



# MENU

## **BEEF CANNELLONI**

*Beef and spinach stuffed cannelloni, baked in a veggie loaded tomato sauce topped with cheddar cheese served with broccolini and peas (gf)*

## **CHICKEN & BROCCOLI FRITTERS**

*Chicken, broccoli, corn fritters made with nutritional yeast, flour, egg, garlic, served with baked sweet potatoes, spinach and a pink side sauce  
(gf, df)*

## **HONEY MUSTARD SALMON**

Honey mustard salmon baked and served with mash potato, peas and green beans  
(gf, lactose free, contains ghee)

## **LEMON CHICKEN**

Marinated chicken breast, garlic, lemon, oregano, thyme, served with creamy parmesan broccoli mash, steamed spinach and peas  
(low carb, gf)





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## **HONEY SOY, RICE & BROTH**

Chicken OR tofu, cooked in honey, soy, oyster sauce and garlic served with rice and a side house made broth to heat and pour over dish when reheated.

(gf, df)

## **BEEF RAGU**

8 hour slow cooked beef, tomato, garlic, herbs, red wine, house made broth, served with spaghetti and parmesan

(gf, df opt no cheese)

## **MUSHROOM RAGU**

Mushroom & lentil ragu, slow cooked and baked with garlic, miso, red wine, soy sauce, coconut cream, served with spaghetti and parmesan (gf, df opt no cheese)

## **STICKY TOFU**

Crispy and crumbed panko tofu cooked in a sticky teriyaki sauce served with rice, bok choy and green beans

(gf, df, vegan)

