



MENU

BEEF MASSAMAN

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

CHICKEN OR BEAN CHOWDER

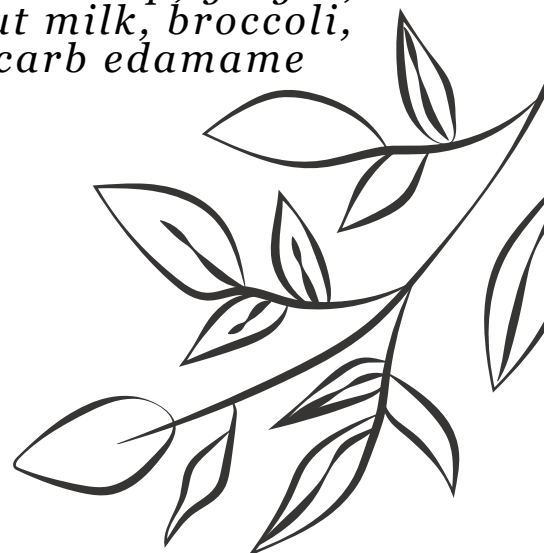
*Chicken OR butter chowder with leeks, potato, onion, thyme, thickened cream (non org), chives, housemade chicken or veggie broth softy blended and served with a slice of naturis teff bread
Taylah's fave (gf)*

LAMB AND BARLEY STEW

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

LEMON COCONUT SOUP

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





MENU

LENTIL NUT ROAST

A savoury, crusty top veggie loaf made with chopped nuts, earthy mushrooms, aromatic herbs, and seasonal vegetables, eggs, cheese, cranberries, worchestershire sauce, lentils, and oats. Its baked and served with roasted potatoes and greens

(wheat free but not gf- contains oats)

NEW AND DELICIOUS!

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 & avocado (non org) & corn tortilla chips.

(gf, opt no cheese and sour cream for df)

