



MENU

BANGERS AND MASH

Chicken and feta sausages, sweet potato mash, red onion gravy and veggies (gf)

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 (non org), topped with cheese. Served with a mixed salad

SALMON & SWEET POTATO PATTIES

Wild Alaskan salmon, quinoa, parsley, egg, crumbs, sweet potato patties, mixed leaf salad, house made sweet chilli sauce (gf, fd)

BEEF MASSAMAN

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

THE
NOURISHING
POINT



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RED LENTIL & SPINACH CURRY

Red lentil, sweet potato, spinach coconut curry cooked with onion, garlic, ginger, turmeric, cumin, curry powder served with basmati rice and coriander and a side of coconut yoghurt (gf, vegan)

PAPRIKA CHICKEN

Paprika rubbed chicken oven baked and sliced, served on a bed of sweet potato mash, sauted green beans, peas served with lemon herb yoghurt (gf, df opt no side sauce)

TUNA BAKE

Wild caught tuna, spiral high protein red lentil pasta, dairy free mornay sauce, peas, corn, broccoli, topped with a panko parmesan crumb (gf, low dairy)

KITCHARI

Slow cooked lentils, brown rice, ginger, turmeric, stock, broccoli, zucchini, spinach, coriander, coco kefir and a side flat bread (gf, vegan)

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