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, parsely, egg, crumbs, sweet potato patties, mixed leaf salad, house made sweet chilli sauce (gf, fd)

COTTAGE PIE

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

THE NOURISHING POINT

MENU

RED LENTIL & SPINACH CURRY

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

JAPANESE BOWL

Crumbed Chicken or ccrumbed tofu, shredded cabbage, pickled ginger, broccoli, avocado served with rice, a side of teriyaki sauce and mayo (gf, df)
low carb opt no rice (NEW)

STICKY TOFU

Crumbed and sauted tofu cooked in a sticky teriyaki sauce, served with rice, edameme (non org), bok choy and sesame seeds

VIRAL CHOP SALAD

AKA Jen Anistons fave salad made with Chicken OR EGG, chickpeas, quinoa, brown rice, cucumber, pistachios, red onion, mint, parsley, feta served with a honey lemon dressing
(gf, df- no cheese
vegan opt no egg)

THE
NOURISHING
POINT