

Thai fishcakes topped with herb crème fresh and leafy green on the side -

Bacon wrapped chicken breast stuffed with spinach and feta,
served on a salad of your choice -

Beef burger with mozzarella cheese, tomato and basil pesto
served on ciabatta bread or bunless -

Cauliflower fried rice with kale, turmeric, ginger and roasted almonds -

Grilled vegetable, coriander, feta and harissa wrap or salad,
served with tahini dressing -

Mexican Chilli con Carne served in a lettuce wrap -

Healthy lunch bowl

Gluten free pasta or couscous or brown rice
with veggies and grilled chicken strips, topped with creamy avo-

Salads and side dishes

Feta, butternut rocket salad with pomegranate

Celery and pear with blue cheese

Sweet potato wedges

Roasted veggies and Quinoa salad

Classic Italian salad drizzled with pesto dressing
