MENU

SLOW COOKED BRISKET

12-hour braised gochujang beef brisket in a sticky glaze, paired with baked potatoes & a crunchy cabbage and apple slaw.

HONEY SRIRACHA SALMON

Honey & sriracha marianted salmon (non org), basmati basmati rice, edemame (non org), beans and semase seeds (gf, df)

ROASTED BROC CAESAR SALAD

Oven-roasted broccoli and shallots tossed with crisp cos lettuce, your choice of Chicken & bacon OR chickpeas & egg. Finished with shaved parmesan, golden garlic butter panko crumbs for crunch, and a lighter Greek yoghurt Caesar dressing. (gf)

CHICKEN FRITTERS

Chicken mince, broccoli, corn fritters made with nutritional yeast, flour, egg, garlic, served with sweet potato mash, spinach and a pink side sauce (gf, df)

THE
NOURISHING
POINT

MENU

NOURISH BOWL

Chicken breast OR Tofu, roasted pumpkin, chickpea, quinoa, roasted broccoli, feta, seeds, served with a creamy lemon tahini dressing
(gf)

HIGH PROTEIN VEGAN NOODLES

A vegan noodle dish made with a blended high protein tofu sauce with chilli, soy sauce, sesame oil, served with noodles (non org), crispy tofu mince, spring onions, sesame seeds and edemame (gf, vegan)

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, flat bread & coconut yoghurt
(gf and vegan)

PESTO LASANGE

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

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