

Lunch & Dinner

Served daily from 12pm - 9pm

Sunday & Monday

Soup

Sunday: Mixed Vegetable Soup GF

Monday: Tomato Soup GF

Mains

Chicken milanese with quinoa GF

Chicken & mushroom GF

Spanish tortilla GF

Vegan eggplant meat balls GF DF

Roast chicken with lemon and thyme GF DF

Poached salmon

Salads

Penne with basil, pesto & avocado GF N

Risoni with mixed vegetables and turmeric GF

Greek salad GF

Broccoli with almond & chili dressing GF

Tandoori chicken with pomegranate GF

Endives with grilled peach & mustard lemon dressing GF

Couscous with eggplant, spring onions and tomato GF DF

Quinoa with corn, pumpkin seeds & avocado GF DF

Roast beetroot and sweet potato with

balsamic glaze & walnut dressing GF DF

Tuesday & Wednesday

Soup

Tuesday: Minestrone soup GF

Wednesday: Cannellini bean soup GF

Mains

Chicken cacciatore GF

Greek moussaka GF

Polenta cake with roasted bell peppers GF

Lemon marinated chicken kebab GF

Roast chicken with lemon and thyme GF

Poached salmon

Salads

Penne with sautéed mushrooms & parsley GF

Penne with mushroom ragu GF

Salad Nicoise

Roast sweet potato GF DF

Roast mushrooms with garlic, sundried tomatoes & capers GF DF

Fresh mozzarella with avocado, corn & tomato GF

Brown rice with dried fruits, walnuts & walnut oil DF

Broccoli with almond & chili dressing DF

Roast beetroot with quinoa & kale DF

Spicy garbanzo beans with toasted cumin GF DF

Thursday, Friday & Saturday

Soup

Thursday: Baby marrow soup GF

Friday: Sweet potato soup GF

Saturday: Pumpkin soup GF

Mains

Chicken milanese with quinoa GF

Classic meat balls GF

Vegetarian lasagna

Roasted stuffed tomato with rice & lentils

Roast chicken with lemon and thyme GF DF

Poached salmon GF DF

Salads

Penne with roast cherry tomatoes & pesto N

Penne with sautéed asparagus, mushrooms & winter greens GF DF

Ratatouille GF

Marinated beetroot with feta cheese GF

Roast broccoli with chili & lemon dressing GF DF

Avocado with cherry tomatoes, coriander, spring onion &

lemon dressing GF DF

Quinoa with chopped green beans & mixed bell peppers GF DF

Brown rice, sweet corn, capsicum & braised cabbage GF DF

Lemon lentil

Mains & Salads

Soup 21

One Salad 18

Three Salads 49

Main + 2 salads 65

GF Gluten Free | DF Dairy Free

V Vegan | N Contains Nuts

All menu items are subject to change according to availability

Despite taking precautions we cannot guarantee that all our items exclude the above listed allergens.

There may be a risk of cross contamination which could affect those with severe allergies.

All menu items are inclusive of 10% municipality tax, 10% service charge & 5% VAT