



Meals Pre-Order Form - All Meals Gluten Free

(P) = Paleo (DF) = Dairy Free (V) = Vegetarian (F) = Freezable

Description	Price	Quantity	Cost
Marinated Tofu with quinoa and Tzatziki Broccoli (DF) (Vegan)	\$13.50		
Lemon & Herb Chicken with sweet potato mash, greens and Lemon aioli (P)(DF)(F)	\$13.50		
Vegetable Frittata and Salad (V)(P)	\$13.50		
Almond Crumbed Chicken Schnitzel Sweet Potato Mash, & Greens with Aioli (DF)(F)(P)	\$13.50		
Grass Fed Beef Bolognese with Zucchini Noodles (P)(DF) (F)	\$13.50		
Grass Fed Beef Lasagne and Steamed Veg (DF)(P)(F)	\$13.50		
Weekly Curry Special made with house made curry paste served with cauliflower rice (DF) (F)	\$13.50		
Pulled pork served with delicious sweet potato mash with fresh steamed vegetables (DF)(P) (F)	\$13.50		
Pork Sausages with Sweet Potato Mash, Peas and Onion Gravy (DF)(F)	\$13.50		
Cob Salad – Spinach, Bacon, Egg, Roasted Sweet Potato and Pumpkin, Toasted Sunflower Seeds and Pepitas with a Ranch Dressing (DF)(P) Add Chicken Extra \$7	\$13.50		
Weekly Salad Specials (Vegan available on request) Add Chicken Extra \$7	\$13.50		
Bone Broth (500ml)	\$7.50		
Extra Lemon Aioli or Ranch Dressing (Dairy Free)	\$2		
Caramel Slice (P)	\$7.50		
Banana Bread (DF)(P)	\$7.50		
Delivery (Minimum of 5 Meals to be ordered for delivery) Delivery only Available Monday and Thursday between 1pm-3pm	\$10		
Totals:			\$

Orders must be placed a minimum of 48 hours prior to the designated collection/delivery time which is to be arranged at the time of ordering. Orders can be placed by calling **Ph. 5331 1573** or order in person at the cafe. Payment is required prior to the order being processed.

Customer name:	
Phone:	
Pick up date & time:	
Signed when received:	

Payment details		
Credit Card:	Visa / MasterCard	
Card No:	Exp Date: .	CCV: