



## Newest Dish

CALL US AT 02.809.140.87

### Quiche Lorraine with Pesto Pasta Salad & Feta Cheese

(3100-kJ 33.1G-Protein 54.2G-Fat 25.6G-Carbs -250g)  
(5070-kJ 53.4G-Protein 89.6G-Fat 40.8G-Carbs - 400g)  
Almond Flour, Mozzarella Cheese, Butter, Eggs, Psyllium Husks, Sea Salt, Thick Cream, Shredded Gruyere Cheese, Parmesan Cheese, Black Pepper, Onion, Parsley, Chive, Bacon, Nutmeg Powder, Garlic Powder, Penne Pasta, Cold Pressed Extra Virgin Olive Oil, Basil Pesto, Sundried Tomatoes, Green Peas, Lemon Juice, Feta Cheese



### Sausage Roll with Quinoa Salad

(1910-kJ 32.3G-Protein 24.4G-Fat 21.7G-Carbs -250g)  
(2960-kJ 49.3-Protein 35.4G-Fat 39G-Carbs - 400g)  
Grass-fed Beef Mince, Onion, Garlic, Rosemary, Thyme, Oregano, Pepper, Sea Salt, Almond Flour, Eggs, Mozzarella Cheese, Cream Cheese, Psyllium Husks, Cold Pressed Extra Virgin Olive Oil, Keto Tomato Ketchup, Mixed Quinoa, Cranberry, Lemon Juice, Salt, Garlic Powder, Parsley, Red Capsicum, Green Capsicum, Yellow Capsicum



## Breakfast

### Creamy Free Range Scrambled Eggs with Sautéed Veggies and Cherry Tomatoes

( 1340 kJ, 18g Protein, 27g Fat, 2g Carbs - 250g )  
(2140kJ, 28.8g Protein 43.2g Fat 3.2g Carbs - 400g)  
Australian Free Range Eggs, Baby Spinach Leaves, Cherry Tomatoes, Sliced Button Mushrooms, Cream, Butter, Himalayan Rock Salt, Organic Ground Black Pepper



### Australian Free Range Butter Chicken with steamed White rice, Onions and Capsicums

( 2740kJ 14.9Protein 49.3Fat 37.9Carbs - 250g )  
( 4440kJ 24.6Protein 79.6Fat 58.7Carbs - 400g )  
Australian Free Range Chicken, Tomato, Rice, Brown Onions, Butter, Cumin Seeds, Red and Green Capsicum, Garam Masala, Full Cream, Turmeric, Red Chilli, Paprika, Ginger, Garlic, Dry fenugreek leaves, Himalayan Pink Salt



### 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



### 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



### Berry and Yogurt Bowl with Toasted Almonds

( 2050Kj 13.9-Protein 44.9g-Fat 6.8g-Carbs - 200g )  
Natural Yogurt, Cream Cheese, Berry Sauce, Frozen Berry, Toasted Almonds



### Granola mix with Toasted Coconut and Yogurt

( 1710KJ 14g-Protein 35g-Fat 6-Carbs - 250g ) Full Fat Greek Yogurt, Coconut Cream, Roasted Australian Almonds, Shredded Coconut, Organic Sesame Seeds, Organic Flax Seeds, Organic Sunflower Seeds, Organic Pepitas Seed, Vanilla Extract

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

( 1820Kj 19.9-Protein 31.9-Fat 15.8-Carbs - 250g )  
( 2980Kj 33-Protein 52.6-Fat 25.2-Carbs - 400g )  
Australian Free Range Chicken, Baby Spinach Leaves, Garlic Cloves, Tomato salsa, Brown Onion, Parmesan Cheese, Shredded Cheddar Cheese, Taco Seasoning, cream, Cayenne, Red and Green Capsicum, Corn Kernels, Coriander, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



### Australian Free Range Chicken Alfredo Pasta (Gluten Free)

( 2220KJ 30.6G-Protein 36.2G-Fat 19.7G-Carbs - 250g )  
( 3280KJ 52.3G-Protein 45.5G-Fat 38.4G-Carbs - 400g )  
Australian Free Range Chicken, Gluten-Free Pasta, Sliced Button Mushrooms, Broccoli, Bacon, Fresh Parsley leaves, Butter, Garlic, Heavy Cream, Parmesan Cheese, Nutmeg, Onion, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil



## Chicken

### 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, Chilli, Cumin, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



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

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



### Crumbed Chicken Breast Parmigiana with Lime Chilli Pesto Spagetti and Sweet Potatoes

( 1880-kJ 21.8G-Protein 37.9G-Fat 5G-Carbs - 250g ) ||  
( 3010-kJ 34.8G-Protein 60.6G-Fat 8G-Carbs - 400g )  
Australian Free-Range Chicken Breast, Arugula, Beans, Sweet Potatoes, Basil, Cheese, Tomato, Himalayan Rock Salt, Cold Pressed Extra Virgin Olive Oil, eggs, flour, salt, pepper, panko breadcrumbs, olive oil, Napolitana sauce



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## Lunch & Dinner

### Chicken

#### Bravas Spanish Chicken Thigh with Lime Chilli Pesto Spaghetti

(1450KJ 25.3G-Protein 13.2G-Fat 23.6G-Carbs - 250g)  
(2300KJ 39.9G-Protein 21G-Fat 37.3G-Carbs - 400g)  
Free Range Chicken Thigh, Broccoli, Spinach, Saffron, Olives, Crumbly Feta Cheese, Parsley, Thyme, Salt & Pepper, Cold-Pressed Extra Virgin Olive Oil, Bravas Sauce, Roasted Tomatoes, Onion, Garlic, Sherry Vinegar, Paprika, Red pepper, Seasoning, Lime Chilli Spaghetti, Gluten-free Pasta, Basil pesto, Chilli, Capers, Lime Juice, Fresh Herb, Parmesan Cheese



#### Chicken Tikka Masala with Basmati Rice

(1160-kJ 19.4G-Protein 17.3G-Fat 27.1G-Carbs - 250g)  
(1880-kJ 31.2G-Protein 28.3G-Fat 43.7G-Carbs - 400g)  
Marinated Diced Free-range Chicken, Cold Pressed Extra Virgin Olive Oil, Garlic, Ginger, Yoghurt, Salt, Kashmiri Mirch, Cumin Powder, Coriander Powder, Turmeric Powder, Garam Masala, Paprika, Edible Food Color, Tomato Puree, Onion, Capsicum, Heavy Cream, Butter, Erythritol, Basmati Rice, Broccoli, Fried Onion



#### Lemon Thyme Chicken Breast and Garlic Potatoes Mash with Pesto Halloumi

(2310-kJ 27.4G-Protein 25.5G-Fat 46.2G-Carbs - 250g)  
(3880-kJ 44.4G-Protein 41.4G-Fat 82.2G-Carbs - 400g)  
Lemon Thyme Chicken Breast, Cold Pressed Extra Virgin Olive Oil, Fresh Minced Garlic, Chicken Broth, Fresh Lemon Thyme, Cracked Pepper, Salt, Pesto Halloumi, Garlic Potatoes Mash, Fresh Garlic, Butter, Cream, Salt, Pepper, Lemon Wedges



#### 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



#### Chicken Takatak with Nepalese Style Chutney, Broccoli, and Pickled Radish

(1430-kJ 19.3G-Protein 22G-Fat 12.1G-Carbs - 250g)  
(2190-kJ 29.4G-Protein 33.6G-Fat 18.6G-Carbs - 400g)  
Free-range Minced Chicken Takatak, Fresh Ginger, Garlic Paste, Cumin Powder, Coriander Powder, Turmeric Powder, Mace/Javitri, Cardamom, Fenugreek, Black Pepper, Kashmiri Chili, Mustard, Cassia/Cinnamon Bark, Himalayan Rock Salt, Cinnamon Powder, Freshly Chopped Onion, Green Shallots, Fresh Coriander, Cold Pressed Extra Virgin Olive Oil, Butter, Green Cabbage, Blanched Broccoli, Pickled Radish, Fresh Garlic, Fresh Tomatoes, Roasted Sesame Seeds, Chilli Powder, Roasted Cumin, Lemon Juice



#### Creamy Chicken Tortellini in Charred Garlic Broccoli

(1800-kJ 28.7G-Protein 25G-Fat 23.5G-Carbs - 250g)  
(2690-kJ 43.3G-Protein 37G-Fat 35.4G-Carbs - 400g)  
Minced Chicken Breast, Plain Flour, Semolina Flour, Eggs, Sea Salt, Ground White Pepper, Parmesan Cheese, Parsley, Nutmeg Powder, Butter, Onion Powder, Garlic Powder, Heavy Cream, Bay Leaves, Cloves, Charred Broccoli, Crispy Garlic, Cold Pressed Extra Virgin Olive Oil, Spinach



#### 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



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

(2010-kJ 20.8G-Protein 29.8G-Fat 27.4G - 250g)  
(2960-kJ 34.4G-Protein 40G-Fat 43.3G - 400g)  
Free-range Chicken Breast Strips, Cold Pressed Extra Virgin Olive Oil, Fresh Garlic, Ginger, Shallots, Light Soy Sauce, Dark Soy Sauce, Erythritol, Sesame Oil, Sesame Seed, Chinese Cooking Wine, Xanthan Gum, Jasmine Rice, Farm Fresh Eggs, Salt, White Ground Pepper, Broccoli, Shiitake Mushroom, Tofu



#### Greek Spiced Chicken with Potato Skordalia

(1810-kJ 20.3G-Protein 27.5G-Fat 19G-Carbs - 250g)  
(2940-kJ 32.9G-Protein 44.9G-Fat 30.5G-Carbs - 400g)  
Free-range 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, Toasted Walnut, Spring Onion, Garlic, Salt, Blanched Broccoli



### Beef

#### Pumpkin Soup with Spiced Minced Beef

(1440KJ 24.6g-Protein 35.3g-Fat 5-Carbs - 250g) || (2774KJ 38.6G-Protein 54.9G-Fat 7.3G-Carbs - 400g)  
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



#### Caramelised Onion Burger with TLC and Aioli

(2430Kj 25.2g-Protein 50.1g-Fat 6.4g-Carbs - 250g)  
(4310Kj 51.4g-Protein 85.8g-Fat 11.5g-Carbs - 400g)  
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



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## Lunch & Dinner

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

(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 Potatoes, Himalayan Rock Salt, Chimichuri, Garlic, Fresh Parsley, Lemon Juice, Capsicum, Cold Pressed Extra Virgin Olive Oil, Blanched Broccoli



### Chili Con Carne Rice Bowl

(2810KJ 17.5G-Protein 31.9G-Fat 39.2G-Carbs - 250g)  
(3280KJ 28.8G-Protein 46.1G-Fat 59.9G-Carbs - 400g)  
Australian Grass-Fed Beef, Green Beans, White Rice, sour cream, Feta Cheese, Fresh Parsley, Brown Onion, Garlic, Paprika, Cumin Powder, Cayenne Pepper, Fresh Tomatoes, Tomato Paste, Chipotle Chilli, Himalayan Rock Salt, Organic Ground Black Pepper



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

(1390KJ 28G-Protein 16.3G-Fat 16.3G-Carbs - 250g) ||  
(2080KJ 38.9G-Protein 23.2G-Fat 29.5G-Carbs - 400g)  
Australian Grass Fed Beef Mince, Potato, Green Beans, Brown Onion, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Green Olives, Sundried Tomato, Garlic Powder, Worcestershire Sauce, Onion and Garlic Free Vegetable Stock, Potato, Himalayan Rock Salt, Organic Ground Black Pepper, Butter



### 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



### Sausage Roll with Quinoa Salad

(1910-kJ 32.3G-Protein 24.4G-Fat 21.7G-Carbs - 250g)  
(2960-kJ 49.3-Protein 35.4G-Fat 39G-Carbs - 400g)  
Grass-fed Beef Mince, Onion, Garlic, Rosemary, Thyme, Oregano, Pepper, Sea Salt, Almond Flour, Eggs, Mozzarella Cheese, Cream Cheese, Psyllium Husks, Cold Pressed Extra Virgin Olive Oil, Keto Tomato Ketchup, Mixed Quinoa, Cranberry, Lemon Juice, Salt, Garlic Powder, Parsley, Red Capsicum, Green Capsicum, Yellow Capsicum



## Seafood

### 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



### Portuguese Fish with Classic Caesar Salad and Crispy Croutons

(1650-kJ 29.8G-Protein 20.6G-Fat 16.6G-Carbs - 250g)  
(2740-kJ 48.5G-Protein 36.3G-Fat 24.7G-Carbs - 400g)  
Wild Cut Blue Grenadier Portuguese Fish, Cold Pressed Extra Virgin Olive Oil, Himalayan Rock Salt, Erythritol, Lemon Zest, Oregano, Chilli Flakes, Paprika, Garlic, Food Acid, Baby Cos Lettuce, Crispy Bacon, Crispy Croutons, Shaved Parmesan Cheese, Dijon Mustard, Cracked Black Pepper, Freshly Squeeze Lemon Juice, Worcestershire Sauce



### Bolognese Pasta (Gluten Free)

(1610KJ 30.1G-Protein 16.9G-Fat 24.7G-Carbs - 250g)  
(2580KJ 43.5G-Protein 24.4G-Fat 48.9G-Carbs - 400g)  
Australian Grass Fed Beef Mince, Brown Onion, Tomato Paste, Fresh Thyme Leaves, Ground Nutmeg, Pasta (Gluten-Free), Himalayan Rock Salt, Organic Ground Black Pepper, Butter



### Dill and Garlic Responsibly Fished Barramundi with Roasted Potato and Green Beans

(1040KJ 31G-Protein 9G-Fat 8.9G-Carbs - 250g)  
(1870KJ 50.3G-Protein 20.6G-Fat 12.2G-Carbs - 400g)  
Fresh Queensland Barramundi, Roasted Potatoes, Green Bean, Butter, Thick Cream, Fresh Dill, Bay Leaves, Sweet Paprika, Himalayan Rock Salt, Organic Ground Black Pepper, Cold-Pressed Extra Virgin Olive Oil



### Curried Laksa Prawns with Basmati Rice & Crispy Tempeh

(1350-kJ 27.2G-Protein 11.9G-Fat 23.3G-Carbs - 250g)  
(2140-kJ 43.9G-Protein 19.3G-Fat 35.7G-Carbs - 400g)  
King Prawns, Onion, Garlic, Ginger, Galangal, Chicken Broth, Canola Oil, Erythritol Sugar, Salt, Coconut cream, Soy sauce, Chili, Sliced Red Chili, Basmati Rice, Fried Tempeh, Bamboo Shoot, Broccoli, Shredded Coconut



### Tuna Nicoise Salad with Potatoes

(1280-kJ 30.9G-Protein 14.8G-Fat 9.8G-Carbs - 250g)  
(2300-kJ 52G-Protein 32G-Fat 10.9G-Carbs - 400g)  
Responsibly fished Tuna, Green Beans, Cherry Tomatoes, Rocket, Olives, Egg, Olive Oil, Potatoes



### Baked Salmon with Creamy Potato Mash, Beans with Hollandaise Sauce

(2100-kJ 24.2G-Protein 42.6G-Fat 5.3G-Carbs - 250g)  
(3380-kJ 38.8G-Protein 68.3G-Fat 8.8G-Carbs - 400g)  
Salmon Fillet, Green Beans, Paprika, Garlic, Hollandaise Sauce, Butter, Egg Yolk, Cold Pressed Extra Virgin Olive Oil, Snow Pea Trundils, Potato Mash, Sea Salt



### Atlantic Salmon Penne with Blonde Sauce

(2030-kJ 30.2G-Protein 22.2G-Fat 36G-Carbs - 250g)  
(3180-kJ 45.8G-Protein 36.2G-Fat 55.4G-Carbs - 400g)  
Atlantic Salmon, Cold Pressed Extra Virgin Olive Oil, Onion, Garlic, Fresh Cream, Salt, Pepper, Nutmeg Powder, Cloves, Parmesan Cheese, Penne Pasta (Durum Wheat Semolina), Celery, Basil, Tomato, Tomato Paste, Erythritol, Spinach, Green Peas, Mushroom



### Sweet and Spicy Harissa Barramundi with Quinoa Salad and Sweet Potatoes

(1320-kJ 19.3G-Protein 16.8G-Fat 18G-Carbs - 250g)  
(2040-kJ 32G-Protein 25.4G-Fat 27.2G-Carbs - 400g)  
Sweet and Spicy Barramundi, Harissa Paste, Erythritol, Lemon Juice, Garlic, Cumin Powder, Ginger, Cold Pressed Extra Virgin Olive Oil, Sea Salt, Quinoa Salad, Salt, Pepper, Capsicums, Parsley, Cranberries, Tahini Paste, Water, Roasted Sweet Potatoes, Rosemary



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## Lunch & Dinner

### Lamb

#### 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



#### Braised Keto Grass-Fed Lamb Stew with Peas and Mashed Potatoes

( 1950kJ 21.5Protein 34.1Fat 16.1Carbs - 250g )  
( 2860kJ 31.9G-Protein 49.3G-Fat 25.1G-Carbs - 400g )  
Australian Grass-Fed Lamb, Potato, Pea, Fresh Parsley, Onion, Garlic, Tomato Puree and Paste, Rosemary, Bay Leaves, Parsley, Cold-Pressed Extra Virgin Olive Oil, Butter, Himalayan Rock Salt, Organic Ground Black Pepper



### Pork

#### Roast Pork Belly, Pasta Mac and Cheese with Salsa Picante

( 1930-kJ 27G-Protein 36.6G-Fat 5.3G-Carbs - 250g ) ||  
( 3110-kJ 43.6G-Protein 58.9G-Fat 8.5G-Carbs - 400g )  
Pork Belly, Arugula, Green Beans, Pickled Chillies, Salsa, Onion, Tomato, Lemon Juice, Chipotle Chillies, Jalapeno, Coriander, Pasta Mac and cheese, Snow Pea Trundils



#### 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



#### Asian Aroma Banh Mi Style Pork Bowl with Egg Fried Jasmine Rice

(1710-kJ 21.6G-Protein 25.3G-Fat 21G-Carbs- 250g)  
(2660-kJ 35.1G-Protein 37.5G-Fat 35.1G-Carbs- 400g)  
Fresh Pork Mince, Fresh Shallots, Fresh Ginger, Garlic, Fish Sauce, Soy Sauce, Cracked Pepper, Cold Pressed Extra Virgin Olive Oil, Erythritol, Pickled Radish, Cucumber, Rice Wine Vinegar, Salt, Pepper, Sriracha Mayonnaise, Broccolini, Fresh Chilli, Vegetable Fried Basmati Rice, Carrots, Green Peas, Corn, Sesame Oil



#### Quiche Lorraine with Pesto Pasta Salad & Feta Cheese

(3100-kJ 33.1G-Protein 54.2G-Fat 25.6G-Carbs -250g)  
(5070-kJ 53.4G-Protein 89.6G-Fat 40.8G-Carbs - 400g)  
Almond Flour, Mozzarella Cheese, Butter, Eggs, Psyllium Husks, Sea Salt, Thick Cream, Shredded Gruyere Cheese, Parmesan Cheese, Black Pepper, Onion, Parsley, Chive, Bacon, Nutmeg Powder, Garlic Powder, Penne Pasta, Cold Pressed Extra Virgin Olive Oil, Basil Pesto, Sundried Tomatoes, Green Peas, Lemon Juice, Feta Cheese



### Vegetables

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

( 924kJ 14.2G-Protein 11.6G-Fat 12.4G-Carbs - 250g ) ||  
( 1390kJ 19G-Protein 17.9G-Fat 19.6G-Carbs - 400g )  
Quinoa, Baby Spinach, Kent Pumpkin, Green Beans, Cherry Tomato, Red Capsicum, Fetta Cheese, Sunflower Seeds, Garlic, Cranberry, Himalayan Rock Salt, Organic Ground Black Pepper, Cold Pressed Extra Virgin Olive Oil



#### Mediterranean Roast Pumpkin Served with Halloumi Cheese and Dukkah Mayonnaise

(1390Kj 12.1g-Protein 29g-Fat 4.4g-Carbs - 250g) || ( 2450Kj 20.4g-Protein 51.9g-Fat 7.9g-Carbs - 400g )  
Baby Spinach leaves, Cherry tomato, Kent Pumpkin, Green Beans, Onion, Organic Pepita Seeds, Mayonnaise, Halloumi cheese, Za'atar Spice



#### 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



#### Vegan Burger, Fried Egg and Caramelised Onion with Aioli

( 2270kJ 26.5g-Protein 45.8g-Fat 7.6g-Carbs - 250g ) ||  
( 3610kJ 43.1g-Protein 72.5g-Fat 12.4g-Carbs - 400g )  
Vegan Patty, Free Range Chicken Egg, Mince Bacon, Romain Lettuce, Tomato, Cheese, Caramelised Onion, Pickles, Aioli, Garlic, Himalayan Rock Salt, Extra Virgin Olive Oil



#### Mixed Vegetable Frittata

(1720-kJ 15.6G-Protein 35.3G-Fat 5.2G-Carbs- 250g)  
(2750-kJ 25G-Protein 56.5G-Fat 8.4G-Carbs - 400g)  
Onion, Garlic, Zucchini, Mushroom, Cherry Tomato, Capsicums, Eggs, Fresh Cream, Spinach, Salt, Black Pepper, Mozzarella Cheese, Pine Nuts, Parsley, Cold Pressed Extra Virgin Olive Oil



# "The belly rules the mind"



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## Snacks



### Keto Brownies (90g)

(225.5 Cal, 18 Fat, 6.4 Protein, 3.4 Carb)  
Ingredients: Chocolate 85% (Sugar-Free), Butter, Eggs, Erythritol, Dutch Cocoa, Coconut Flour, Almond. Caution: Contains Nuts, Dairy, Eggs



### Chia Pudding with Mango Puree (280g)

( 608 kJ, 7g Protein, 9.8g Fat, 1.4g Carbs - 250g )  
Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Fresh Mango Puree



### Black Berry Bliss - (115g)

Energy kJ - 1300 || Protein 8.4g || Fat 28.5 || Carbs 4.4g  
Ingredients: Softened Cream Cheese, Berry Puree, Cream, Erythritol, Lemon Juice, Vanilla Essence, Nuts, Frozen Berries.



### Cheesecake Fluff - (100g)

Energy kJ - 1260 || Protein 11.7g || Fat 25.9 || Carbs 3.6g (Ingredients: Cream Cheese softened, Cream, Erythritol, Lemon juice, Vanilla essence, Flax seeds, Almond whole, Coconut, Pepita Seeds, Almond slices



### Chocolate Mousse - (90g)

(Energy kJ - 1300 || Protein 2.8 || Fat 28.7 || Carbs 2.8) Ingredients: Dark Chocolate, Salted Butter, Cocoa Powder, Cream, Coconut Shredded, Almond Seed, Erythritol Sugar



### Chia Pudding with Passion Puree (280g)

Energy kJ - 608 || Protein 7g || Fat 9.8 || Carbs 1.4g  
Ingredients: Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Passion Fruit Puree



### Keto Waffles and Keto Berry Sauce - (210g)

(Energy kJ - 1810 || Protein - 13.3 || Fat - 37.7 || Carbs - 4.9) Ingredients: Free-Range Chicken Eggs, Berry Sauce, Cream, Coconut Flour, Monk Fruit, Baking Powder, Vanilla, Butter



### Chia Pudding with Raspberry Puree (280g)

( 607 kJ, 7g Protein, 9.8g Fat, 1.1g Carbs - 250g )  
Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola, Fresh Raspberry Puree



### Chia Pudding Plain (280g)

Energy kJ - 718 || Protein 8.5g || Fat 11.9 || Carbs 0.5g  
Ingredients: Soaked Chia Seeds, Milk Lab Almond Milk, Erythritol, Vanilla Essence, Granola



### Breakfast Parfait Cashew Nut Yogurt with Passion Fruit Puree 250g

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



### Chicken Bone Broth - (490ml)

Energy kJ - 185 || Protein 8.65g || Fat 0.49 || Carbs 0.19g (Ingredients: Filtered Water, Chicken Bone, Brown Onion, Ginger, Organic Ground Black Pepper, Himalayan Rock Salt.)



### Breakfast Parfait Cashew Nut Yogurt with Mango Puree 250g

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 250g

( 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