



MENU

B E E F C A N N E L L O N I

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

C H I C K E N & B R O C C O L I F R I T T E R S

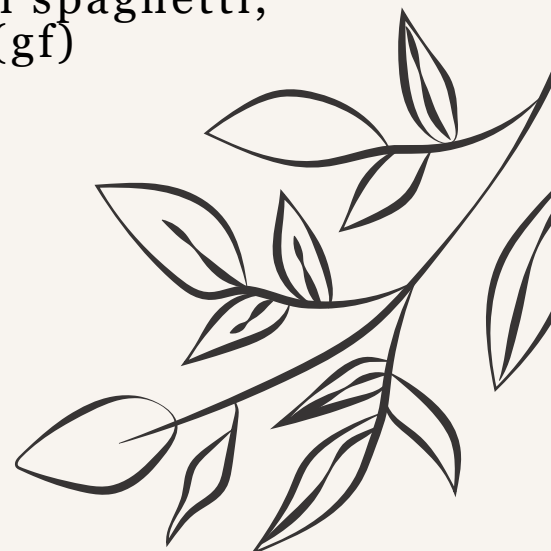
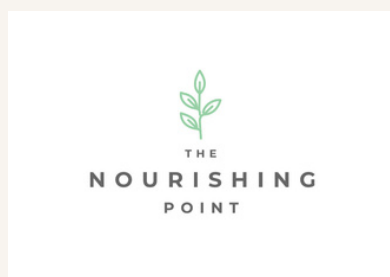
Chicken and broccoli fritters made with nutritional yeast, flour, egg, garlic, served with baked potatoes, spinach and a pink side sauce (gf, df)

P E S T O S A L M O N

Baked pesto salmon fillet, serve with cheesy cauliflower mash, steamed baby spinach and peas

B E E F M E A T B A L L S

Oven baked beef meatballs cooked in a house made italian tomato sauce served with spaghetti, parmesan and broccoli (gf)





MENU

CHICKEN POCKET

Chicken pocket filled with spinach, sundried tomato, cottage cheese and topped with a panko parmesan crumb. Served with broccoli
(gf, low carb)

CHICKEN OR BEAN CHOWDER

Chicken OR butter chowder with leeks, potato, onion, thyme, thickened cream (non org), chives, housemade chicken or veggie broth softly blended and served with a slice of naturis teff bread

Taylah's fave (gf)

STICKY TOFU

Crumbed and sauted tofu cooked in a sticky teriyaki sauce, served with rice, bok choy and sesame seeds
(gf, df, vegan)

MEXICAN CHILLI BOWL

Mexican spiced beef mince, kidney beans, chilli flakes, lime, garlic, served on top of caramelised sweet potato, served with a tomato salad, avocado and a Greek yoghurt coriander lime sauce
(gf)

