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STANDARD MENU

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NEW DISH

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 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

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

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

CHICKEN

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, 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

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 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

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CHICKEN

Free Range Chicken Enchiladas, Corn Kernel, Salsa and Sour Cream



250g • 435 kcal / 1820 kJ • P 19.9g F 31.9g C 15.8g
350g • 609 kcal / 2548 kJ • P 27.9g F 44.7g C 22.1g
400g • 712 kcal / 2980 kJ • P 33g F 52.6g C 25.2g
Chicken Breast Shredded, Wheat, Yeast Extract, Salt, Lemon Juice, Butter, Garlic, Rosemary, Heavy Cream, White Pepper, Clove Whole, Bay Leaves, Nutmeg Powder, Sea Salt, Parmesan Cheese, Mozzarella Cheese, Corn Kernel, Cold Pressed Extra Virgin Olive Oil, Cayenne Pepper, Capsicum Powder, Rice Cereal, Sugar, Erythritol, Baby Spinach, Capsicum, Black Pepper, Tomato, Vinegar, Jalapeno Peppers, Coriander, Cumin Powder
Allergens: Gluten, Dairy

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



250g • 361 kcal / 1510 kJ • P 21.7g F 13.2g C 35.6g
350g • 505 kcal / 2114 kJ • P 30.4g F 18.5g C 49.8g
400g • 576 kcal / 2410 kJ • P 34.8g F 21.7g C 55.2g
Chicken Maryland Diced, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Salt, Roasted Peanuts, Onion, Desiccated Coconut, Chilli, Dried Prawn, Vegetable Gum, Coconut Cream, Erythritol, Capsicum, Rosemary, Pepper, Spanish Onion, Balsamic Vinegar, Green Beans, White Rice
Allergens: Nuts, Seafood, Dairy, Gluten

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

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 Bacon and Caesar Salad



250g • 433 kcal / 1810 kJ • P 46g F 23g C 8.9g
350g • 606 kcal / 2534 kJ • P 64.4g F 32.2g C 12.5g
400g • 692 kcal / 2896 kJ • P 74g F 37g C 14.2g
Grilled Chicken, Chicken Breast, Thyme, Lemon Juice, Rosemary, Salt, Pepper, Garlic, Cos Lettuce Raw, Bacon, Caesar Dressing, Boiled Egg, Soybean Oil, Vinegar, Parmesan Chese, Pasteurised Egg Yolk, Onion, Anchovy, Acidity Regulator 260, Natural Mustard Flavour, Xanthan Gum, Parsley, Spices, Parmesan Cheese, Crouton
Allergens: Egg, Soy, Dairy, Gluten

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

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

Soba Noodles with Asian Flavoured Aroma Chicken Salad



250g • 337 kcal / 1410 kJ • P 23.4g F 19g C 15.4g
350g • 472 kcal / 1974 kJ • P 32.8g F 26.6g C 21.6g
400g • 535 kcal / 2240 kJ • P 37.9g F 29.5g C 25.4g
Poached Chicken Breast Shredded, Salt, Herbs, Lemon Juice, Cold Pressed Extra Virgin Olive Oil, Mixed Vegetables Raw, Capsicum Raw, Red Cabbage Shredded Raw, Iceberg Lettuce Raw, Pine Nuts, Edamame Pods, Asian Dressing, Soy Sauce, Sesame Seed Oil, Rice Wine Vinegar, Erythritol, Soba Noodles
Allergens: Gluten, Nuts

Stir-fry Honey Soy Chicken with Singaporean Noodles



250g • 332 kcal / 1390 kJ • P 23.9g F 18.5g C 14.8g
350g • 465 kcal / 1946 kJ • P 33.5g F 25.9g C 20.7g
400g • 562 kcal / 2350 kJ • P 40.3g F 32g C 23.9g
Chicken Maryland Minced, Corn Starch, Light Soy Sauce, Dark Soy Sauce, Pure Honey, Sesame Seed Oil, Garlic Chopped, Onion, Green Shallots, Cold Pressed Extra Virgin Olive Oil, Singaporean Noodles, Dried Red Chilli, Red Cabbage, Green Cabbage, Broccoli, Capsicum Assorted, Curry Powder, Soy Sauce, Chinese Cooking Wine, Erythritol
Allergens: Gluten

Stir-fry Sesame Chicken with Egg Fried Jasmine Rice and Veggies



250g • 480 kcal / 2010 kJ • P 20.8g F 29.8g C 27.4g
350g • 673 kcal / 2814 kJ • P 29.1g F 41.7g C 38.4g
400g • 707 kcal / 2960 kJ • P 34.4g F 40g C 43.3g
Chicken Breast Strips, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Shallots, Light Soy Sauce, Dark Soy Sauce, Erythritol, Sesame Seed Oil, Sesame Seeds, Chinese Cooking Wine, Xanthan Gum, Jasmine Rice, Farm Fresh Eggs, Salt, Ground White Pepper, Broccoli, Soybean Extract, Firming Agent, Tofu, Shiitake Mushroom
Allergens: Gluten, Egg

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



250g • 315 kcal / 1320 kJ • P 36.5g F 7.7g C 23.1g
350g • 442 kcal / 1848 kJ • P 51.1g F 10.8g C 32.3g
400g • 509 kcal / 2130 kJ • P 56.9g F 13.9g C 36.2g
Chicken Maryland, Light Soy Sauce, Dark Soy Sauce, Xanthan Gum, Ginger, Garlic, Mirin, Water, Onion, Rosemary, Erythritol, Balsamic Vinegar, Cold Pressed Extra Virgin Olive Oil, Jasmine Rice
Allergens: Gluten

BEEF

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 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

Caramelised Onion Burger with TLC and Aioli



250g • 581 kcal / 2430 kJ • P 25.2g F 50.1g C 6.4g
350g • 813 kcal / 3402 kJ • P 35.3g F 70.1g C 9g
400g • 1030 kcal / 4310 kJ • P 51.4g F 85.8g C 11.5g

Australian Grass Fed Beef Mince, Romain Lettuce, Fresh Tomato, Sliced Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Organic Ground Black Pepper, Extra Virgin Olive Oil

Allergens: Gluten, Egg, Dairy

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

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

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

BEEF

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, 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

Udon Stir Fried Beef in Black Pepper Sauce



250g • 209 kcal / 874 kJ • P 26.4g F 4.2g C 13.8g
350g • 292 kcal / 1224 kJ • P 37g F 5.9g C 19.3g
400g • 335 kcal / 1400 kJ • P 42.2g F 6.8g C 22g

Beef Strips, Sweet Soy Sauce, Soybean Sauce, Soybean, Rice, Salt, Kikkoman Soy, Garlic Paste, Sesame Seed Oil, Sesame Seeds, Black Pepper, Broccoli, Udon Noodles, Stir Fry Sauce, Chilli Paste, Carrot, Baby Corn

Allergens: Gluten

PORK

BBQ Pulled Grass Fed Pork Coleslaw and Roast Potato



250g • 234 kcal / 980 kJ • P 16.7g F 9.8g C 17g
350g • 328 kcal / 1372 kJ • P 23.4g F 13.7g C 23.8g
400g • 363 kcal / 1520 kJ • P 25.8g F 15g C 27g

Pork Neck, Acidity Regulator(262, 326), Maltodextrin (Maize), Vegetable Gum (407), Mineral Salt (451, 450), Natural Flavours, Sugar, Dried Vegetables, Spice Extract, Dextrose, Tomato Sauce, Erythritol, Citric Acid, Salt, Colour Caramel, Thickener (Pectin), Wheat, Onion, Cloves, Nutmeg Powder, Tamarind Paste, Rice Flour, Red Cabbage, Green Cabbage, Canola Seed Oil (Mayonnaise), Egg Yolk (Mayonnaise), Vinegar (Mayonnaise), Lemon Juice Concentrate (Mayonnaise), Herb Extract (Mayonnaise), Antioxidant (385) (Mayonnaise), Salt (Mayonnaise), Egg Whole Mayonnaise, Spinach, Acidity Regulator 260, Sulphites, Mineral Salt, Colour (101), Vinegar, Pickled Chilli, Harissa Chilli Paste, Cold Pressed Extra Virgin Olive Oil, Garlic, Roast Potato

Allergens: Egg

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

Roast Pork Belly, Pasta Mac and Cheese with Salsa Picante



250g • 461 kcal / 1930 kJ • P 27g F 36.6g C 5.3g
350g • 646 kcal / 2702 kJ • P 37.8g F 51.2g C 7.4g
400g • 743 kcal / 3110 kJ • P 43.6g F 58.9g C 8.5g

Pork Belly, Green Beans, Vinegar, Sulphites, Pickled Chilli, Stabiliser (466), Erythritol, Citric Acid, Potassium Sorbate, Cheddar Cheese, Milk, Starter Culture, Enzyme, Water, Thickener (1442), Alfredo Sauce, Mineral Salt, Pasta, Mozzarella Cheese, Sea Salt, Mac & Cheese, Tomato, Jalapeno Peppers, Capsicum, Coriander, Cumin Powder, Lemon Juice, Onion

Allergens: Dairy

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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

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

SEAFOOD

Atlantic Salmon Penne with Blonde Sauce



250g • 485 kcal / 2030 kJ • P 30.2g F 22.2g C 36g
350g • 679 kcal / 2842 kJ • P 42.3g F 31.1g C 50.4g
400g • 760 kcal / 3180 kJ • P 45.8g F 36.2g C 55.4g
Atlantic Salmon, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Fresh Cream, Salt, Pepper, Nutmeg Powder, Cloves, Parmesan Cheese, Maize Starch, Soy Flour, Potato Starch, Rice Starch, Celery, Basil, Tomato, Tomato Paste, Erythritol, Spinach, Green Peas, Mushroom, Rosemary
Allergens: Seafood, Dairy, Soy

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

Curried Laksa Prawns with Basmati Rice & Crispy Tempeh



250g • 323 kcal / 1350 kJ • P 27.2g F 11.9g C 23.3g
350g • 452 kcal / 1890 kJ • P 38.1g F 16.7g C 32.6g
400g • 511 kcal / 2140 kJ • P 43.9g F 19.3g C 35.7g
King Prawns, Onion, Garlic, Ginger, Galangal, Cold Pressed Extra Virgin Olive Oil, Erythritol, Salt, Coconut Cream, White Rice, Broccoli, Shredded Coconut, Bamboo Shoot, Red Chilli, Soybean, Cider Vinegar
Allergens: Seafood, Dairy, Soy

Dill and Garlic Responsibly Fished Barramundi with Season Veggies



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 8.9g
Queensland Barramundi, Cold Pressed Extra Virgin Olive Oil, Dill, Breadcrumbs (Wheat), Erythritol, Salt, Paprika Extract, Soy Protein, Rice Cereal, Parsley, Tapioca Starch, Yeast Extract, Colour Caramel Brown, Sea Salt, Garlic, Onion, Tomato, Capsicum, Coriander, Green Beans, Sour Cream, Lemon Juice, Harissa Chilli Paste, Roast Potato
Allergens: Seafood, Gluten, Dairy

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

VEGETARIAN

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

Soft Bake Ricotta and Mushroom Lasagna with Broccolini and Almond Topping



250g • 605 kcal / 2530 kJ • P 27g F 51g C 5.8g
350g • 847 kcal / 3542 kJ • P 38g F 72g C 8.1g
400g • 967 kcal / 4048 kJ • P 44g F 82g C 9.3g
Almond Flour, Salt, Eggs, Mozzarella Cheese, Cream Cheese, Ricotta Cheese, Mushroom, Olive Oil, Butter, Rosemary, Thyme, Parmesan Cheese, White Pepper, Nutmeg Powder, Bay Leaves, Thickened Cream, Garlic, Blanched Broccolini, Honey, Sliced Almond, Vanilla Extract, Cinnamon Powder
Allergens: Nuts, Egg, Dairy

Vegan Burger, Fried Egg and Caramelised Onion with Aioli



250g • 543 kcal / 2270 kJ • P 26.5g F 45.8g C 7.6g
350g • 760 kcal / 3178 kJ • P 37.1g F 64.1g C 10.6g
400g • 863 kcal / 3610 kJ • P 43.1g F 72.5g C 12.4g
Vegan Patty, Free Range Chicken Egg, Mince Bacon, Tomato, Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Extra Virgin Olive Oil,lettuce
Allergens: Gluten, Dairy, Egg

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

DESSERT

Breakfast Parfait Cashew Nut Yogurt - Mango

280g • 600 kcal / 2400 kJ • P 18.3g F 35.6g C 39g
Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Mango Puree
Allergens: Treenuts

Breakfast Parfait Cashew Nut Yogurt - Passion Fruit



280g • 605 kcal / 2420 kJ • P 18.8g F 35.6g C 37g
Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Passion Fruit Puree
Allergens: Treenuts

Breakfast Parfait Cashew Nut Yogurt - Raspberry

280g • 593 kcal / 2370 kJ • P 17.8g F 34.9g C 39.2g
Raw Cashew Nut, Erythritol, Whole Blueberry, Coconut Yogurt, Granola, Chia Seed, Raspberry Puree
Allergens: Treenuts

Cheesecake Fluff



100g • 301 kcal / 1260 kJ • P 11.7g F 25.9g C 3.6g
Cream Cheese, Cream, Erythritol, Lemon Juice, Vanilla Essence, Almond Whole, Coconut, Pepita Seeds, Almonds Slivered
Allergens: Dairy, Nuts

Chia Pudding Plain



280g • 172 kcal / 718 kJ • P 8.5g F 11.9g C 0.5g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Erythritol, Granola
Allergens: Treenuts

STANDARD MENU



DESSERT

Chia Pudding with Mango Puree



280g • 145 kcal / 608 kJ • P 7g F 9.8g C 1.4g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Fresh Mango Puree
Allergens: Treenuts

Chia Pudding with Passion Fruit Puree



280g • 147 kcal / 614 kJ • P 7.2g F 9.8g C 0.9g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Passion Fruit Puree
Allergens: Treenuts

Chia Pudding with Raspberry Puree



280g • 145 kcal / 607 kJ • P 7g F 9.8g C 1.1g
Chia Seeds, Almond Milk Lab, Honey Vanilla Essence, Granola, Erythritol, Raspberry Puree
Allergens: Treenuts

Chicken Bone Broth



490ml • 44 kcal / 185 kJ • P 8.7g F 0.5g C 0.2g
Filtered Water, Chicken Bone, Brown Onion, Ginger, Black Pepper, Himalayan Rock Salt

Chocolate Mousse



90g • 311 kcal / 1300 kJ • P 2.8g F 28.7g C 2.8g
Dark Chocolate, Salted Butter, Cocoa Powder, Cream, Shredded Coconut, Almond
Allergens: Dairy, Nuts

Keto Brownies



90g • 226 kcal / 902 kJ • P 6.4g F 18g C 3.4g
Chocolate 85% (Erythritol-Free), Butter, Eggs, Erythritol, Dutch Cocoa, Coconut Flour, Almond
Allergens: Milk, Egg, Tree Nuts

Keto Waffle and Keto Berry Sauce



210g • 433 kcal / 1810 kJ • P 13.3g F 37.7g C 4.9g
Eggs, Berry Sauce, Cream, Coconut Flour, Monk Fruit, Baking Powder, Vanilla Extract, Butter, Raspberry Puree
Allergens: Egg, Dairy