



All meals will be prepared and delivered to your door ready to be eaten, simply just requiring you to reheat.

Please advise of any dietary or special requests.

Guide to Pricing:

Soups - \$28.00 per 1L large container

Lunch/Dinner Meals:

Individual Portion - \$25.00 - \$30.00

Meal for 2 - \$50.00 - \$60.00

Family Meal (feeds 4) - \$100.00 - \$112.00

Salads - \$26.00 per 1kg large container

Cakes - \$50.00 - \$60.00

Baked Goods - Please Enquire

GST of 10% will be added to the above prices

Soups:

GF = Gluten Free, DF = Dairy Free, V = Vegetarian



Asian Chicken and Coconut Soup (DF)

Broccoli Soup (GF)

Burnt Honey Carrot and Tahini Soup (GF, DF, V)

Cauliflower Soup (GF, V, DF)

Carrot Soup (GF, DF, V)

Chicken Matzah Ball Soup (DF)

Hearty Bean Soup (GF, DF, V)

French Onion Soup

Israeli Couscous Soup (DF)

Lentil, Carrot and Coriander Soup (GF, DF, V)

Minestrone Soup (DF, V)

Mushroom Soup (GF, V)

Pea Soup (GF, V)

Potato & Leek Soup

Pumpkin & Coconut Soup (GF, DF, V)

Sweet Corn and Chicken Soup (DF)

Zucchini, Pea & Mint Soup (GF, DF, V)

Main Courses:

GF = Gluten Free, DF = Dairy Free, V = Vegetarian



Chicken:

Apricot Chicken (DF)

Argentinian Chicken in Salsa (GF, DF)

Cashew Satay Chicken Skewers with Chilli Ginger Broccolini (GF, DF)

Chicken, Chorizo, Potato and Kale Bake (GF, DF)

Chicken Legs with Mustard Sauce

Chicken Schnitzel

Chicken and Vegetable Hokkien Noodle Stir Fry

Chicken Thai Green Curry (DF)

Chicken One Pot Wonder

Chicken Chow Mein

Chicken and Chickpea Tagine

Chicken with Miso, Ginger & Lime (GF, DF)

Chicken Yakitori Skewers (GF, DF)

Chicken Tikka Kebabs with Lemon & Tangy Herb Chutney (GF)

Greek Chicken and Peas (GF DF)

Korean Chicken Wings with Chilli Mayonnaise (GF)

Harissa Chicken with Roasted Sweet Potato, Brown Rice & Tzatziki (GF)

Peri Peri Roast Chicken (GF, DF)

Pomegranate & Honey Glazed Chicken (GF, DF)

Red Curry Chicken Drumsticks (GF, DF)

Roast Chicken with Dates, Olives and Capers (GF, DF)

Roast Chicken with Almond and Mint (GF, DF)

Sticky Glazed Ginger Chicken (GF, DF)

Main Courses:



GF = Gluten Free, DF = Dairy Free, V = Vegetarian

Beef:

Beef or Chicken Satay Skewers (DF)

Beef Bourguignon (*minimum of 4 portions*)

Beef Stroganoff (GF)

Char Siu Beef with Vegetables and Brown Rice (DF)

Chilli Con Carne (GF, DF)

Red Wine & Rosemary Beef Skewers (GF, DF)

Rigatoni with Tomato Beef Ragu

Roast Beef with Smashed Minty Peas and Baby Carrots (GF)

Mongolian Beef Stir Fry

Marinated Roast Beef Fillet (GF, DF)

Meatloaf with BBQ Glaze

Sizzling Beef with Rice Noodles (GF, DF)

Spaghetti Bolognese (DF)

Stuffed Peppers with Cumin and Beans (GF)

Thai Beef Salad

Pork:

Barbecue Pork with Vegetable Fried Rice (DF)

Chorizo with Smokey Baked Beans

Pork and Peanut Butter Hokkien Noodles

Pork and Fennel Meatballs

Main Courses:

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Lamb:

Lemon & Garlic Lamb Kebabs (GF, DF)

Lamb & Rosemary Sausages with Mash Potato and Onion Gravy

Lamb Kofta with Tzatziki Dipping Sauce

Mint & Rosemary Lamb Meatballs with Spaghetti

Minted Lamb, Eggplant and Feta Pie

Moroccan Lamb with Honey and Prunes (*minimum of 4 portions*) (GF, DF)

Roast Butterfly Lamb

Roast Mustard Lamb Fillet (GF, DF)

Fish:

Fish Pie

Fish Sambal (GF, DF)

Mediterranean Fish Stew (GF, DF)

Smoked Salmon Pasta

Spaghetti Alla Puttanesca (DF)

Tuna Pasta Bake

Vegetarian:

Eggplant Puttanesca (V)

Miso Brown Butter Pasta with Pumpkin, Sage & Pine Nuts (V)

Orecchiette Pasta with Broccoli Sauce (V)

Pumpkin and Chickpea Curry (DF, V)

Super Greens Pasta (V)

Spaghetti with Pesto, Sweet Potato, Pine Nut and Red Onion (V)

Tomato and Chilli Penne Pasta (DF, V)

Vegetarian Rogan Josh Curry with Coconut Rice (V)

Sides:



GF = Gluten Free, DF = Dairy Free, V = Vegetarian

Dairy Free Potato & Onion Gratin (GF, DF, V)

Herb Roasted Potatoes (GF, DF, V)

Mashed Potato (GF, V)

Majadara (Seasoned Rice and Lentils) (GF, DF, V)

Mixed Roasted or Steamed Vegetables (GF, DF, V)

Plain or Moroccan Style Couscous (V)

Plain or Spiced Israeli Couscous

Red Cabbage (GF, DF, V)

Smashed Minty Peas (GF, DF, V)

Spice Roasted Sweet Potato with Feta, Dates & Pickled Shallots (GF, V)

Steamed Brown or White Rice or Coconut Rice (GF, DF, V)

Turkish Baked Beans (GF, DF, V)

Vegetable Fried Rice (DF, V)

Individual Salads:



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Brussel Sprout Slaw with Grapes and Almonds (GF, V)

Classic Creamy Potato Salad Or Lighter Roasted Potato Salad (GF, V)

Cucumber Salad (GF, DF)

Eggplant Tabbouleh (DF, V)

Garden Salad (GF, DF, V)

Green Bean, Sugar Snap and Cranberry Salad (GF, DF, V)

Greek Salad (GF, V)

Japanese Cabbage Salad (GF, DF, V)

Pesto Pasta Salad with Caramelised Onion and Sweet Potato (V)

(Option to Add Chicken Schnitzel Strips)

Poached Chicken Salad with Asian Slaw (GF, DF)

Quinoa Tabbouleh Salad (GF, DF, V)

Red Cabbage, Fennel and Raisin Slaw (GF, DF, V)

Roasted Butternut Squash, Farro and Sumac Salad (DF, V)

Roasted Cauliflower, Quinoa and Pomegranate Salad (GF, DF, V)

Spinach, Quinoa, Haloumi and Prune Salad (GF, V)

Vietnamese Noodle Salad (DF, V)

Sweet Treats:



GF = Gluten Free, DF = Dairy Free, V = Vegetarian

Cakes:

Apple Streusel Cake with Pecan Crumble Topping
Baked Cherry Ricotta Cheesecake
Blueberry Cheesecake
Carrot Cake with Cream Cheese Frosting
Dark Chocolate Pretzel Cake
Espresso, Fig and Hazelnut Cheesecake
Flourless Almond and Blueberry Cake (GF)
Flourless Chocolate Cake with Hazelnut Cream (GF)
Lemon and Yoghurt Cake
Orange and Berry Cake
Passionfruit Buttermilk Cake
Raspberry and Almond Slab
White Chocolate and Raspberry Cheesecake

Smaller Baked Goods:

(Minimum 6 of each item must be ordered)

Apricot Slice
Banana Bread Slices: Classic, Raspberry and Banana, Blueberry and Banana
Chocolate Chip Cookies
Crunchy Muesli Cookies
Flourless Chocolate Brownies (GF)
Hazelnut Caramel Slice
Linzer Biscuits
Pistachio and Cranberry Brownies
Raspberry or Blueberry Friands
Sour Cherry Slice
Triple Choc Cookies
Vanilla Kipferl Cookies