



Whatsapp order line - (065) 984 3866

Winter Menu

HEALTHY

Lemon Bake Line Fish with Char Grilled Green Beans & Chunky Roasted Cherry Tomato & Almond Pesto.

Chicken Satay Bowl with Sugar Snap Peas, Red Pepper, Coriander, Fried Rice (Jasmin, Cabbage, Carrots, Edamame Beans, Mung Bean Sprouts & Spring Onion) & Fresh Pickled Cucumber Ribbons.

Teriyaki Chicken with Sticky Rice, Mixed Cabbage & Carrot Slaw.

Lemon & Herb Grilled Deboned Chicken Thighs with Spring Onion & Chive Pearl Couscous, Wild Rocket & Chilli Flaked Yoghurt

Creamy Coconut Cashew Chicken with Cauli-Rice, Fresh Basil & Lime Wedge.

Herb Marinated Grilled Rare Steak with Truffle Infused Sweet Potato Mash, Roasted Red Onion, Wedges & Sautéed Garlic Mushrooms.

Sticky Soy & Lemongrass Beef with Mixed Brown Rice & Quinoa, Mung Bean Sprouts, Carrot Ribbons, Baby Salad Leaves, Fresh Coriander Leaves & Sliced Red Chilli.

Honey & Garlic Pulled Beef Bowl with Brown Rice, Julienned Veg (Carrots, Zucchini & Red Pepper), Toasted Sesame Seeds & Sesame Oil Vinaigrette.

HEARTY

Ciabatta Sub with Beef Meatballs, Mozzarella, Napo Sauce, Basil Pesto & Black Pepper & Parmesan Fries.

Classic Beef Lasagne.

Roast Beef with Crispy Roasted Potatoes, Buttery Carrots, Creamed Spinach & Rich Onion Jus.

Beef, Bean & Corn Chilli Con Carne with Grated Cheese, Spring Onion, Diced Avocado, Sour Cream, Coriander Leaves & Santa Anna Corn Chips

Panko Crumbed Chicken Schnitzel with Buttery Herbed Mashed Potato, Lemon Green Beans & Mustard Cream.

Chicken & Mushroom Pot Pie with Rosemary Roasted Sweet Potatoes & Smashed Peas.

Pulled Chicken & Potato Curry Roti Wrap with Fruit Chutney & Cucumber Raita.

Deep Fried Squid and Chips with Wasabi Aioli.

KETO STYLE

Pulled Lamb Ragu with Fried Garlic & Parsley Infused Polenta Cake Braised Leeks & Basil Pesto.

Classic Slow Cooked Beef & Onion Curry with Cauli-Rice, Coriander, Sambal (Tomato, Onion, Green Pepper) & Lemon Cooling Yoghurt.

Beef & Mushroom Stroganoff with Zucchini Noodles, Sour Cream & Parsley.

Seared BBQ Beef Steak with Buttery Greens (Broccoli, Celery, Green Beans, Green Peppers, Spinach & Zucchini).

Baked Parmesan Crusted Chicken Fillet with Steamed Greens (Tender Broccoli, Zucchini Ribbons, Green Beans) & Chive Cream Sauce.

Harissa Baked Chicken Meatballs with Fragrant Red Onion & Herb Cauli-Rice, Grilled Zucchini Ribbons & Dill-Yoghurt.

Rosemary & Apricot Glazed Deboned Chicken Thighs with Grilled Tender Broccoli, Roasted Cherry Tomatoes & Fresh Baby Spinach.

Creamy Tuscan Chicken with Baby Spinach, Sun-dried Tomatoes, Broccoli-Rice, Grilled Lemon Green Beans & Fresh Parsley.

VEGAN

Sweet Potato & Black Bean Burrito Bowl with Grilled Corn, Roasted Red Peppers, Sautéed Sliced Red Onion, Coriander Rice, Smashed Avo, Fresh Chives, Chilli Flakes & Spicy Tahini Dressing.

Coconut Thai Red Curry with Seasonal Veg (Bok Choy, Edamame Beans, Green Beans, Mange Tout, Onion & Tender Broccoli) Rice Noodles & Fresh Coriander

Roasted Butternut & Lentil Babotie with Steamed Yellow Rice, Fruit Chutney & Salsa (Tomato, Cucumber & Onion).

Moroccan Chickpea & Butterbean Tagine with Crispy Broccoli & Garlic Polenta Cake, Roasted Carrots & Toasted Almonds.

Bombay Potatoes with Coconut Basmati Rice, Crispy Onions & Fresh Basil.

VEGETARIAN

Creamy Orzo Pasta with Sautéed Wild Mushrooms, Braised Leeks, Parmesan, Fresh Wild Rocket & Fresh Lemon.

Golden Red Lentil Dal with Coriander Basmati, Spring Onions, Toasted Pumpkin Seeds & Buttery Toasted Roti.

Spinach & Ricotta Cannelloni.

Lentil & Mushroom Stew with Buttery Potato-Parsnip Mash & Crispy Fried Carrot Straws.

Crispy Fried Tofu with Egg Noodles, Grilled Zucchini Ribbons, Mung Bean Sprouts, Soft Poached Egg, Sweet-Chilli-Soy Dressing & Toasted Sesame Seeds.

FEEDING PEOPLE, NUTRITIOUSLY