



MENU

PASTITSIO

Greek pasta bake dish with beef mince, high protein pasta, onion, garlic, red wine, cinnamon, tomato paste, greek béchamel sauce, Parmesan cheese, served with mixed leaf salad (gf)

HONEY MUSTARD

Tender chicken OR tofu coated in a honey-dijon mustard sauce, served with roasted carrots, broccoli and fluffy brothy quinoa (gf/df)

MISO SALMON

Tasmanian salmon glazed with ginger, miso, soy sauced. lemon, served with brown rice, edamame and broccoli (gf, df)

THAI BASIL BEEF

Thai chilli beef mince stir-fried with fresh basil (non org), garlic and chilli, served with green beans, fried egg on top and basmati rice (gf/df)

THE
NOURISHING
POINT



MENU

TOFU NOURISH BOWL

Tofu, roasted pumpkin and chickpea bowl, quinoa, broccoli, feta, seeds, served with a creamy lemon tahini dressing (gf)

PEANUT LOW CARB NOODLES

Poached chicken OR tofu served with edamame noodles, shredded carrots, broccoli, capsicum and spring onions. Finished with a rich, creamy peanut-chilli sauce and crushed roasted peanuts.

CHICKEN CHILLI

Slow cooked chicken chipotle chilli, kidney beans, chilli flakes, lime, garlic, served on top of caramelised sweet potato, served with avocado & chipotle yoghurt sauce (gf) NEW!

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