



eat well • feel good • look great

Beef & Bacon Stew w/ Roast Veg	\$15.95
red wine, rosemary, bacon, smoked paprika, carrot, fennel and more. It is served with roasted veggies and green beans. <i>GF, Low FODMAP, LF</i>	<i>383Cal/1955KJ</i>
Beef Cottage Pie w/ Chat Potatoes	\$15.95
a healthier alternative to a traditional pastry packed meat pie. <i>GF, Low FODMAP</i>	<i>402Cal/2140KJ</i>
Beef w/ Roast Potatoes, Mustard Green Vegetables & Almonds	\$15.95
Slow cooked lean beef with thyme, parsley, garlic olive oil and dry white wine. Includes spinach, broccoli and green beans. <i>GF, Low FODMAP, LF</i>	<i>461Cal/1930KJ</i>
Chicken & Sweet Potato Curry w Roasted Broccoli & Basmati Rice	\$15.95
Rich coconut and tomato curry, combined with velvety sweet potato and a generous serve of tender chicken breast. <i>GF, Low FODMAP</i>	<i>409Cal/1710KJ</i>
Lemon & Ginger Chicken with Kale, Zucchini & Brown Rice	\$15.95
Chicken breast braised in plenty of ginger, soy and lemon, giving this simple and complete dish lots of flavour. <i>GF, Low FODMAP, LF, Diabetic Friendly</i>	<i>352Cal/1456KJ</i>
Chicken and Green Vegetables with Rice Noodles and Peanuts	\$15.95
Lean chicken breast, Bok choy, kale and roasted broccoli. <i>GF, Low FODMAP, LF</i>	<i>348Cal/1545KJ</i>
Tomato & Basil Baked Rockling with Green Olives and Roast Potatoes	\$15.95
Baked rockling served with roasted chat potatoes, cherry tomatoes and carrots plus spinach and parsley. <i>GF, Low FODMAP, LF</i>	<i>294Cal/1229KJ</i>
Thai Green Coconut Curry with Mixed Vegetables and Brown Rice	\$15.95
Creamy Thai Green Coconut and Lemongrass sauce with heaps of fresh vegetables, Brown Jasmine Rice, Edamame and Peanuts. <i>GF, Low FODMAP, LF, VE</i>	<i>381Cal/1594KJ</i>
Tofu and Mushroom Bolognese	\$15.95
Served with gluten free spiral pasta, firm tofu, Champignon mushrooms, carrot, oregano, tomato and baby spinach. <i>GF, Low FODMAP, LF, VE</i>	<i>378Cal/1580KJ</i>



AUSTRALIAN OWNED



EVIDENCE BASED



RECYCLABLE



6 mins