

Newest Dish

CALL US AT 02.809.140.87

Stir-fry Honey Soy Chicken with Singaporean Noodles

(1390-kJ 23.9G-Protein 18.5G-Fat 14.8G-Carbs- 250g)
(2350-kJ 40.3G-Protein 32G-Fat 23.9G-Carbs- 400g)
Free-range Minced Chicken Maryland, Corn Starch, Light Soy Sauce, Dark Soy Sauce, Pure Honey, Sesame Oil, Chopped Fresh Garlic, Onion, Green Shallots, Cold Pressed Extra Virgin Olive Oil, Singaporean Noodles, Dry Red Chilli, Red Cabbage, Green Cabbage, Broccoli, Assorted Capsicums, Curry Powder, Soy Sauce, Chinese Cooking Wine, Erythritol



Kaffir Lime and Lemon Grass Chicken with Thai Style Cauliflower Rice

(1840-kJ 16.4G-Protein 37.8G-Fat 5.9G-Carbs- 250g)
(3040-kJ 28G-Protein 62.1G-Fat 9.7G-Carbs- 400g)
Free-range Maryland Lemon Grass Chicken, Lemon Grass, Fresh Kaffir Lime, Sesame Oil, Cold Pressed Extra Virgin Olive Oil, Chicken Stock, Garlic, Cumin Powder, Oregano, Ginger, Lemon Juice, Erythritol, Salt, Thai Style Cauliflower Rice, Pepper, Fresh Basil, Mixed Red, Yellow, & Green Capsicums, Soy Chilli Crispy Tofu, Chili Flakes, Soy Sauce, Chicken Bouillon, Fresh Chili, Spring Onion



Breakfast

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

(1630Kj 16.5g-Protein 37g-Fat 3.5g-Carbs - 250g) ||
(2500Kj 26.4g-Protein 51.4g-Fat 5.6g-Carbs - 400g)
Free Range Eggs, Premium Chorizo, Bacon, Sliced Button Mushrooms, Cherry Tomato, Baby Spinach leaves, Green Beans, Balsamic Vinegar, Cold-Pressed Extra Virgin Olive Oil



Australian Free Range Teriyaki Chicken Rice with Rice, Roast Pumpkin, Caramelized Onion and Spinach

(1320KJ 36.5G-Protein 7.7G-Fat 23.1G-Carbs - 250g)
(2130KJ 56.9G-Protein 13.9G-Fat 36.2G-Carbs - 400g)
Australian Free Range Chicken, Kent Pumpkin, Baby Spinach Leaves, White Rice, Teriyaki Sauce, Chopped Garlic, Brown Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil, Sesame Seeds



Lunch & Dinner

Chicken

Bravas Spanish Chicken Thigh with Smoked Golden Cauliflower Rice

(1670 kj, 20.4g Protein, 31.8g Fat, 5 Carbs - 250g)
(2640 kj, 31.1g Protein, 50.6g Fat, 8.2 Carbs - 250g)
Free Range Chicken Thigh, Cauliflower Rice, Broccolini, Spinach, Parsley, Lemon Juice, Olives, Thyme, Cold-Pressed Extra Virgin Olive Oil, Saffron, Himalayan Salt, Organic Black Pepper, Bravas Sauce, Olive Oil, Roasted Tomatoes, Onion, Garlic, Sherry Vinegar, Paprika, Red Pepper, Seasoning



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

(1340KJ 19G-Protein 28G-Fat 4G-Carbs- 250g)
(2240KJ 22G-Protein 33G-Fat 5G-Carbs - 400g)
Australian Free Range Chicken, Broccoli, Bok Choy, Bamboo Shoot, Coconut Milk, Zucchini, Onion, Garlic, Capsicum, Red Curry Paste, Basil, Shallot, Shrimp Paste, Lemon Grass, Galangal, Chilli, Kaffir Lime, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



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

(2880KJ 18G-Protein 50.9G-Fat 38.8G-Carbs - 250g) (4920KJ 27.5G-Protein 86.5G-Fat 70.6G-Carbs - 400g)
Australian Free Range Chicken, Bok Choy, Bamboo Shoot, White Rice, Coconut Milk, Zucchini, Garlic, Onion, Capsicum, Red Curry, Basil, Shallot, Shrimp Paste, Lemon Grass, Galangal, Chilli, Kaffir Lime, Organic Ground Black Pepper



Thai Aroma Eggplant Wonder with Chili Basil Chicken Minced

(1730-kJ 20.3G-Protein 32.8G-Fat 5.8G-Carbs- 250g)
(2740-kJ 32.5G-Protein 52.5G-Fat 9G-Carbs- 400g)
Minced Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Onion, Fresh Chili, Thai Basil, Soy Sauce, Salt, Charred Eggplant, Pepper, Choysum, Sesame oil, Cherry Tomato



Asian Flavoured Aroma Chicken Salad

(1560-kJ 24.4G-Protein 29G-Fat 2G-Carbs- 250g)
(2550-kJ 39.2G-Protein 47.9G-Fat 3.4G-Carbs- 400g)
Shredded Poached Chicken Breast, Salt, Herbs, Lemon Juice, Cold Pressed Extra Virgin Olive Oil, Mixed Vegetables, Shredded Capsicums, Shredded Purple Cabbage, Iced Burge Lettuce, Pine Nuts, Edamame Pods, Asian Dressing, Soy Sauce, Cold Pressed Extra Virgin Olive Oil, Sesame Oil, Rice Wine Vinegar, Erythritol



Free Range Satay Chicken with Basmati Rice, Onions, Capsicums and Green Beans

(1510KJ 21.7G-Protein 13.2G-Fat 35.6G-Carbs - 250g)
(2410KJ 34.8G-Protein 21.7G-Fat 55.2G-Carbs - 400g)
Australian Free Range Chicken, Basmati Rice, Green Beans, Red Capsicum, Peanuts, Turmeric, Brown Onion, Curry Powder, Coconut Cream, Coriander, Chili, Cumin, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



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Lunch & Dinner

Chicken

Thai Aroma Eggplant Wonder, Chili Basil Minced Chicken with Stir-fried Udon

(1820-kJ 22.2G-Protein 28G-Fat 20.7G-Carbs - 250g)
(2650-kJ 37.2G-Protein 36.4G-Fat 34.4G-Carbs - 400g)
Minced Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Onion, Fresh Chili, Thai Basil, Soy Sauce, Salt, Charred Eggplant, Pepper, Choysum, Sesame oil, Stir-fried Udon Noodles, Oyster Sauce, Erythritol, Chili Paste, Soy Bean Sauce



Soba Noodles with Asian Flavoured Aroma Chicken Salad

(1410-kJ 23.4G-Protein 19G-Fat 15.4G-Carbs - 250g)
(2240-kJ 37.9G-Protein 29.5G-Fat 25.4G-Carbs - 400g)
Shredded Poached Chicken Breast, Salt, Herbs, Lemon Juice, Cold Pressed Extra Virgin Olive Oil, Mixed Vegetables, Shredded Capsicums, Shredded Purple Cabbage, Iced Burge Lettuce, Soba Noodles, Pine Nuts, Edamame Pods, Asian Dressing, Soy Sauce, Cold Pressed Extra Virgin Olive Oil, Sesame Oil, Rice Wine Vinegar, Erythritol



Stir-fry Honey Soy Chicken with Singaporean Noodles

(1390-kJ 23.9G-Protein 18.5G-Fat 14.8G-Carbs- 250g)
(2350-kJ 40.3G-Protein 32G-Fat 23.9G-Carbs- 400g)
Free-range Minced Chicken Maryland, Corn Starch, Light Soy Sauce, Dark Soy Sauce, Pure Honey, Sesame Oil, Chopped Fresh Garlic, Onion, Green Shallots, Cold Pressed Extra Virgin Olive Oil, Singaporean Noodles, Dry Red Chilli, Red Cabbage, Green Cabbage, Broccoli, Assorted Capsicums, Curry Powder, Soy Sauce, Chinese Cooking Wine, Erythritol



Kaffir Lime and Lemon Grass Chicken with Vegetable Fried Rice

(2080-kJ 21.3G-Protein 21.8G-Fat 48.4G-Carbs- 250g)
(3360-kJ 35.3G-Protein 34.4G-Fat 78.7G-Carbs- 400g)
Free-range Maryland Lemon Grass Chicken, Lemon Grass, Fresh Kaffir Lime, Sesame Oil, Cold Pressed Extra Virgin Olive Oil, Chicken Stock, Garlic, Cumin Powder, Oregano, Ginger, Lemon Juice, Erythritol, Salt, Vegetable Fried Basmati Rice, Pepper, Carrots, Green Peas, Corn, Soy Chilli Crispy Tofu, Chili Flakes, Soy Sauce, Chicken Bouillon, Fresh Chili, Spring Onion



Kaffir Lime and Lemon Grass Chicken with Thai Style Cauliflower Rice

(1840-kJ 16.4G-Protein 37.8G-Fat 5.9G-Carbs- 250g)
(3040-kJ 28G-Protein 62.1G-Fat 9.7G-Carbs- 400g)
Free-range Maryland Lemon Grass Chicken, Lemon Grass, Fresh Kaffir Lime, Sesame Oil, Cold Pressed Extra Virgin Olive Oil, Chicken Stock, Garlic, Cumin Powder, Oregano, Ginger, Lemon Juice, Erythritol, Salt, Thai Style Cauliflower Rice, Pepper, Fresh Basil, Mixed Red, Yellow, & Green Capsicums, Soy Chilli Crispy Tofu, Chili Flakes, Soy Sauce, Chicken Bouillon, Fresh Chili, Spring Onion



Beef

Slow-Cooked Braised Beef Brisket with Chimichurri, Mashed Potato and Arugula

(2010-kJ 22.9G-Protein 40.4G-Fat 6G-Carbs - 250g) ||
(3220-kJ 36.8G-Protein 64.7G-Fat 9.6G-Carbs - 400g)
Australian Grass Fed Beef Brisket, Arugula, Mashed Potato, Himalayan Rock Salt, Cherry Tomato, Gravy, Chimichurri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold-Pressed Extra Virgin Olive Oil



Mouth Tentalizing Korean BBQ Beef with Siracha Cauliflower and Konjac Noodles

(2350KJ 13.6g-Protein 52.6g-Fat 7.5-Carbs) - 250g)
(3700KJ 21.5G-Protein 82.6G-Fat 11.9G-Carbs - 400g)
Grass Fed Beef Strips, Gluten-free Soy Sauce, Ginger, Garlic, Korean Pepper, Rice Wine Vinegar, Sesame Oil, Erythritol



Udon Stir Fried Beef in Black Pepper Sauce

(874KJ 26.4G-Protein 4.2G-Fat 13.8G-Carbs - 250g) ||
(1400KJ 42.2G-Protein 6.8G-Fat 22G-Carbs - 400g)
Udon Noodles, Australian Grass Fed Beef Strip, Blanched Broccoli, Baby Corn, Blanched Carrot, Sweet Soy Sauce, Chili Paste with Soybean Sauce, Sesame Oil, Onion, Garlic Paste, Kikoman Soy, Black Pepper



Slow Cooked Braised Beef Brisket with Chimichurri, Arugula, Green Beans and Cherry Tomatoes

(2030-kJ 23.4G-Protein 41G-Fat 5G-Carbs - 250g)
(3190-kJ 36.9G-Protein 64.5G-Fat 7.9G-Carbs - 400g)
Australian Grass Fed Beef Brisket, Arugula, Green Beans, Himalayan Rock Salt, Cherry Tomato, Gravy, Chimichurri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold Pressed Extra Virgin Olive Oil



What is paleo?

A paleo eating plan that is high in fiber, potassium and antioxidants while being low in simple carbohydrates, sodium and sugar can be a healthy eating plan.



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Lunch & Dinner

Beef

Garlic & Herb Roasted Beef with Roast Vegetables and Gravy

(2100-kJ 24.2G-Protein 41.4G-Fat 6.8G-Carbs - 250g)
(3620-kJ 43.7G-Protein 69.7G-Fat 12.4G-Carbs - 400g)
Beef striploin, Cold Pressed Extra Virgin Olive Oil, Salt, Pepper, Rosemary, Thyme, Garlic, Brussels Sprout, Eggplant, Pumpkin, Herbs, Thickener (1422), Rice Flour, Salt, Maltodextrin (Maize), Erythritol, Flour Enhancer (621.635), Dehydrated Vegetable, Colour (150c), Flavours (Soy), Canola Oil, Acidity Regulator (330), Yeast Extract, Spice extract



Stir Fried Beef in Black Pepper Sauce and Cauliflower Rice

(1350 kJ, 13.3g Protein, 26.6g Fat, 4.2g Carbs - 250g)
(2100 kJ, 20.4g Protein, 41.4g Fat, 6.8g Carbs - 400g)
Cauliflower Rice, Australian Grass Fed Beef Strip, Blanched Broccoli, Sweet Soy Sauce, Chili Paste with Soybean Sauce, Sesame Oil, Onion, Garlic Paste, Kikoman Soy, Black Pepper



Seafood

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

(2230KJ 27.8-Protein 43.4-Fat 6.7-Carbs - 250g)
(3770KJ 44-Protein 74.7-Fat 11.1-Carbs - 400g)
Fresh Salmon, Fennel, Tartare Sauce, Almond Slivers, Cauliflower, Lemon Juice, Almond, Mint, Chopped Kale, Cold Pressed Extra Virgin Olive Oil, Pumpkin Seeds



Tuna Nicoise Salad

(1730-kJ 27.2G-Protein 32G-Fat 3.4G-Carbs - 250g)
(2960-kJ 47G-Protein 55.3G-Fat 4.4G-Carbs - 400g)
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil



Furikake Smoked Salmon Poke Bowl with Cauliflower Rice

(1440-kJ 18.6G-Protein 27.6G-Fat 4.3G-Carbs - 250g)
(2250-kJ 30G-Protein 42.3G-Fat 6.8G-Carbs - 400g)
Smoked Salmon, Cauliflower Rice, Furikake, Pickled Ginger, Fresh Red Capsicums, Cucumber, Shredded Red Cabbage, Wakame Seaweed, Sriracha Mayo, Japanese Shichimi Togarashi, Cold Pressed Extra Virgin Olive Oil



Furikake Smoked Salmon with Brown Rice and Poke Bowl

(1620-kJ 25G-Protein 10.4G-Fat 45.5G-Carbs - 250g)
(2710-kJ 41G-Protein 17G-Fat 77.8G-Carbs - 400g)
Smoked Salmon, Brown Rice, Furikake, Pickled Ginger, Fresh Red Capsicums, Cucumber, Shredded Red Cabbage, Wakame Seaweed, Sriracha Mayo, Japanese Shichimi Togarashi



Pork

BBQ Pulled Grass Fed Pork Coleslaw and Roast Potato

(980kJ 16.70Protein 9.8Fat 17Carbs - 250g)
(1520kJ 25.8Protein 15Fat 27Carbs - 400g)
Australian Grass Fed Pork, Yellow and Dijon Mustard, Green and Red Cabbage, Thyme, Roasted Potato, Baby Spinach, Pickled Cucumber and Chilli, Ground Coffee, Espresso Coffee, Monk Fruit Erythritol, Gluten-free soy sauce, Garlic, Paprika Powder, Apple Cider Vinegar, Tomato Paste, Sweet Chilli Sauce, Chipotle, Mayonnaise, Fresh Mint, Coriander, Parsley, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil



Australian Grass Fed BBQ Pulled Pork, Coleslaw and Pickled Chillies

(1600kJ 18.4G-Protein 31.6G-Fat 4.4G-Carbs - 250g)
(2610kJ 28.3G-Protein 53.1G-Fat 6.2G-Carbs - 400g)
Australian Grass Fed Pork, Green and Red Cabbage, Baby Spinach, Pickled Cucumber and Chilli, Ground Coffee, Espresso Coffee, Monk Fruit Erythritol, Garlic, Apple Cider Vinegar, Mayonnaise, Tomato Paste, Sweet Chilli Sauce, Chipotle, Fresh Mint, Coriander, Parsley, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, Franks Hot Sauce



Lamb

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

(1312kJ 13.1G-Protein 24.5G-Fat 3.3G-Carbs - 250g)
(1932kJ 16.2G-Protein 26G-Fat 3.8G-Carbs - 400g)
Australian Grass-Fed Lamb, Cauliflower Rice, Baby Spinach, Roasted Onions, Garlic Cloves, Minced Ginger, Capsicum, Coriander, Chilli Powder, Garam Masala, Paprika, Bay Leaves, Turmeric, Cumin Seeds, Himalayan Rock Salt, Organic Ground Black Pepper



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

(2400kJ 29.1Protein 33.4Fat 44.9Carbs - 250g)
(3670kJ 31.6Protein 45.8Fat 82Carbs - 400g)
Australian Grass-Fed Lamb, Basmati Rice, Roasted Onions, Baby Spinach, Garlic Cloves, Minced Ginger, Rogan Josh Paste, Capsicum, Coriander, Chilli Powder, Garam Masala, Paprika, Curry Powder, Bay Leaves, Turmeric, Cumin Seeds, Himalayan Rock Salt, Organic Ground Black Pepper



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Lunch & Dinner

Vegetarian

Roast Vegetables with Arugula, Green Beans and Basil Hummus

(992-kJ 8.6G-Protein 19.8G-Fat 3G-Carbs - 250g)
(1590-kJ 14G-Protein 31.5G-Fat 4.9G-Carbs - 400g)
Pumpkin, Green Beans, Broccoli, Capsicum, Mushroom, Basil, Sun-dried Tomato, Olives, Hummus, Cold-Pressed Virgin Olive Oil



Roast Vegetables with Hummus, Mushrooms and Olives

(992-kJ 8.6G-Protein 19.8G-Fat 3G-Carbs - 250g) || (1590-kJ 14G-Protein 31.5G-Fat 4.9G-Carbs - 400g)
Pumpkin, Green Beans, Broccoli, Capsicum, Mushroom, Basil, Sun-dried Tomato, Olives, Hummus, Cold-Pressed Virgin Olive Oil



Snacks



Breakfast Parfait Cashew Nut Yogurt with Passion Fruit Puree 280g

605kcal 2420-kJ 18.8G-Protein 35.6G-Fat 37G-Carbs
ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Passion Fruit Puree



Breakfast Parfait Cashew Nut Yogurt with Mango Puree 280g

600kcal -kJ 18.3G-Protein 35.6G-Fat 39G-Carbs
ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Mango Puree



Breakfast Parfait Cashew Nut Yogurt with Raspberry Puree 280g

(2370-kJ 17.8G-Protein 34.9G-Fat 39.2G-Carbs)
Ingredients: Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Raspberry Puree

