



MENU

SESAME CHICKEN

Chicken mince sautéed in garlic, red onion, sesame oil, mirin, honey, soy, chilli, spring onions, green beans served with basmati rice (gf,df)

GREEK MEATBALLS

Chicken meatballs made with mint, parsely, oregano, red onion and garlic, served with mixed leaf, greek salad and tzatziki (gf)

PESTO LASAGNA

*Layers of fresh pasta, creamy béchamel, and vibrant pistachio-basil pesto, layers of spinach and zucchini, lemon & baked until golden and topped with crushed pistachios and fresh herbs.
(non org sheets)
(gf, df, low carb)
Jess' Fave*

BAKED SALMON

*Panko parmesan crumbed baked salmon fillet, served with mash potato, green beans, peas, broccoli and lemon (gf)
NEW*





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)*

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)*

COTTAGE PIE

*Beef mince, mixed veggies, peas, house made broth, worchestershire sauce, tomato paste, topped with sweet potato mash and cheddar cheese
(gf, df opt no cheese)*

BEEF CHILLI

*Slow cooked beef chuck, mexican spices, chilli, broth, kidney beans, served with cheddar cheese, pickled red onion, jalapelo, sour cream (no org) and a bed of basmati rice
(gf)
NEW*

