

Spring Menu

Breakfast

minimum
order

English Breakfast (A Cooked Breakfast)

6

Hot Pancakes, Maple Flavoured Syrup, Berries

5

Bircher Muesli, Apple, Almond, Cinnamon And Oats

4

Corn Fritters And Bacon

4

Seasonal Fruit Platter

4

Frozen Smoothie Packs

Orange, Strawberry, Banana, And Ginger

4

Chocolate Chip, Banana, Protein

4

Green Smoothie, Apple, Avocado, Spinach, Banana, Almond Milk

4

Piña Colada, Banana, Pineapple, Coconut, Apple Juice

4

Soups

Chicken And Corn Chowder

4

Green Lentil, Tomato And Vegetable

4

Pumpkin, Pouring Cream And Croutons

4

Southeast Asian Chunky Pumpkin Broth

4

Cream Of Cauliflower, Parmesan Bread

4

Hearty Chicken And Vegetable

4

Classic Minestrone

4

Carrot And Ginger

4

Lightly Spiced Cream Of French Lentils

4

Vietnamese Phở, Chicken Broth, Rice Noodles, Coriander

4

Sweet Snacks

minimum
order

Milo Swirl Banana Bread

12

Anzac Biscuits

12

Banana Bread

12

Blueberry Scones

12

Carrot Cupcakes, Lime Cream Cheese Icing

12

Chocolate Crackles

12

Chocolate Chip Scones

12

Date And Oat Cookie

12

Apricot Coconut Slice

12

Jam Drops

12

Mixed Berry Muffins

12

Pear, Cranberry And Sesame Seed Bars

12

Rice Bubble, Marshmallow, And White Chocolate Slice

12

Rocky Road

12

Date, Cranberry, Nuts & Seeds High Energy Slice

12

Rum And Raisin Protein Ball

12

Strawberry Muffins

12

Sultana Scones

12

Zucchini And Cacao Brownie

12

Pineapple And Coconut Muffins

12

Savoury snacks

minimum
order

Crudités With Hummus	6
Mushroom Stuffed With Artichoke Hearts And Almond	6
Sliced Ham, Cheese Cubes, Cherry Tomatoes And Pickles	5
Mini Pork Sausage Rolls	16
Hash Browns	6
Cheese And Bacon Rolls	8
Boiled Eggs	12
Spinach, Red Onion And Goat Cheese Frittata	6
Brazilian Cheese Puffs (3 Per Portion)	24
Ham And Cheese Frittata	6
Roasted Asparagus And Green Beans Wrapped In Prosciutto	6
Vegetable Loaded Frittata (Potato, Onions, Spinach, Kale, Corn, Zucchini)	6
Bacon And Cheese Frittata	6
Bagel Pizzas	8

Mains

minimum
order

Thai Beef Stir Fry, Chilli, Cashews, Basil, Jasmine Rice	4
Chicken Lasagne	5
Roasted Honey Garlic Chicken Drumsticks, Parsnips, Carrots	4
Lamb Moussaka, Eggplant, Crispy Crumb Top	4
Spaghetti With Meatballs In Rich Tomato Sauce	4
Cottage Beef Pie, Peas, Mash Potato	4
Thai Green Chicken Curry, Jasmine Rice	4
Tuna, Cheese, Corn, And Spinach Pasta Bake	4

Mains

minimum
order

Shepherd's Pie With Crispy Puff Pastry Lid	4
Main Size Beef And Pork Sausage Roll, Vegetables, Gravy	5
Chicken Cacciatore, Olives, Rich Tomato Sauce	4
Lamb Forequarter Chops, Broccoli, Corn, Peas, Potato Bake	6
Traditional Irish Stew, Lamb, Carrots, Potatoes, Onions, Parsley	5
Roast Lemon Chicken Thighs, Roast Potato, Ratatouille	4
Chicken Kyiv, Creamy Garlic Sauce, Potato, Seasonal Vegetables	4
Baked Gluten Free Gnocchi, Cheddar, Pumpkin, Bacon, And Sage	6
Burger Prep - Beef Patties, Buns, Tomato, Cheese, Lettuce, Pickles	4
Moroccan Lamb Tagine, Couscous, Almonds	4
Butter Chicken Curry, Basmati Rice, Carrots And Beans	4
Turkey Meatballs, Tomato Ragu, Zucchini And Carrot Ribbons	4
Turkey Meatballs, Tomato Ragu, Wholemeal Spaghetti	4
Peanut And Tahini Satay Chicken Stir Fry	4
Crumbed Basa Fillets, Fries, Seasonal Veg	4
Vietnamese Grilled Pork Chops, Lemongrass, Fresh Cucumber Salad, Pickled Vegetables, Fragrant Rice	4
Chia Crusted Salmon, Broccolini, Sweet Potato, Miso Dressing	4
Lamb Kofta, Roast Spiced Chickpeas, Mediterranean Vegetables	5
Fried Rice (Pork Or Chicken), Vegetables, And Egg	5
Corned Silverside, Boiled Potato, Corn Cob, Brussels Sprouts, Bechamel	5
Tasmanian Salmon Fish Cakes, Green Beans, Zucchini	5
Beef Lasagne	5
Chicken Schnitzel, Creamy Mushroom Gravy, Broccoli, Corn And Carrots	4

Mains

minimum
order

Slow Cooked Spiced Chicken Fajita, Corn Pilaf	4
Penne Pasta, Handmade Pesto, Peas, Toasted Almonds, Chilli Flakes	4
San Choy Bau, Chicken Or Turkey, Water Chestnuts, Hoisin, Spices, Vegetables, (Lettuce Cups Or Rice)	4
Basa Mornay, Boiled Egg, Corn, Cheese, Breadcrumbs	4
Beef Stroganoff, Mushroom, Gherkin, Sour Cream	6
Lamb Koftas, Fragrant Minced Lamb Bbqed With Flatbread, Tabouli, Hummus	4
Fried Crispy Chicken (Jfc), Chips, Steamed Broccoli	4
Beef Bourguignon, Bacon, Mushrooms, Onions, Red Wine Sauce, Mash Potato	6
Quiche Lorraine	6
Chicken Thigh Casserole, Mustard Seeds, Bacon, Thyme, Cream Gravy, Roast Baby Potatoes	4
Chicken Pappardelle, Dijon Cream, And Bacon	5
Sesame Chicken, Noodle And Vegetable Stir Fry	4
Roast Beef, Vegetables And Gravy (Choose Pink Or Fully Cooked)	8
Mexican Vegetable Bowl, Spiced Tofu, Brown Rice	4
Roast Pork, Crackling, Potatoes, Parsnips, Peas, Gravy	5
Apricot Chicken	4
Vegetable Lasagne	5
Chicken Pad Thai	4
Beef And Black Bean Stir Fry	4
Spaghetti Bolognese	4
Lamb Rogan Josh, Basmati Rice	5
Pork Shoulder, Carrot, Parsnip, Celery, Smoky Paprika Tomato Sauce	6

Salad

minimum
order

Roasted Broccoli, Tofu With Creamy Miso Dressing

4

Poached Chicken, Boiled Egg, Potato, Carrot, Peas, Mayonnaise Salad

4

Moroccan Carrot Salad

4

Rice Vermicelli, Lemongrass Chicken, Coriander

4

Mediterranean Quinoa Salad, Feta, Olives, Tomato, Pinenuts

4

Whole Grains, Fennel, Rocket, Olives, Prosciutto And Parmesan

4

Green Salad, Peas, Asparagus, Baby Gem Lettuce, Avocado

4

Roasted Sweet Potato, Corn, Spices And Avocado

4

Pasta Salad, Olives, Roasted Vegetables, Parmesan

4

Roasted Vegetable Chickpea Salad

4

Garden Salad (Mesclun, Tomato, Cucumber, Shallot, Dressing)

4

Dessert

minimum
order

Gluten Free Chocolate Cake

8

Baklava Apple Strudel

8

Custard Tart

8

Sticky Date Pudding, Butterscotch Sauce

8

Gluten Free Whole Orange And Almond Cake

8

Old Fashioned Creamy Rice Pudding

8

Dietary Requirements

We can work with all these Dietary requirements and preferences plus many more so please get in touch.

Dairy Free

Egg Free

Gluten Free

Keto

Low Carb, Low Fat, High Protein

Calorie Controlled Portions*

Lactose Free

Nut Free

Vegan

Vegetarian

Please let us know if you or anyone in the home has allergies or intolerances when selecting your menu. Almost all meals can be made to be allergen free, and vegan or vegetarian friendly. If one person in the home has allergic anaphylactic reactions to any substance all meals will be made omitting that allergen.

*Calorie controlled portions are subject to terms and conditions.

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