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NEW DISH

Creamy Garlic Chicken, Charred Broccoli and Cauliflower Rice



250g • 185 kcal / 772 kJ • P 14g F 12g C 3g
350g • 258 kcal / 1081 kJ • P 20g F 17g C 4.2g
400g • 295 kcal / 1235 kJ • P 23g F 20g C 4.8g
Diced Chicken Drumstick, Cooking Cream, Cream cheese, Chicken Stock, Parmesan Cheese, Olive Oil, Butter, Brown Onion, Garlic Paste, Dijon Mustard, White Pepper, Salt, Parsley, Cauliflower Rice, Chicken Booster, Broccoli Floret, Pepper
Allergens: Milk

Creamy Garlic Chicken, Charred Broccoli and Potato Mash



250g • 299 kcal / 1250 kJ • P 20g F 18g C 11.2g
350g • 418 kcal / 1750 kJ • P 28g F 26g C 15.7g
400g • 478 kcal / 2000 kJ • P 32g F 29g C 17.9g
Diced Chicken Drumstick, Cooking Cream, Cream cheese, Chicken Stock, Parmesan Cheese, Olive Oil, Butter, Brown Onion, Garlic Paste, Dijon Mustard, White Pepper, Salt, Parsley, Frozen Mash Potato, Fresh Cream, Fried Butter Garlic, Broccoli Floret, Pepper
Allergens: Milk

BREAKFAST

Berry and Yogurt Bowl



250g • 490 kcal / 2050 kJ • P 13.9g F 44.9g C 6.8g
350g • 686 kcal / 2870 kJ • P 19.5g F 62.9g C 9.5g
400g • 980 kcal / 4100 kJ • P 27.8g F 89.8g C 13.6g
Pasteurised Whole Milk, Raspberry, Blueberry, Blackberry, Erythritol, Almonds Slivered
Allergens: Nuts

Berry and Yogurt Bowl with Toasted Almonds



250g • 490 kcal / 2050 kJ • P 13.9g F 44.9g C 6.8g
350g • 686 kcal / 2870 kJ • P 19.5g F 62.9g C 9.5g
400g • 980 kcal / 4100 kJ • P 27.8g F 89.8g C 13.6g
Natural Yogurt, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Almonds
Allergens: Gluten

Breakfast Salad of Mixed Veggies, Chorizo, Bacon, Free Range Boiled Eggs and Balsamic Vinaigrette



250g • 390 kcal / 1630 kJ • P 16.5g F 37g C 3.5g
350g • 545 kcal / 2282 kJ • P 23.1g F 51.8g C 4.9g
400g • 598 kcal / 2500 kJ • P 26.4g F 41.4g C 5.6g
Free Range Eggs, Premium Chorizo, Bacon, Sliced Button Mushrooms, Cherry Tomato, Baby Spinach leaves, Green Beans, Balsamic Vinegar, Cold-Pressed Extra Virgin Olive Oil
Allergens: Egg

Breakfast Salad of Mushroom, Tomato, Chorizo, Bacon, Spinach, Free Range Boiled Eggs and Balsamic Vinaigrette



250g • 390 kcal / 1630 kJ • P 16.5g F 37g C 3.5g
350g • 545 kcal / 2282 kJ • P 23.1g F 51.8g C 4.9g
400g • 598 kcal / 2500 kJ • P 26.4g F 51.4g C 5.6g
Spinach, Rosemary, Pepper, Salt, Mushroom, Cherry Tomato Raw, Green Beans, Egg, Pork, Modified Starch, Corn Syrup, Garlic, Mineral Salt, Antioxidant(316), Wood Smoke, Edible Beef Collagen Casing, Chorizo, Bacon, Sulphites, Erythritol, Sunflower Seed Oil, Lemon Juice, Red Bell Pepper, Parsley, Vegetable Gum, Balsamic Vinegar
Allergens: Egg

Creamy Free Range scrambled eggs with sautéed Mushroom, Spinach and Cherry Tomatoes (Breakfast)



250g • 320 kcal / 1340 kJ • P 18g F 27g C 2g
350g • 448 kcal / 1876 kJ • P 25.2g F 37.8g C 2.8g
400g • 511 kcal / 2140 kJ • P 28.8g F 43.2g C 3.2g
Spinach, Rosemary, Pepper, Salt, Mushroom, Himalayan Rock Salt, Cream, Butter, Egg, Cherry Tomato Raw
Allergens: Dairy, Egg

BREAKFAST

Creamy Free Range Scrambled Eggs with Sautéed Veggies and Cherry Tomatoes



250g • 320 kcal / 1340 kJ • P 18g F 27g C 2g
350g • 448 kcal / 1876 kJ • P 25.2g F 37.8g C 2.8g
400g • 512 kcal / 2144 kJ • P 28.8g F 43.2g C 3.2g
Australian Free Range Eggs, Baby Spinach Leaves, Cherry Tomatoes, Sliced Button Mushrooms, Cream, Butter, Himalayan Rock Salt, Organic Ground Black Pepper
Allergens: Dairy, Egg

Granola mix with Toasted Coconut and Yogurt



250g • 409 kcal / 1710 kJ • P 14g F 35g C 6g
350g • 572 kcal / 2394 kJ • P 19.6g F 49g C 8.4g
400g • 600 kcal / 2510 kJ • P 22.4g F 56g C 7g
Greek Yogurt, Coconut Cream, Roasted Australian Almonds, Shredded Coconut, Organic Sesame Seeds, Organic Flax Seeds, Organic Sunflower Seeds, Organic Pepitas Seed, Vanilla Extract
Allergens: Nuts

Granola mix with Yogurt and Toasted Coconut



250g • 409 kcal / 1710 kJ • P 14g F 35g C 6g
350g • 572 kcal / 2394 kJ • P 19.6g F 49g C 8.4g
400g • 600 kcal / 2510 kJ • P 22.4g F 56g C 7g
Pasteurised Whole Milk, Almonds Slivered, Erythritol, Organic Flax Seeds, Almond Whole, Pepita Seeds, Vanilla Extract, Coconut Oil, Shredded Coconut, Cinnamon Powder, Full Fat Greek Yoghurt, Almonds, Pure Honey
Allergens: Nuts

CHICKEN

Bravas Spanish Chicken Thigh with Lime Chilli Pesto Spaghetti



250g • 347 kcal / 1450 kJ • P 25.3g F 13.2g C 23.6g
350g • 485 kcal / 2030 kJ • P 35.4g F 18.5g C 33g
400g • 550 kcal / 2300 kJ • P 39.9g F 21g C 37.3g
Chicken Thigh, Saffron, Smoked Paprika, Garlic, Lemon Juice, Dried Thyme, Salt, Olives, Broccolini, Bravas Sauce, Lemon, Tomato, Chilli, Pesto, Basil Puree, Canola Seed Oil, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Starter Culture, Enzymes, Natural Preservatives (235), Sorbic Acid (200), Citric Acid, Cold Pressed Extra Virgin Olive Oil, Grated Parmesan, Spaghetti Pasta, Spinach
Allergens: Nuts, Dairy

Bravas Spanish Chicken Thigh with Smoked Golden Cauliflower Rice



250g • 399 kcal / 1670 kJ • P 20.4g F 31.8g C 5g
350g • 559 kcal / 2338 kJ • P 28.6g F 44.5g C 7g
400g • 631 kcal / 2640 kJ • P 31.1g F 50.6g C 8.2g
Chicken Thigh, Saffron, Smoked Paprika, Garlic, Lemon Juice, Dried Thyme, Salt, Cauliflower Rice, Cauliflower, Cold Pressed Extra Virgin Olive Oil, Olives, Broccolini, Bravas Sauce, Lemon, Tomato, Capsicum, Thyme, Spinach

Chicken Breast Parmigiana with Green Beans & Roasted Lemon Parmesan Cauliflower



250g • 363 kcal / 1520 kJ • P 36g F 20g C 5.8g
350g • 509 kcal / 2128 kJ • P 50.4g F 28g C 8.1g
400g • 581 kcal / 2432 kJ • P 58g F 32g C 9.3g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Lemon Juice, Salt, Dried Parsley, Rosemary, Thyme, Garlic, Onion, Basil, Tomato Paste, Oregano, Mozzarella Cheese, Green Beans, Roasted Cauliflower, Parmesan Cheese, Pepper
Allergens: Dairy

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CHICKEN

Chicken Enchilada, Charred Zucchini and Capsicum, Pickled Red Onion and Cabbage, Avocado and Sour Cream Sauce



250g • 370 kcal / 1550 kJ • P 32g F 23g C 6.8g
350g • 519 kcal / 2170 kJ • P 44g F 33g C 9.5g
400g • 593 kcal / 2480 kJ • P 50g F 37g C 10.9g
Shredded Chicken Breast, Cream cheese, Mozzarella cheese, Onion, Red Capsicum, Olive Oil, Garlic Paste, Salt, Paprika, Tomato Passata (no sugar), Chicken Stock, Tomato Paste, Cumin Powder, Oregano, Zucchini, Capsicum, Garlic Powder, Lime Juice, Fresh Coriander, Smoked Paprika, Sour Cream, Avocado, Lime Zest, Garlic, Citric Acid, Red Cabbage, Red Onion, Apple Cider Vinegar, Erythritol Sugar, Cumin Seed, Water

Allergens: Milk

Chicken Enchilada, Pickled Red Onion and Cabbage, Charred Zucchini and Capsicum, Avocado and Sour Cream Sauce



250g • 370 kcal / 1550 kJ • P 32g F 23g C 6.8g
350g • 519 kcal / 2170 kJ • P 44g F 33g C 9.5g
400g • 593 kcal / 2480 kJ • P 50g F 37g C 10.9g
Shredded Chicken Breast, Cream cheese, Mozzarella cheese, Onion, Red Capsicum, Olive Oil, Garlic Paste, Salt, Paprika, Tomato Passata (no sugar), Chicken Stock, Tomato Paste, Cumin Powder, Oregano, Zucchini, Capsicum, Garlic Powder, Lime Juice, Fresh Coriander, Smoked Paprika, Sour Cream, Avocado, Lime Zest, Garlic, Citric Acid, Red Cabbage, Red Onion, Apple Cider Vinegar, Erythritol Sugar, Cumin Seed, Water

Allergens: Milk

Chicken Souvlaki, Roasted Eggplant and Capsicum, Cauliflower Rice, Yoghurt Dip



250g • 270 kcal / 1130 kJ • P 21g F 17g C 6.2g
350g • 378 kcal / 1582 kJ • P 30g F 24g C 8.7g
400g • 432 kcal / 1808 kJ • P 34g F 27g C 9.9g
Chicken Thigh Maryland, Olive Oil, Lemon Juice, Garlic, Oregano, Paprika, Salt, Black Pepper, Greek Yogurt, Red Wine Vinegar, Roasted Eggplant, Capsicum, Cauliflower Rice, Chicken Booster, Dill

Allergens: Milk

Chicken Souvlaki, Roasted Eggplant and Capsicum, Jasmin Rice, Yoghurt Dip



250g • 480 kcal / 2010 kJ • P 24g F 15g C 60g
350g • 673 kcal / 2814 kJ • P 34g F 21g C 84g
400g • 769 kcal / 3216 kJ • P 39g F 24g C 96g
Chicken Thigh Maryland, Olive Oil, Lemon Juice, Garlic, Oregano, Paprika, Salt, Black Pepper, Greek Yogurt, Red Wine Vinegar, Roasted Eggplant, Capsicum, Jasmine Rice, Dill

Allergens: Milk

Chicken Tikka Masala with Basmati Rice



250g • 277 kcal / 1160 kJ • P 19.4g F 17.3g C 27.1g
350g • 388 kcal / 1624 kJ • P 27.2g F 24.2g C 37.9g
400g • 449 kcal / 1880 kJ • P 31.2g F 28.3g C 43.7g
Marinated Diced Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Turmeric Powder, Garam Masala, Paprika, Edible Food Colour, Tomato Puree, Onion, Capsicum, Heavy Cream, Butter, Erythritol, Broccoli, Fried Onion, White Rice

Allergens: Dairy

Chicken Tikka Masala with Cauliflower Rice



250g • 437 kcal / 1830 kJ • P 20.7g F 35.8g C 5.8g
350g • 612 kcal / 2562 kJ • P 29g F 50.1g C 8.1g
400g • 688 kcal / 2880 kJ • P 34.1g F 55.7g C 8.9g
Marinated Diced Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Turmeric Powder, Garam Masala, Edible Food Colour, Tomato Puree, Onion, Capsicum, Heavy Cream, Butter, Erythritol, Broccoli, Fried Onion, Cauliflower

Allergens: Dairy

CHICKEN

Creamy Chicken Mushroom Cauliflower Risotto



250g • 449 kcal / 1880 kJ • P 20.6g F 37.4g C 5.2g
350g • 629 kcal / 2632 kJ • P 28.8g F 52.3g C 7.3g
400g • 705 kcal / 2950 kJ • P 33.4g F 58g C 8.1g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Salt, Garlic, Rosemary, Thyme, Oregano, Parsley, Lemon Juice, Mushroom, Pepper, Cauliflower Rice, Butter, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese, Spinach

Allergens: Dairy

Crumbed Chicken Breast Parmigiana with Lime Chilli Pesto Spaghetti and Sweet Potatoes



250g • 454 kcal / 1900 kJ • P 47g F 23g C 12.6g
350g • 636 kcal / 2660 kJ • P 65.8g F 32.2g C 17.6g
400g • 727 kcal / 3040 kJ • P 75g F 37g C 20.2g
Chicken Schnitzel, Maize Flour, Wheat Flour, Natural Herbs & Spices, Breast Fillet, Salt, Thickener (1442), Napolitana Sauce, Mozzarella Cheese, Tomato, Onion, Garlic, Parsley, Sweet Potato, Cold Pressed Extra Virgin Olive Oil, Rosemary, Potato, Cracked Black Pepper, Chilli, Pesto, Basil Puree, Canola Seed Oil, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Starter Culture, Enzymes, Natural Preservatives (235), Sorbic Acid (200), Citric Acid, Grated Parmesan, Spaghetti Pasta, Maize Starch, Soy Flour, Potato Starch, Rice Starch

Allergens: Gluten, Dairy, Nuts

Free Range Butter Chicken serve over White Rice



250g • 655 kcal / 2740 kJ • P 14.9g F 49.3g C 37.9g
350g • 917 kcal / 3836 kJ • P 20.9g F 69g C 53.1g
400g • 1061 kcal / 4440 kJ • P 24.6g F 79.6g C 58.7g
Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Cumin Powder, Coriander Powder, Green Cardamom, Cinnamon Stick, Kashmiri Chilli Powder, Premium Food Colour, Cassia, Black Pepper, Nutmeg Powder, Cloves, Onion, Tomato, Tomato Paste, Heavy Cream, Erythritol, Butter, Kasoori Methi, Almond Flour, Capsicum, Rosemary, Pepper, Balsamic Vinegar, White Rice

Allergens: Dairy, Nuts

Free Range Butter Chicken with Stir-fried Broccoli Rice, Onions, and Capsicums



250g • 408 kcal / 1705 kJ • P 17.9g F 27.1g C 3.8g
350g • 464 kcal / 1939 kJ • P 20.4g F 28.5g C 4.3g
400g • 576 kcal / 2410 kJ • P 20.2g F 29.9g C 4.8g
Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Cumin Powder, Coriander Powder, Green Cardamom, Cinnamon Stick, Kashmiri Chilli Powder, Premium Food Colour, Cassia, Black Pepper, Nutmeg Powder, Cloves, Onion, Tomato, Tomato Paste, Heavy Cream, Erythritol, Butter, Kasoori Methi, Capsicum, Rosemary, Pepper, Balsamic Vinegar, Broccoli Rice

Allergens: Dairy

Free Range Chicken Alfredo pasta



250g • 531 kcal / 2220 kJ • P 30.6g F 36.2g C 19.7g
350g • 743 kcal / 3108 kJ • P 42.8g F 50.7g C 27.6g
400g • 784 kcal / 3280 kJ • P 52.3g F 45.5g C 38.4g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Salt, Garlic, Rosemary, Thyme, Oregano, Parsley, Lemon Juice, Mushroom, Pepper, Diced Bacon, Broccoli Blanched, Butter, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese, Maize Starch, Soy Flour, Potato Starch, Rice Starch

Allergens: Dairy

Free Range Keto Chicken Mushroom Bacon Alfredo with Seasonal Veggie



250g • 521 kcal / 2180 kJ • P 25.7g F 45g C 2.6g
350g • 729 kcal / 3052 kJ • P 36g F 63g C 3.6g
400g • 801 kcal / 3350 kJ • P 40.7g F 68g C 5.2g
Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Salt, Garlic, Rosemary, Thyme, Oregano, Parsley, Lemon Juice, Mushroom, Pepper, Diced Bacon, Broccoli Blanched, Butter, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese

Allergens: Dairy

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CHICKEN

Free Range Thai Red Chicken Curry Served Over White Rice, Bok Choy & Bamboo Shoots



250g • 688 kcal / 2880 kJ • P 18g F 50.9g C 38.8g
350g • 964 kcal / 4032 kJ • P 25.2g F 71.3g C 54.3g
400g • 1176 kcal / 4920 kJ • P 27.5g F 86.5g C 70.6g

Chicken Maryland Diced, Dried Red Chilli, Garlic, Lemon Grass, Salt, Galangal, Kaffir Lime, Shrimp Paste, Pepper, Cold Pressed Extra Virgin Olive Oil, Ginger, Curry Powder, Erythritol, Coconut Cream, White Rice, Bokchoy, Bamboo Shoot, Fried Garlic

Allergens: Dairy

Free Range Thai Red Chicken Curry with Fresh Basil, Broccoli & Bamboo Shoots



250g • 320 kcal / 1340 kJ • P 19g F 28g C 4g
350g • 448 kcal / 1876 kJ • P 26.6g F 39.2g C 5.6g
400g • 535 kcal / 2240 kJ • P 22g F 33g C 5g

Chicken Maryland Diced, Dried Red Chilli, Garlic, Lemon Grass, Salt, Galangal, Kaffir Lime, Shrimp Paste, Pepper, Cold Pressed Extra Virgin Olive Oil, Ginger, Curry Powder, Erythritol, Coconut Cream, Broccoli, Bokchoy, Bamboo Shoot, Fried Garlic

Allergens: Shellfish

Greek Spiced Chicken with Cauliflower & Broccoli Skordalia



250g • 557 kcal / 2330 kJ • P 21.3g F 47.9g C 7.7g
350g • 780 kcal / 3262 kJ • P 29.8g F 67.1g C 10.8g
400g • 935 kcal / 3910 kJ • P 35g F 81g C 12.4g

Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic Paste, Oregano, Red Wine Vinegar, Lemon Juice, Sea Salt, Black Pepper, Sweet Paprika, Cauliflower, Broccoli, Spring Onion, Garlic, Salt, Roast Pumpkin, Pepper, Rosemary

Greek Spiced Chicken with Potato Skordalia



250g • 433 kcal / 1810 kJ • P 20.3g F 27.5g C 19g
350g • 606 kcal / 2534 kJ • P 28.4g F 38.5g C 26.6g
400g • 703 kcal / 2940 kJ • P 32.9g F 44.9g C 30.5g

Chicken Maryland, Cold Pressed Extra Virgin Olive Oil, Garlic Paste, Oregano, Thyme, Lemon Juice, Sea Salt, Black Pepper, Lemon Zest, Sweet Paprika, Red Wine, Vinegar, Potato, Spring Onion, Garlic, Salt, Broccoli Blanched

Grilled chicken breast with Caesar Salad



250g • 471 kcal / 1970 kJ • P 53g F 28g C 1.3g
350g • 659 kcal / 2758 kJ • P 74.2g F 39.2g C 1.8g
400g • 753 kcal / 3152 kJ • P 84g F 45g C 2.1g

Chicken Breast Grilled, Thyme, Lemon Juice, Rosemary, Salt, Pepper, Garlic, Cos Lettuce Raw, Bacon, Soybean Oil, Vinegar, Parmesan Chese, Pasteurised Egg Yolk, Onion, Anchovy, Acidity Regulator 260, Natural Mustard Flavour, Xanthan Gum, Parsley, Spices, Boiled Egg, Parmesan Cheese

Allergens: Soy, Seafood, Egg, Dairy

CHICKEN

Italian Chicken Meatballs with Potatoes au Gratin and Broccoli



250g • 435 kcal / 1820 kJ • P 30g F 20g C 30.5g
350g • 609 kcal / 2548 kJ • P 42g F 28g C 42.7g
400g • 696 kcal / 2912 kJ • P 47g F 32g C 48.8g

Chicken Mince, Parmesan Cheese, Almond Flour, Italian Seasoning, Parsley, Pepper, Salt, Egg, Garlic, Cold Pressed Extra Virgin Olive Oil, Onion Powder, Garlic Powder, Zucchini, Almond, Honey, Red Capsicum, Potato, Butter, Cream, Mozzarella Cheese, Broccoli

Allergens: Dairy, Nuts, Egg

CHICKEN

Italian Chicken Meatballs with Roasted Lemon Parmesan Cauliflower



250g • 411 kcal / 1720 kJ • P 35g F 26g C 6g
350g • 576 kcal / 2408 kJ • P 49g F 36.4g C 8.4g
400g • 658 kcal / 2752 kJ • P 57g F 42g C 9.6g

Chicken Mince, Parmesan Cheese, Almond Flour, Italian Seasoning, Parsley, Pepper, Salt, Egg, Garlic, Cold Pressed Extra Virgin Olive Oil, Onion Powder, Garlic Powder, Zucchini, Kale Wilted, Almond, Honey, Red Capsicum, Cauliflower, Lemon, Shaved Parmesan

Allergens: Dairy, Nuts, Egg

Keto Lasagna with Ricotta Cheese



250g • 657 kcal / 2750 kJ • P 45.8g F 52.7g C 1.4g
350g • 920 kcal / 3850 kJ • P 64.1g F 73.8g C 2g
400g • 1009 kcal / 4220 kJ • P 76.2g F 78.1g C 1.7g

Smoked Chicken Slice, Ricotta Cheese, Pasteurized Skimmed Milk, Anti Caking Agent (Potato Starch), Non Animal Rennet, Lactic Acid Culture, Palm Oil, Mozzarella Cheese, Cold Pressed Extra Virgin Olive Oil, Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Butter, Heavy Cream, White Pepper, Clove Whole, Nutmeg Powder, Sea Salt, Parmesan Cheese, Acidity Regulator 260, Milk, Milk Solids, Preservatives

Allergens: Dairy

Lemon Thyme Chicken Breast and Garlic Potatoes Mash with Pesto Halloumi



250g • 552 kcal / 2310 kJ • P 27.4g F 25.5g C 46.2g
350g • 773 kcal / 3234 kJ • P 38.4g F 35.7g C 64.7g
400g • 927 kcal / 3880 kJ • P 44.4g F 41.4g C 82.2g

Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Garlic Minced, Lemon Thyme, Salt, Butter, Garlic, Thickened Cream, Potato, Lemon Wedges, Pesto, Basil Puree, Canola Seed Oil, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Starter Culture, Enzymes, Natural Preservatives (235), Sorbic Acid (200), Pasteurised Whole Milk, Citric Acid, Halloumi Cheese

Allergens: Dairy

Lemon Thyme Chicken Breast, Pesto Halloumi and Smoked Golden Cauliflower Rice



250g • 490 kcal / 2050 kJ • P 24.2g F 40.1g C 6.9g
350g • 686 kcal / 2870 kJ • P 33.9g F 56.1g C 9.7g
400g • 796 kcal / 3330 kJ • P 40.6g F 63.8g C 12.6g

Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Garlic Minced, Lemon Thyme, Salt, Smoked Golden Cauliflower Rice, Smoked Paprika, Saffron, Garlic, Lemon Wedges, Pesto, Basil Puree, Canola Seed Oil, Cashew Nuts, Parmesan Cheese, Tapioca Starch, Whey Powder, Starter Culture, Enzymes, Natural Preservatives (235), Sorbic Acid (200), Pasteurised Whole Milk, Citric Acid, Halloumi Cheese

Allergens: Nuts, Dairy

BEEF

Beef Bourguignon, Cauliflower Mash, Green Beans, and Broccoli



250g • 301 kcal / 1260 kJ • P 27g F 18g C 6.2g
350g • 422 kcal / 1764 kJ • P 38g F 25g C 8.7g
400g • 482 kcal / 2016 kJ • P 43g F 28g C 9.9g

Beef Chuck, Beef Gravy, Mushroom, Brown Onion, Celery, Tomato Paste, Olive Oil, Garlic Paste, Thyme, Bay Leaves, Black Pepper, Salt, Xanthan Gum, Apple Cider Vinegar, Cauliflower, Butter, Thickened Cream, Pepper, Green Beans, Broccoli

Allergens: Milk

Beef Bourguignon, Potato Mash, Green Beans, and Broccoli



250g • 308 kcal / 1290 kJ • P 28g F 15g C 12.6g
350g • 432 kcal / 1806 kJ • P 39g F 21g C 17.6g
400g • 493 kcal / 2064 kJ • P 44g F 24g C 20.2g

Beef Chuck, Beef Gravy, Mushroom, Brown Onion, Celery, Tomato Paste, Olive Oil, Garlic Paste, Thyme, Bay Leaves, Black Pepper, Salt, Xanthan Gum, Apple Cider Vinegar, Potato, Butter, Garlic, Thickened Cream, Green Beans, Broccoli

Allergens: Milk

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BEEF

Beef Rendang, Charred Zucchini, Garlic Bokchoy, and Cauliflower Mash



250g • 344 kcal / 1440 kJ • P 27g F 23g C 4.8g
350g • 482 kcal / 2016 kJ • P 38g F 32g C 6.7g
400g • 551 kcal / 2304 kJ • P 44g F 37g C 7.7g
Beef Chuck, Coconut Cream, Beef Stock, Brown Onion, Garlic, Ginger Paste, Tallow, Tomato Paste, Desiccated Coconut, Paprika, Turmeric Powder, Coriander Powder, Cumin Powder, Lemongrass paste, Kaffir Lime Leaves, Salt, Black Pepper, Bokchoy, Fresh ginger, Tamari Soy Sauce, Sesame Oil, Chicken Booster, Olive Oil, Zucchini, Garlic Powder, Smoked Paprika, Lemon Juice, Cauliflower, Butter, Thickened Cream, Pepper
Allergens: Tree nuts, Soy, Sesame Seed, Milk

Beef Rendang, Charred Zucchini, Garlic Bokchoy, and Potato Mash



250g • 368 kcal / 1540 kJ • P 28g F 23g C 11.2g
350g • 515 kcal / 2156 kJ • P 39g F 32g C 15.7g
400g • 589 kcal / 2464 kJ • P 44g F 37g C 17.9g
Beef Chuck, Coconut Cream, Beef Stock, Brown Onion, Garlic, Ginger Paste, Tallow, Tomato Paste, Desiccated Coconut, Paprika, Turmeric Powder, Coriander Powder, Cumin Powder, Lemongrass paste, Kaffir Lime Leaves, Salt, Black Pepper, Bokchoy, Fresh ginger, Tamari Soy Sauce, Sesame Oil, Chicken Booster, Olive Oil, Zucchini, Garlic Powder, Smoked Paprika, Lemon Juice, Potato, Butter, Thickened Cream, Pepper
Allergens: Tree nuts, Soy, Sesame Seed, Milk

Bolognese Pasta (Gluten Free)



250g • 385 kcal / 1610 kJ • P 30.1g F 16.9g C 24.7g
350g • 539 kcal / 2254 kJ • P 42.1g F 23.7g C 34.6g
400g • 617 kcal / 2580 kJ • P 43.5g F 24.4g C 48.9g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Cold Pressed Extra Virgin Olive Oil, Pasta, Soy Flour, Maize Starch, Potato Starch, Roma Tomatoes, Dried Parsley, Basil, Salt

Cheesy Keto Beef Lasagna



250g • 717 kcal / 3000 kJ • P 42.8g F 56.9g C 8.1g
350g • 1004 kcal / 4200 kJ • P 59.9g F 79.7g C 11.3g
400g • 1109 kcal / 4640 kJ • P 66.9g F 86.9g C 14.3g
Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Celery, Rosemary, Thyme, Tomato Paste, Beef Bouillon, Mozzarella Cheese, Parmesan Cheese, Cream Cheese, Egg, Almond Flour, Butter, Napolitana Sauce, Tomato, Mixed Herbs, Salt, Pepper, Erythritol, Alfredo Sauce, Bay Leaves, Cloves, Nutmeg Powder, Chicken Bouillon, Broccoli
Allergens: Dairy, Egg, Nuts

Chili Con Carne Rice Bowl



250g • 672 kcal / 2810 kJ • P 17.5g F 31.9g C 39.2g
350g • 940 kcal / 3934 kJ • P 24.5g F 44.7g C 54.9g
400g • 784 kcal / 3280 kJ • P 28.8g F 46.1g C 59.9g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Sweet Paprika, Cumin Powder, Mexican Chilli, Cold Pressed Extra Virgin Olive Oil, Sour Cream, Skimmed Cows Milk, Palm Oil, Salt, Microbia Rennel, Lactic Culture, Green Beans, White Rice
Allergens: Dairy

Cottage Pie with Cauliflower Mash



250g • 344 kcal / 1440 kJ • P 28.4g F 21.8g C 5.7g
350g • 482 kcal / 2016 kJ • P 39.8g F 30.5g C 8g
400g • 495 kcal / 2070 kJ • P 44.7g F 28.9g C 10.3g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Cold Pressed Extra Virgin Olive Oil, Cauliflower, Butter, Thickened Cream, Salt, Pasteurised Whole Milk
Allergens: Dairy

BEEF

Garlic & Herb Roasted Beef with Roast Vegetables and Gravy



250g • 502 kcal / 2100 kJ • P 24.2g F 41.4g C 6.8g
350g • 703 kcal / 2940 kJ • P 33.9g F 58g C 9.5g
400g • 865 kcal / 3620 kJ • P 43.7g F 69.7g C 12.4g
Beef Striploin, Cold Pressed Extra Virgin Olive Oil, Salt, Pepper, Rosemary, Thyme, Garlic, Brussel Sprouts, Roast Pumpkin, Eggplant, Rice Flour, Flavours, Thickener (1442), Maltodextrin (Maize), Erythritol, Flavour Enhancer (621, 635), Dehydrated Vegetable, Colour (150C), Flour Enhancer (621, 635), Canola Seed Oil, Yeast Extract, Spice Extract

Grass Fed Beef Bolognese with Cauliflower Beetroot Mash & Olives and Dried Tomatoes



250g • 569 kcal / 2380 kJ • P 31.2g F 45.1g C 7g
350g • 796 kcal / 3332 kJ • P 43.7g F 63.1g C 9.8g
400g • 827 kcal / 3460 kJ • P 50.7g F 68.1g C 10.2g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Salt, Cold Pressed Extra Virgin Olive Oil, Cauliflower, Butter, Thickened Cream, Beetroot Powder, Olives, Balsamic Vinegar, Green Beans, Sundried Tomato, Sulphites, Vinegar
Allergens: Dairy

Grass Fed Beef Bolognese with Potato Mash & Olives and Dried Tomatoes



250g • 332 kcal / 1390 kJ • P 28g F 16.3g C 16.3g
350g • 465 kcal / 1946 kJ • P 39.2g F 22.8g C 22.8g
400g • 497 kcal / 2080 kJ • P 38.9g F 23.2g C 29.5g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Cold Pressed Extra Virgin Olive Oil, Olives, Balsamic Vinegar, Green Beans, Sundried Tomato, Sulphites, Vinegar, Peas, Butter, Salt, Thickened Cream, Potato
Allergens: Dairy

Keto Chili Con Carne



250g • 361 kcal / 1510 kJ • P 15.9g F 30.8g C 4g
350g • 505 kcal / 2114 kJ • P 22.3g F 43.1g C 5.6g
400g • 554 kcal / 2320 kJ • P 26.5g F 45.8g C 7g
Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Sweet Paprika, Cumin Powder, Mexican Chilli, Cold Pressed Extra Virgin Olive Oil, Zucchini, Lemon Extract, Chilli Flakes, Sour Cream, Skimmed Cows Milk, Palm Oil, Salt, Microbia Rennel, Lactic Culture, Green Beans
Allergens: Dairy

Keto Sausage Roll



250g • 554 kcal / 2320 kJ • P 38.6g F 41g C 5.4g
350g • 776 kcal / 3248 kJ • P 54g F 57.4g C 7.6g
400g • 927 kcal / 3880 kJ • P 62.4g F 69.6g C 8.6g
Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Cream Cheese, Mozzarella Cheese, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C), Almond Meal, Broccoli, Sugar, Concentrated Tomatoes, Salt, Food Acid (Acetic Acid), Tomato Ketchup
Allergens: Dairy

Pumpkin Soup with Middle Eastern Spiced Grass Fed Beef Mince



250g • 344 kcal / 1440 kJ • P 24.6g F 35.3g C 5g
350g • 482 kcal / 2016 kJ • P 34.4g F 49.4g C 7g
400g • 663 kcal / 2774 kJ • P 36.8g F 54.9g C 7.6g
Pumpkin, Lemon Extract (Portuguese Seasoning), Oregano (Portuguese Seasoning), Chilli Flakes (Portuguese Seasoning), Paprika (Portuguese Seasoning), Olive Oil (Portuguese Seasoning), Beef Mince, Onion, Garlic, Celery, Bay Leaves, Rosemary, Thyme, Oregano, Pepper, Tomato Paste, Erythritol, Tomatoes Crushed, Rice Flour, Yeast Extract, Paprika, Colour (150C)

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BEEF

Pumpkin Soup with Spiced Minced Beef



250g • 344 kcal / 1440 kJ • P 24.6g F 35.3g C 5g
350g • 482 kcal / 2016 kJ • P 34.4g F 49.4g C 7g
400g • 663 kcal / 2774 kJ • P 36.8g F 54.9g C 7.3g

Australian Grass Fed Beef Mince, Butter, Homemade Spice Mix, Turmeric, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Butternut Pumpkin, Onion and Garlic Free Vegetable Stock, Cold Pressed Extra Virgin Olive Oil

Sausage Roll with Quinoa Salad



250g • 457 kcal / 1910 kJ • P 32.3g F 24.4g C 21.7g
350g • 639 kcal / 2674 kJ • P 45.2g F 34.2g C 30.4g
400g • 707 kcal / 2960 kJ • P 49.3g F 35.4g C 39g

Beef Mince, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Rosemary, Thyme, Oregano, Cream Cheese, Mozzarella Cheese, Pepper, Almond Meal, Sugar, Concentrated Tomatoes, Salt, Food Acid (Acetic Acid), Tomato Ketchup, Quinoa Mix, Cranberries, Capsicum

Allergens: Dairy, Nuts

Slow Cooked Braised Beef Brisket, Cauliflower Mash with Chimmichuri Sauce



250g • 485 kcal / 2030 kJ • P 23.4g F 41g C 5g
350g • 679 kcal / 2842 kJ • P 32.8g F 57.4g C 7g
400g • 762 kcal / 3190 kJ • P 36.9g F 64.5g C 7.9g

Beef Brisket, Bay Leaves, Moroccan Seasoning, Rice Flour, Flavours, Black Pepper, Garlic, Sugar, Onion, Paprika, Rosemary, Acidity Regulator, Turmeric Powder, Capsicum, Coriander Seeds, Cumin Powder, Vegetable Oil, Lemon Oil, Ginger, Cauliflower, Butter, Thickened Cream, Salt, Pepper, Broccoli, Parsley, Spring Onion, Chilli Raw, Lemon Juice, White Wine Vinegar

Allergens: Dairy

Slow Cooked Braised Beef Brisket, Potato Mash, Broccoli with Chimichuri



250g • 480 kcal / 2010 kJ • P 22.9g F 40.4g C 6g
350g • 673 kcal / 2814 kJ • P 32.1g F 56.6g C 8.4g
400g • 770 kcal / 3220 kJ • P 36.8g F 64.7g C 9.6g

Beef, Beef Brisket, Bay Leaves, Moroccan Seasoning, Rice Flour, Potato, Butter, Thickened Cream, Salt, Pepper, Broccoli, Parsley, Spring Onion, Chilli Raw, Lemon Juice, Garlic, White Wine Vinegar

Allergens: Dairy

Thai Basil Beef, Cauliflower Rice, Zucchini Noodles



250g • 222 kcal / 928 kJ • P 24g F 11g C 5.2g
350g • 311 kcal / 1299 kJ • P 33g F 15g C 7.3g
400g • 355 kcal / 1485 kJ • P 38g F 18g C 8.3g

Beef mince, Brown Onion, Garlic Paste, Ginger Paste, Olive Oil, Coconut Aminos, Beef Stock, Tomato Paste, Erythritol Sugar, White Pepper, Thai Basil, Xanthan Gum, Cauliflower Rice, Chicken Booster, Zucchini Noodles, Salt, Pepper

Allergens: Soy

Thai Basil Beef, Potato Mash, Zucchini Noodles



250g • 263 kcal / 1100 kJ • P 24g F 12g C 12.2g
350g • 368 kcal / 1540 kJ • P 34g F 17g C 17.1g
400g • 421 kcal / 1760 kJ • P 39g F 20g C 19.5g

Beef mince, Brown Onion, Garlic Paste, Ginger Paste, Olive Oil, Coconut Aminos, Beef Stock, Tomato Paste, Erythritol Sugar, White Pepper, Thai Basil, Xanthan Gum, Frozen Mash Potato, Fresh Cream, Salt, Fried Butter Garlic, Zucchini Noodles, Pepper

Allergens: Soy, Milk

PORK

Char Siu Pork, Cauliflower Rice, Garlic Bok Choy, Coleslaw



250g • 373 kcal / 1560 kJ • P 21g F 27g C 9.8g
350g • 522 kcal / 2184 kJ • P 29g F 37g C 13.7g
400g • 597 kcal / 2496 kJ • P 34g F 42g C 15.7g

Pork Neck, Soy Sauce, Sesame Oil, Light Soy Sauce, Dark Soy Sauce, Maltose, Erythritol Sugar, Chinese Cooking Wine, Garlic, Five Spice Powder, Red Food Colour, White Pepper, Olive Oil, Water, Bokchoy, Fresh ginger, Tamari Soy Sauce, Chicken Booster, Salt, Red Cabbage, Green Cabbage, Mayonnaise, Cauliflower Rice, Pepper

Allergens: Soy, Sesame Seed, Eggs

Char Siu Pork, Jasmine Rice, Garlic Bok Choy, Coleslaw



250g • 478 kcal / 2000 kJ • P 23g F 22g C 42.5g
350g • 669 kcal / 2800 kJ • P 33g F 31g C 59.5g
400g • 765 kcal / 3200 kJ • P 37g F 36g C 68g

Pork Neck, Soy Sauce, Sesame Oil, Light Soy Sauce, Dark Soy Sauce, Maltose, Erythritol Sugar, Chinese Cooking Wine, Garlic, Five Spice Powder, Red Food Colour, White Pepper, Olive Oil, Water, Bokchoy, Fresh ginger, Tamari Soy Sauce, Chicken Booster, Salt, Red Cabbage, Green Cabbage, Mayonnaise, Jasmine Rice

Allergens: Soy, Sesame Seed, Eggs

LAMB

Braised Grass-Fed Lamb Stew with Peas and Mashed Potatoes



250g • 466 kcal / 1950 kJ • P 21.5g F 34.1g C 16.1g
350g • 652 kcal / 2730 kJ • P 30.1g F 47.7g C 22.5g
400g • 684 kcal / 2860 kJ • P 31.9g F 49.3g C 25.1g

Lamb, Onion, Garlic, Celery, Sundried Tomato, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Black Pepper, Red Wine, Salt, Gravy Powder, Thyme, Rosemary, Peas, Butter, Thickened Cream, Potato

Allergens: Dairy

Braised Keto Grass-Fed Lamb Stew with Pumpkin and Cauli Mash



250g • 406 kcal / 1700 kJ • P 20.4g F 33.5g C 3.9g
350g • 569 kcal / 2380 kJ • P 28.6g F 46.9g C 5.5g
400g • 516 kcal / 2160 kJ • P 32g F 50.4g C 6.5g

Lamb, Onion, Garlic, Celery, Sundried Tomato, Tomato Paste, Cold Pressed Extra Virgin Olive Oil, Black Pepper, Red Wine, Salt, Gravy Powder, Thyme, Rosemary, Pumpkin Diced, Pepper, Cauliflower, Butter, Cream

Allergens: Dairy

Grass Fed Lamb Rogan Josh Curry with Basmati Rice, Spinach, Onion and Capsicum



250g • 574 kcal / 2400 kJ • P 29.1g F 33.4g C 44.9g
350g • 803 kcal / 3360 kJ • P 40.7g F 46.8g C 62.9g
400g • 877 kcal / 3670 kJ • P 31.6g F 45.8g C 82g

Lamb, Cold Pressed Extra Virgin Olive Oil, Cloves, Green Cardamom, Cinnamon Stick, Black Pepper, Bay Leaves, Onion, Garlic, Ginger, Turmeric Powder, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Javitri, Salt, Tomato, Balsamic Vinegar, Rosemary, Erythritol, Spinach, Capsicum, Pepper, White Rice

Grass Fed Lamb Rogan Josh Curry with Cauliflower Rice, Spinach, Onion and Capsicum



250g • 314 kcal / 1312 kJ • P 13.4g F 24.5g C 3.3g
350g • 439 kcal / 1837 kJ • P 18.8g F 34.3g C 4.6g
400g • 462 kcal / 1932 kJ • P 16.2g F 26g C 3.8g

Lamb, Cold Pressed Extra Virgin Olive Oil, Cloves, Green Cardamom, Cinnamon Stick, Black Pepper, Bay Leaves, Onion, Garlic, Ginger, Turmeric Powder, Kashmiri Chilli Powder, Cumin Powder, Coriander Powder, Javitri, Salt, Tomato, Cauliflower, Balsamic Vinegar, Rosemary, Erythritol, Spinach, Capsicum, Pepper

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LAMB

Pan Seared Lamb Rump with Roasted Vegetables and Pink Peppercorn Sauce



250g • 454 kcal / 1900 kJ • P 22.7g F 37.8g C 5.2g
350g • 636 kcal / 2660 kJ • P 31.8g F 52.9g C 7.3g
400g • 686 kcal / 2870 kJ • P 32.4g F 57.1g C 9.2g

Lamb, Thyme, Salt, Pepper, Cold Pressed Extra Virgin Olive Oil, Zucchini, Lemon Extract, Oregano, Chilli Flakes, Paprika, Roast Pumpkin, Rosemary, Brussel Sprouts, Eggplant, Kale, Pink Peppercorn Sauce, Vinegar, Garlic, Onion, Spring Thyme, Bay Leaves, Pink Peppercorn, Red Wine, Fresh Cream, Gravy (Rice Flour, Salt, Maize, Erythritol, Dehydrated Vegetables, Colour (150C), Yeast Extract, Spice)

Allergens: Dairy

SEAFOOD

Baked Salmon with Beans, Mushrooms and Brussels Sprout with Hollandaise Sauce



250g • 490 kcal / 2050 kJ • P 24.4g F 42.9g C 2g
350g • 686 kcal / 2870 kJ • P 34.2g F 60.1g C 2.8g
400g • 789 kcal / 3300 kJ • P 39g F 68.8g C 3.4g

Atlantic Salmon Skin On, Cold Pressed Extra Virgin Olive Oil, Lime Pepper, Salt, Green Beans, Rosemary, Pepper, Brussel Sprouts, Mushroom, Egg, Butter, Vinegar

Allergens: Seafood, Egg, Dairy

Baked Salmon with Creamy Potato Mash, Beans with Hollandaise Sauce



250g • 502 kcal / 2100 kJ • P 24.2g F 42.6g C 5.3g
350g • 703 kcal / 2940 kJ • P 33.9g F 59.6g C 7.4g
400g • 808 kcal / 3380 kJ • P 38.8g F 68.3g C 8.8g

Atlantic Salmon Skin On, Cold Pressed Extra Virgin Olive Oil, Lemon Pepper, Salt, Green Beans, Butter, Garlic, Thickened Cream, Potato, Egg, Vinegar

Allergens: Seafood, Dairy, Egg

Responsibly Fished Roast Salmon with Cauliflower Salad, Roast Fennel and Tartare Sauce



250g • 533 kcal / 2230 kJ • P 27.8g F 43.4g C 6.7g
350g • 746 kcal / 3122 kJ • P 38.9g F 60.8g C 9.4g
400g • 901 kcal / 3770 kJ • P 44g F 74.7g C 11.1g

Atlantic Salmon Skin On, Cold Pressed Extra Virgin Olive Oil, Lemon Pepper, Salt, Cauliflower Rice, Pepita Seeds, Walnut, Sea Salt, Fennel, Chilli Flakes, Paprika, Garlic, Oregano, Lemon Zest, Egg Whole Mayonnaise, Baby Capers, Gherkins, anti oxidant, Sulphites, Lemon Juice, Erythritol, Almonds Slivered

Allergens: Seafood, Egg, Nuts

Tuna Bake, Braised Cabbage, Buttered Zucchini, Yoghurt Dip



250g • 268 kcal / 1120 kJ • P 19g F 18g C 6.9g
350g • 375 kcal / 1568 kJ • P 26g F 25g C 9.7g
400g • 428 kcal / 1792 kJ • P 30g F 28g C 11g

Canned Tuna, Cauliflower Rice, Cooking Cream, Cream cheese, Mozzarella cheese, Onion, Garlic Paste, Olive Oil, Salt, White Pepper, Xanthan Gum, Zucchini, Butter, Green Cabbage, Vegetable Stock, Greek Yogurt, Garlic, Lemon Juice, Dill

Allergens: Fish, Milk

Tuna Bake, Buttered Zucchini, Braised Cabbage, Yoghurt Dip



250g • 268 kcal / 1120 kJ • P 19g F 18g C 6.9g
350g • 375 kcal / 1568 kJ • P 26g F 25g C 9.7g
400g • 428 kcal / 1792 kJ • P 30g F 28g C 11g

Canned Tuna, Cauliflower Rice, Cooking Cream, Cream cheese, Mozzarella cheese, Onion, Garlic Paste, Olive Oil, Salt, White Pepper, Xanthan Gum, Zucchini, Butter, Green Cabbage, Vegetable Stock, Greek Yogurt, Garlic, Lemon Juice, Dill

Allergens: Fish, Milk

VEGETARIAN

Assorted Vegetable Frittata



250g • 411 kcal / 1720 kJ • P 15.6g F 35.3g C 5.2g
350g • 576 kcal / 2408 kJ • P 21.8g F 49.4g C 7.3g
400g • 657 kcal / 2750 kJ • P 25g F 56.5g C 8.4g

Spinach, Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicum, Egg, Fresh Cream, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Thyme

Allergens: Egg, Dairy, Nuts

Keto Vitality Salad Roast Pumpkin and Cauliflower Salad with Spinach, Green Beans and Crumbled Feta Cheese



250g • 394 kcal / 1650 kJ • P 17.3g F 32.8g C 4.8g
350g • 552 kcal / 2310 kJ • P 24.2g F 45.9g C 6.7g
400g • 600 kcal / 2510 kJ • P 23.2g F 50.9g C 7.8g

Spinach, Roast Pumpkin, Pepper, Salt, Rosemary, Cold Pressed Extra Virgin Olive Oil, Sunflower Seed, Cauliflower Rice, Pepita Seeds, Walnut, Spices, Rice Flour, Dextrose, Anti Caking Agent (551), Yeast Extract, Maize Starch, Food Acid (330), Lemon Oil, Lemon Pepper, Sea Salt, Feta Cheese, Green Beans, Fried Garlic, Quinoa

Allergens: Dairy

Mixed Vegetable Frittata



250g • 411 kcal / 1720 kJ • P 15.6g F 35.3g C 5.2g
350g • 576 kcal / 2408 kJ • P 21.8g F 49.4g C 7.3g
400g • 657 kcal / 2750 kJ • P 25g F 56.5g C 8.4g

Spinach, Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicum, Egg, Fresh Cream, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Thyme

Allergens: Egg, Dairy, Nuts

Vitality Salad Roast Pumpkin and Quinoa Salad with Spinach, Green Beans and Crumbled Feta Cheese



250g • 394 kcal / 1650 kJ • P 17.3g F 32.8g C 4.8g
350g • 552 kcal / 2310 kJ • P 24.2g F 45.9g C 6.7g
400g • 600 kcal / 2510 kJ • P 23.2g F 50.9g C 7.8g

Spinach, Roast Pumpkin, Pepper, Salt, Rosemary, Cold Pressed Extra Virgin Olive Oil, Sunflower Seed, Feta Cheese, Green Beans, Fried Garlic, Capsicum, Cranberries, Quinoa

Allergens: Dairy