

Weekly Menu

IF YOU REQUIRE ALLERGEN
INFORMATION FOR ANY DISH
OR ITEM, PLEASE ASK MEMBER
OF THE CATERING TEAM.

Breakfast Goods

Chocolate buckwheat cookie (gf)

Blueberry, lemon and poppy seed muffin

AVAILABLE TO PURCHASE DAILY (MON- FRI)

TUES: Toasted muffin with avocado, feta and pickled chilli

WED: Mini bagels with smoked salmon and a lemon and dill cream cheese

Rise & Shine

MON: Greek yoghurt or coconut chia pudding served with seasonal fruit compote, granola, toasted seeds, honey and seasonal chopped fruit

Mini pain au chocolate

TUES: Gluten free porridge with coconut milk served with a variety of premium toppings

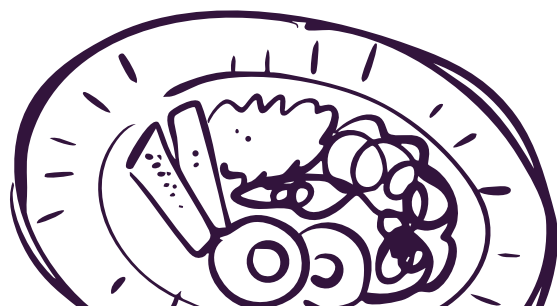
WED: Gluten free breakfast bircher with sultanas, cranberries and toasted coconut shavings

THUR: Gluten free banana bread with whipped vegan maple butter (ve)

Gluten free porridge with coconut milk served with a variety of premium toppings

FRI: Smoothie bowl with blueberries, vanilla, chia, and maple toasted oats

A FRESH JUICE OR SMOOTHIE AVAILABLE DAILY



Soup

MON: Wild mushroom, spinach and tarragon (ve)

TUES: Green lentil, chickpea and rose harissa (ve)

WED: Roasted tomato soup and basil pesto (ve)

BREADS & TOPPINGS AVAILABLE DAILY

Veggie Mains

MON: Spinach gnocchi, bocconcini, nocellara olives, red peppers, rocket in a smoked tomato sauce (VE) (GF)

TUES: Burrito bowl: Organic plant based chilli, black turtle beans, peppers and sour cream with cheesy nachos with sour cream, chipotle salsa and Jalapenos"

WED: Spiced vegetable biriyani with fresh coriander, mint and crispy onions, black lentil and spinach dahl

Bistro Mains

MON: Basil pesto roasted chicken thighs with Steamed Broccoli and sea salt and thyme roasted new potato

TUES: Burrito bowl: Braised beef shin chilli with pickled red chilli with cheesy nachos with sour cream, chipotle salsa and Jalapenos"

WED: Spiced lamb and vegetable biriyani with fresh coriander, mint and crispy onions, black lentil and spinach dahl

A VARIETY OF SIDES AVAILABLE DAILY



Big Bowl Salads

MON/TUES: Maple roast heritage carrot Medjool date and red chicory with a bitter orange dressing

Beetroot carrot and kimchi slaw

WED: Beetroot, red chard and watercress with pink grapefruit and a horseradish and yoghurt dressing

Clementine Cranberry, Baby Spinach and Feta Salad with sweet chilli dressing

A VARIETY OF SIMPLE SALADS, GRAINS, PULSES, TOPPINGS AND DRESSINGS AVAILABLE DAILY

Protein Toppers

MON: No egg vegan potato and roasted pepper tortilla with vegan saffron aioli

TUES: Harissa roasted chicken supreme

No egg vegan potato and roasted pepper tortilla with vegan saffron aioli

WED: Pesto grilled chicken supreme

Beetroot falafel with beetroot hummus

Afternoon Treats

Gluten free orange and polenta loaf cake

Carrot cake with orange cream cheese frosting

AVAILABLE TO PURCHASE DAILY (MON- FRI)

