



Whatsapp order line - (065) 984 3866

## AUTUMN MENU

### HEALTHY

1. Lemon Chicken Skewers w/ Sautéed Spinach, Carrot Ribbons, Chunky Cucumber, Toasted Sesame Seeds & Harissa Yoghurt
2. Spicy Chicken Bowl w/ Avocado, Roasted Chickpeas, Sweet Tomato Wedges, Baby Salad Leaves & Caramelised Onion Hummus
3. Seared Lemon Beef w/ Lentils, White Beans, Roast Cumin Veggies (Broccoli, Red Onion, Zucchini), Crumbled Feta, Baby Leaves, Garlicky Yoghurt & Seedy Nut Mix
4. Satay Beef Strips w/ Rice Noodles, Carrot Straws, Bean Sprouts, Red Onion & Coriander
5. Sriracha Baked Line Fish w/ Lemon & Herb Quinoa, Roasted Tomato, Grilled Aubergine, Sliced Cucumber, Fresh Dill & Tzatziki

### HEARTY

6. Creamy Chicken Fusilli Pasta w/ Button Mushrooms, Crispy Onions, Parmesan & Fresh Parsley
7. Panko Chicken Tenders w/ Herb Butter Roasted Potato Wedges, Rainbow Slaw (Green & Red Cabbage, Carrots, Spring Onion & Parsley) & Prego Aioli Dip
8. Beef Tagine w/ Quinoa, Spiced Honey Carrot Ribbons, Almond Flakes & Fresh Coriander
9. Lamb Kofta w/ Yoghurt Flat Bread, Baby Spinach, Cucumber Ribbons, Crispy Onions, Feta, Mint, Coriander & Garlic-Herb Yoghurt
10. Tempura Fish Burger w/ Butter Lettuce, Harissa Mayo & Rustic Roasted Fries

### LOW CARB/ KETO-STYLE

11. Seared Beef Steak w/ Miso-Mushroom Sauce, Cauliflower-Rice, Green Beans, Zucchini & Pea Shoots
12. Shepards Pie w/ Savoury Lamb Mince, Cauliflower-Mash Topping & Sautéed Greens (Broccoli, Celery, Green Beans, Swiss Chard & Zucchini)
13. Spicy Butter Chicken w/ Cauliflower-Rice, Avocado, Sour Cream & Fresh Coriander
14. Sesame & Cashew Nut Chicken w/ Sautéed Veg (Green Cabbage, Green Beans, Red Peppers, Zucchini Ribbons) Chopped Baby Spinach, Spring Onion, Lime, Mint & Coriander
15. Baked Line Fish w/ Slow Roasted Plum Tomato, Chopped Baby Spinach, Herb Olives, Crispy Lemon Capers, Zucchini Noodles & Fresh Parsley

## **VEGAN**

16. Spicy Peanut Tofu Bowl w/ Coconut & Spring Onion Rice, Pickled Red Onion, Wild Rocket & Toasted Black Sesame Seeds
17. Smoky Tomato & Coconut Lentils w/ Avocado, Crispy Onions, Fresh Parsley & Toasted Paratha
18. Miso Roasted Aubergine Steak w/ Spicy Carrot, Bok Choy, Crushed Nuts, Nori, Pea Shoots & Toasted Sesame Seeds
19. Sesame & Vermicelli Salad w/ Pickled Carrot, Cucumber Ribbons, Beans Sprouts, Shaved Red Cabbage, Coriander, Crushed Nuts, Lime & Sweet Red Chilli Dressing
20. Potato & White Bean Stew w/ Roasted Whole Peeled Tomato, Fresh Lemon Zest, Dill & Fragrant Quinoa

## **VEGETARIAN**

21. Butternut Lasagne w/ Caramelised Onions, Mushroom, Goats Cheese & Sage
22. Roasted Garlic Mashed Potato Waffle w/ Avocado, Chunky Roasted Tomato Salsa, Spring Onion, Sour Cream, Toasted Sesame Seeds & Fresh Dill
23. Spiced Aubergine Chunks w/ Chickpeas, Roasted Tomato, Onions, Baby Spinach, Poached Egg, Creamed Feta, Pea Shoots & Chilli Flakes
24. Grilled Cheese w/ Toasted Sourdough, Kimchi, Pesto & Skinny Fries
25. Halloumi & Zucchini Fritters w/ Sliced Cucumber, Sweet Tomato Wedges, Avocado, Lemon & Herb Dressed Red Cabbage, Baby Leaves & Dill Yoghurt

FEEDING PEOPLE, **NUTRITIOUSLY**