghurt, oregano, served a pita, a side Greek salad & tzatziki
(low carb opt no pita)
(pita isn't gf so opt no pita for gf)





MENU

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)

