

INDIVIDUAL MEAL RANGE

Meat Based

Creamy Chicken, Mushroom, Bacon, Creamy Mash gf	\$10
Moroccan Chicken Tagine, Brown Rice gf, df	\$10
Lemongrass & Coconut Thai Beef Curry, Steamed Jasmine Rice, Greens gf, df	\$10
Chicken Tikka Masala, Steamed Jasmine Rice gf	\$10
Traditional Butter Chicken, Steamed Jasmine Rice gf	\$10
Chicken Cacciatore, Cous Cous	\$10

Pasta Range

Rigatoni All Norma v	\$9
Beef Lasagna	\$9
Vegetarian Lasagna v	\$9
Gluten Free Beef Lasagna gf	\$10
Gluten Free Vegetarian Lasagna gf	\$10
Fusilli Bolognese	\$9
Spicy Tomato & Olive Fusilli v	\$9

Vegan Range

Vegan Rigatoni Alla Norma v, df	\$9
Moroccan Vegetable Tagine, Brown Rice v, df, gf	\$9
Vegan Lasagna v, df	\$9

(v) - Vegetarian | (gf) - Gluten Free | (df) - Dairy Free | (vn) - Vegan

FAMILY SIZE MEALS

Quiches/Slices/Pies

Mediterranean Vegetable Frittata gf, v	\$18
Corn, Capsicum, Feta Frittata gf, v	\$18
Quiche Lorraine	\$18
Shepherd's Pie gf	\$25
Lentil Shepherd's Pie	\$25

Pasta Range

Beef Lasagna	\$20
Fusilli Bolognese	\$19
Spicy Tomato & Olive Fusilli v	\$19
Vegetarian Lasagna v	\$19
Gluten Free Beef Lasagna gf	\$22.50
Gluten Free Vegetarian Lasagna gf	\$22.50
Spinach & Ricotta Cannelloni v	\$20
Beef & Pea Cannelloni	\$20

Meat Based (sides sold seperately)

Creamy Chicken, Mushroom, Bacon gf	\$20
Moroccan Chicken Tagine gf, df	\$20
Lemongrass & Coconut Thai Beef Curry gf, df	\$20
Chicken Tikka Masala gf	\$20
Creamy Butter Chicken gf	\$20
Chicken Cacciatore, Cous Cous	\$20

Vegetarian & Vegan Range

Vegan Lasagna v, df	\$22.50
Vegan Rigatoni Alla Norma v, df	\$19
Vegan Moroccan Chickpea & Vegetable Tagine v, df, gf	\$19
Cheesy Rice & Vegetable Stuffed Capsicums v	\$22
Cheesy Rice & Vegetable Stuffed Zucchini v	\$22

SIDES / SOUPS / SAUCES

Sides	400 GM	1 KG
Steamed Brown Rice v, df, gf	\$5	\$12
Steamed White Rice v, df, gf	\$5	\$12
Steamed Seasonal Vegetables, EVOO v, df, gf	\$5	\$12
Mediterranean Vegetable Cous Cous v, df	\$8	\$12
Creamy Mash v, gf	\$7	\$15
Roast Potatoes v, df, gf	n/a	\$15
Roast Pumpkin v, df, gf	n/a	\$15
Cauliflower Cheese v, gf	n/a	\$18
 Pasta Sauces	 750 ML	
Bolognese Sauce gf, df	\$10	
Heather's Home Cooking Tomato Sugo v, df	\$8	
Creamy Mushroom & Bacon Carbonara Sauce	\$10	
 Soups (Available May – August Only)	 750 ML	
Roast Pumpkin v, df, gf	\$8	
Tuscan Vegetable v, df, gf	\$8	
Potato & Leek v, df, gf	\$8	
Classic Roast Tomato & Basil v, df, gf	\$8	
Pea and Ham gf, df	\$10	
 Sweets	 EACH	 FAMILY
Chocolate Brownies gf	\$3.50	\$15
Individual Mini Tartlets (Chocolate or Passionfruit)		\$15
Sticky Date Pudding, Butterscotch Sauce	\$4.50	\$25
Banana & Choc Chip Loaf gf	\$4.00	\$30 (Loaf)

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