



# MENU

## 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)

## LAMB AND BARLEY STEW

*Slow cooked Crowa lamb, onion, carrots, celery, spinach, house made chicken broth. (df)*  
*Barley contains gluten*

## LOW CARB KORMA CURRY

*Chicken thigh OR tofu cooked in a house made korma paste, almonds meal and coconut milk, served with roasted cauliflower, steamed broccoli, beans and peas topped with almonds.*  
(gf, df, 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)*

## HONEY SRIRACHA SALMON

*Honey & sriracha marinated salmon (non org), basmati basmati rice, edemame (non org), beans, broccoli and sesame seeds (gf, df)*

## BLACK LENTIL DAHL

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

## CHILLI CHICKEN

*Slow cooked chicken breast, black beans, Mexican spices, onion, garlic, house made broth, tomato and chilli, served with pickled jalapeño, cheddar, sour cream (non org) corn tortilla chips.  
(gf, opt no cheese and sour cream for df)  
STAFF FAVE!!!*

