

# EACH MEAL<br/>CONTAINS:TWO SERVES OF BROWN RICE DRESSED WITH GLUTEN FREE SOY SAUCE<br/>TWO SERVES OF YOUR CHOICE OF GOURMET SALAD OR ROAST VEGETABLES<br/>TWO SERVES OF YOUR CHOICE OF SLOW COOKED MEATS OR VEGAN FALAFEL<br/>TWO SERVES OF YOUR CHOICE OF SAUCE

## PICK YOUR SALAD

- ROASTED VEGETABLES (DF, GF, VEG, VEGAN) ROASTED PUMPKIN, SWEET POTATO, CARROT, CHAT POTATO
- CAULIFLOWER SALAD (DF, GF, VEG, VEGAN) ROASTED CAULIFLOWER, KALE, QUINOA, CAPSICUM, PICKLED CURRANTS, MINT & ALMONDS
- PUMPKIN SALAD (GF, VEG) SPICED PUMPKIN & SWEET POTATO, ROCKET, CANNELLINI BEANS, RED ONION, FETA, OREGANO, WALNUTS
- HERB SLAW (DF, GF, VEG, VEGAN) RED & WHITE CABBAGE, SHREDDED CARROT, PARSLEY & MINT

## **PICK YOUR PROTEIN**

# **PICK YOUR SAUCE**

ROTISSERIE PORK (GF, DF)

12 HOUR SLOW COOKED BEEF (GF, DF)

ZESTY LEMON CHICKEN (GF, DF)

VEGAN FALAFEL (GF, DF, VEG, VEGAN)

PAN ROASTED GRAVY (GF, DF, VEG) CHIMMI CHURRI (GF, DF, VEG, VEGAN) APPLE SAUCE (GF, DF, VEG, VEGAN) AIOLI (DF)

## FEEDING MORE THAN TWO PEOPLE? OPTIONS FOR LARGER GROUPS AVAILABLE

| PICK UP/PAYMENT DETAILS |               |      |      |      |  |
|-------------------------|---------------|------|------|------|--|
| Pick Up Date:           | Mastercard    | Visa | Amex | Cash |  |
| Contact Name:           | Card Number:  |      |      |      |  |
| Telephone:              | Name on Card: |      |      |      |  |
| Email:                  | Expiry Date:  |      |      | CVV: |  |
|                         | Signature:    |      |      |      |  |

ORDER MUST BE PLACED BY 10.30AM THE DAY OF PICK UP. COLLECT ORDER BETWEEN 2PM & 4PM. PLEASE CALL US IF YOU HAVE NOT RECEIVED A CONFIRMATION CALL OR EMAIL WITHIN 2 HOURS OF SENDING THROUGH YOUR ORDER.