

## Breakfast

minimum  
order

Warm Berry Bircher Muesli

4

Baked Eggs in Tomato Sauce with Kale

4

Apple Cinnamon Quinoa Bowl

4

Almond Muffins With Black Sesame Streusel

12

Mixed Berry Açai Breakfast Bowl

4

Mushroom Frittata

6

Savoury Mince on Toast

4

## Soups

Indian Spiced Pumpkin, Split Pea and Coconut Soup

4

Cream of Mushroom Soup

4

Fragrant Chinese Style Tofu and Mushroom Soup

4

Cream of White Vegetable Winter Soup

4

Thick and Chunky Green Pea and Ham Soup

4

Corn Chowder

4

Classic Minestrone

4

Roast Tomato and Capsicum Soup

4

## Sweet Snacks

Chai Spiced Pear Scones with Cinnamon Syrup

12

Fruit and Nutty Wheaten

12

minimum  
order

Cherry Coconut 'Pie' Bars

10

Glazed Lemony Blueberry Scones

8

Pumpkin Scones

12

Buderim Ginger & Date Cookies

25

Mixed Berry Muffins

12

Cinnamon Apple Raisin Oatmeal Muffins

12

Banana Chocolate Chunk Muffins

12

Super Oatmeal Carrot Cookies

12

Healthier Banana Bread

10

Homemade Granola

8

## Savoury Snacks

Healthy Seed Crusted Sriracha Chicken Tenders

4

Crispy Feta Filo Pockets

6

Black Bean, Corn, and Coriander Loaded Potato Skins

4

Roasted Cauliflower Broccoli and Garlic Frittata

4

Ham and Cheese Spinach Puffs

12

Chilli Con Carne Stuffed Sweet Potato

4

Cheesy Spinach and Artichoke Dip

6

Vegetable Fritters

4

Healthy Chicken & Vegetable Mini Sausage Rolls

24

Zucchini Bacon and Tomato slice

6

## Mains or Lunches

minimum  
order

Baked Chicken Parmigiana with Sweet Potato Mash

2

Chickpea, Mushroom Stew with Coconut Milk and Tomatoes

4

Lamb Meatballs with Burghul, Yogurt and Mint

4

Classic Curry Sausage with Rice

4

Beef, Paprika, Tomato and Vegetable Casserole with Potatoes

4

Classic Chicken, Pastry and Potato Pot Pie

4

Spinach and Ricotta Cannelloni

5

Braised Lamb Shanks with Mashed Potatoes, Green Beans

2

French Beef Stew, Redwine, Onion, Mushroom, Bacon, and Potatoes

4

Chicken Cacciatore with Salami and Olives

4

Tuna Macaroni and Cheese Pasta Bake

4

Leblanc Beef Curry from 'Persona 5'

4

Creamy Tuscan Chicken, Spinach, Tomatoes, and Rice

4

Mash Potato Topped Meatloaf with Veggies

4

Chicken Tikka Masala

4

Curtis Stone's Rich Braised Beef with Carrots and Onions

4

One Pan Coconut Lime Chicken

4

Massaman Beef Curry

4

Chicken Masala, with Coconut, Chickpea Rice Pilaf

4

Chicken Thigh Diane Sauce, Rigatoni Pasta

4

## Salads

minimum  
order

Roasted Cauliflower, Fregola, and Barley Salad

4

Moroccan Spiced Fruit N' Seed Carrot Salad

4

Warm Chorizo and Chickpea Salad

4

Marinated Lamb, Potato and Olive Salad

2

Pesto Wholemeal Spirals N' Cheese Pasta Salad

4

Beef Sausage, Broccoli, and Orecchiette Pasta Salad

4

These salads are designed for substantial lunches or dinners with the ability to warm before eating.

## Desserts

Bread and Butter Pudding

6

Self-Saucing Sticky Toffee Chocolate Pudding

6

Apple and Raspberry Crumble Tea Cake

8

Banana and Malt Self Saucing Pudding

6

Salted Caramel & Apple Pudding

6

Peanut Banana Bread and Butter Pudding

4

Rhubarb and Apple Crumble

6

## Allergies & Intolerances

Almost all meals can be made allergen/intolerance free. Where anyone in the household has allergic anaphylactic reactions to any ingredient all meals will be made omitting that allergen.

## Macronutrients & Calories

Your meals can be made low or high protein, carbohydrate or fat. Calories depend on your portion size and meal composition. Please discuss this with your chef during onboarding if important to you.