

Sample Menu

Monday

Smashed avocado

With poached eggs,
sourdough toast & chili
crisp

Sweet chilli salmon

With pea puree & purple
sprouting broccoli

Honey za'atar chicken

with pearl barley, &
roasted vegetables

Tuesday

Breakfast rosti

With pesto tomatoes,
poached egg &
crumbled feta

**Teriyaki chicken poke
bowl**

With sticky rice,
broccolini salad &
crushed pea guacamole

Beer braised beef chuck

With garlic mash potato,
pickled red cabbage &
toasted sesame green
beans

Wednesday

Fluffy pancakes

With maple syrup,
blueberry compote &
bacon

Miso glazed cod

With rice noodle salad &
roasted kabu

Grilled chicken katsu

With rice & asian slaw

Thursday

Breakfast crumpets

With whipped marmite,
garlic mushrooms, fried
egg & watercress

Falafel buddha bowl

With tabbouleh, pickled
daikon, asparagus &
carrot escabech dressing

Beef ragu

With pappardelle &
mixed vegetables

Friday

Overnight oats

With fruit compote, nuts,
seeds & fresh fruit

**Shredded chicken
burrito bowl**

With rice, lime salsa &
bean salad

Braised lamb

With ratatouille &
smashed sweet potato

Saturday

Breakfast burrito

With avocado, sausage
& salsa

Chicken gyozas

With citrus ponzu, spring
onion & cucumber salad

Teriyaki salmon

With a vegetable &
noodle salad

Sunday

Vanilla greek yogurt

With berries & chocolate
crunch

Quinoa salad

With grilled halloumi

Thai green prawn curry

with jasmine rice &
vegetables